



BUILDING TEAM DEFENSE THROUGH SPECIFIC DRILLS

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Head Coach U17 men Serbia 5th place at WC U17 in Hamburg, GER (2010)

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BASIC DEFENSIVE CONCEPT

BASICS:

- The first objective of every team is that of gaining possession of the ball in order to use it in the best possible manner, preferably without opponent having scored,
- From a psychological standpoint an efficient defense which forces offense to commit errors reduces the pressure of „having“ to score,
- Team must protect defensive half court, without allowing easy baskets to offense,
- Working together on defense is the essence of teamwork,
- Daily defensive work is fundamental to define and reaffirm ethical principles in order to play and live together.

PRINCIPLES:

- 1. INDIVIDUAL RESPONSABILITY.**
- 2. BALL PRESSURE.**
- 3. DEFINE BALL SIDE AND HELP SIDE**
- 4. DEFENSIVE POSITIONING AND MOVING WHILE THE BALL IS IN THE AIR (JUMP TO THE BALL AND CLOSEOUT**
- 5. BLOCKING OUT ON THE BALL SIDE AND HELP SIDE**
- 6. COMMUNICATION.**





POSITIONS AND RULES

POINT GUARD (1) DEFENSIVE RULES:

- DEFENSIVE BALANCE
- CONTROLLED INTENSITY ON OUTLET PASS
- PUSH THE PLAYER BELOW FREE THROUS LEVEL
- BALL PRESSURE
- CLOSE THE MIDDLE ON SECOND PASS
- CALL DEFENSIVE TYPE
- COMUNICATION AS A LEADER
- PUSH THE BALL OUT OFF THE MIDDLE
- DENY OFFENSIVE ENTRY
- NO VERTICAL DRIBBLE
- DENY FIRST PASS ON WING
- BE READY TO HELP ON PERIMETER AND WHEN CENTER MAKES A DRIBBLE
- HAND CHECK CUTTING MOVES
- ANTICIPATION
- DEFENSIVE REBOUND

GUARD AND WING (2 & 3) DEFENSIVE RULES:

SAME AS POINT GUARD PLUS:

- DENY FIRST OR SECOND PASS IN DEFENSIVE TRANSITION
- DENY OFFENSIVE RUNNING LINES
- BE ON THE OFFENSIVE PLAYERS MOVING LINES
- DENY OFFENSIVE ENTRY
- DENY FIRST PASS ON WING
- DRIBBLE DRIVE DEFENSE
- CUTTING DEFENSE
- LOW POST DEFENSE
- HIGH POST DEFENSE
- HELP DEFENSE (PERIMETER AND INSIDE GAME)
- SCREEN DEFENSE
- FORM DEFENSIVE TRIANGE
- DENY BALL REVERSAL
- BOX OUT ESPECIALLY ON HELP SIDE





POWER FORWARD AND CENTER (4 & 5) DEFENSIVE RULES:

- DENY REBOUNDER PIVOT WITH GOAL TO COVER OUTLET PASS
- FULL SPRINT BELOW THE BALL LEVEL
- HELP ON PERIMETER PLAYERS DRIVE
- CONTROL PAINT AREA
- DEFENSIVE POSITIONING ON LOW POST (DENY OR FRONT DEFENSE)
- DEFENSIVE POSITIONING ON HIGH POST

- COMMUNICATION WITH PLAYERS IN FRONT
- DENY THE PASS IN THE MIDDLE OF PAINT
- SCREENS DEFENSE
- DEFENSIVE ROTATION ON DRIBBLE DRIVE
- HELP AND RECOVER
- HELP SIDE DEFENSE
- TRAP DEFENSE ON LOW POST
- POSITIONING FOR DEFENSIVE REBOUND
- BOX OUT
- DENY BALL REVERSAL
-

BASIC DEFENSIVE CONCEPTS:

- 1. BASIC BODY CONTROL (DEFENSIVE STANCE AND STEPS)**
- 2. DEFENSIVE TRANSITION**
- 3. ON THE BALL DEFENSE („LIVE BALL“, DRIBBLE, „DEAD BALL“)**
- 4. DEFENSE OFF THE BALL (CLOSED OR OPEN)**
- 5. DEFENSE CLOSEOUTS (OFF THE BALL TO ON THE BALL)**
- 6. ON THE BALL TO OFF THE BALL (JUMP OR EXPLODE TO THE BALL)**
- 7. DEFENSIVE REBOUNDING**
- 8. SPECIAL SITUATIONS FOR DEFENSE (POST DEFENSE, ON THE BALL SCREENS, OFF THE BALL SCREENS, DOUBLE SCREENS, PRESSURE THE SHOT, LOOSE BALL)**
- 9. TEAM DEFENSE**





I. BASIC BODY CONTROL (DEFENSIVE STANCE AND STEPS)

FOOTWORK AND BALANCE ARE NECESSARY EVERY MOMENT OF A GAME WHILE BALLHANDLING IS NEEDED LESS THAN 10 PERCENT OF THE GAME.

