

Defensive Philosophy

1. Rebounding, Toughness, and Hustle
 - a. These traits enhance the defensive abilities of a team without a lot of athletes and can lead a team with several athletically gifted players down the road to dominance.
 - b. I believe in rebounding and toughness drills in every practice, whether it is a five minuet individual box out or a twenty minute 5 on 5 rebound and convert drill. This is the column in the stat box that most often determines winners.
 - c. We must be the best rebounding team in the state and every court we walk on.
2. Man to Man Defense
 - a. Man to Man on and off ball defense are integral parts of man, zone, and press defenses.
 - b. I teach man to man defensive principals every practice for at least a twenty minute segment. During this time players work on:
 - i. How to guard different screens (stagers, ball screens, cross screens, etc...).
 - ii. Team defense using shell drills
 - iii. Basic man to man principals using 3 on 3, 4 on 4, and finally 5 on 5.
3. Zone Defense
 - a. A large number of teams struggle vs. different zones and they are a good way to dictate tempo and keep offenses out of rhythm.
 - b. I like to have three different zones available to use during any game.
 - i. 2-3, 2-3 trap, 1-3-1
 - c. I stress the importance of working hard in the zones every day in practice with different breakdown drills to keep players from getting lazy, and they have helped immensely when we build out to 5 on 5.
4. Pressure
 - a. Trapping and adding pressure to both half court zone and man defenses has been a great way for my less athletic teams to turn the opponent over while controlling the pace of the game, and allowed the more gifted teams a chance to speed teams up.
 - b. I also like to use pressure in the full court depending on opponent and personnel.
 - c. 1-2-1-1
 - i. Great for long athletic teams who want to force opponent to throw long lob passes.
 - d. 2-2-1
 - i. I like to use this when playing a team who likes to push the tempo of the game. Off any of our makes it forces them to make great passes and quick decisions in order to push the ball quickly up the court.
 - e. Man Run and Jump
 - i. Great way to change things up in a game off a time-out or quarter change. Hard to read for the offense and can frustrate non athletic teams without many ball handlers.