Basketball is a game of balance and quickness. Balance depends on footwork, starting in the feet but ending with head. Quickness is a first a state of mind (think quickly and then be quick).

THE SIX FUNDAMENTAL POSITIONS AND MOVEMENTS OF BASKETBALL ARE:

- 1. DEFENSIVE STANCE (PARALLEL AND STAGGERED)**
- 2. STARTS (OPEN OR CROSS STEP)**
- 3. STEPS (PARALLEL AND DIAGONAL)**
- 4. TURNS**
- 5. STOPS (TWO CONTACTS OR JUMP STOP)**
- 6. JUMPS**
- 7.**

BASIC BODY CONTROL AND DEFENSIVE STANCE DRILLS

DIAGRAM 1

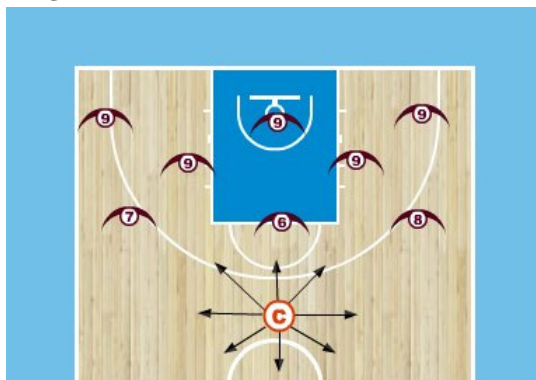


DIAGRAM 2

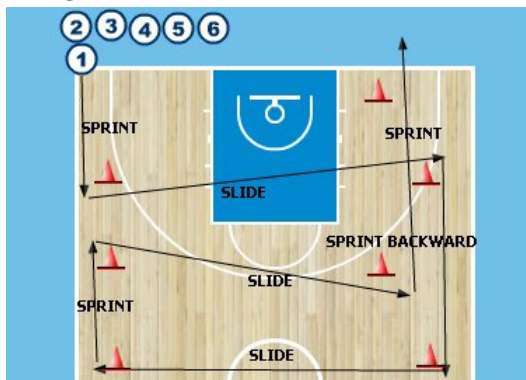




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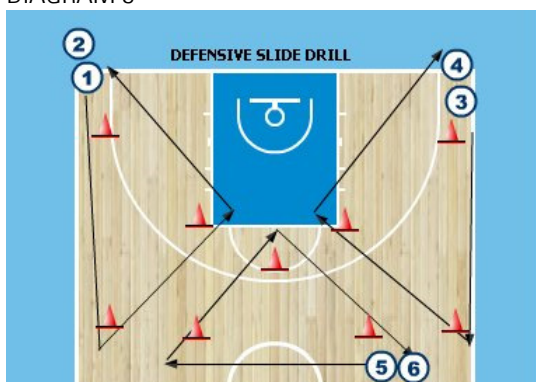


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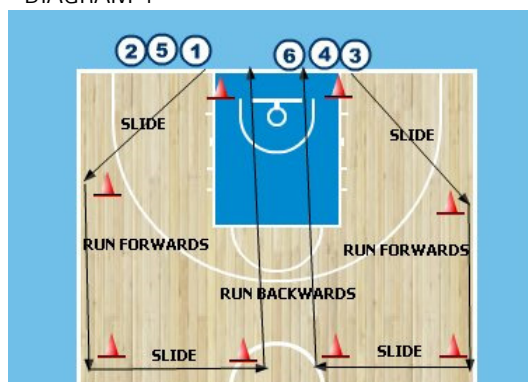


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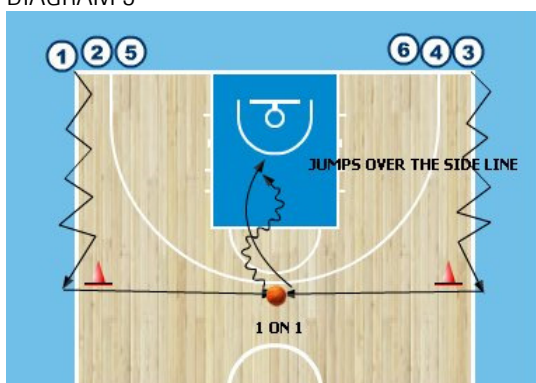
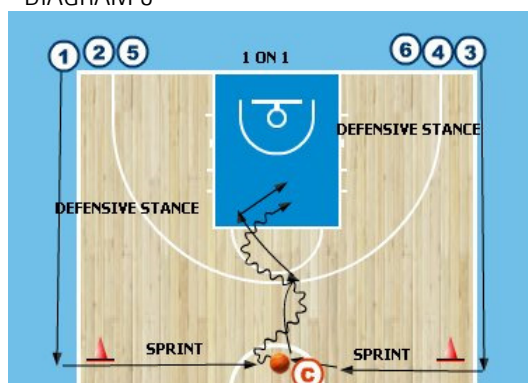


DIAGRAM 6



WICH ARE THE GOALS IN TEAM DEFENSE?

- NO EASY FAST BREAK POINTS
- NO OPEN SET SHOTS
- NO OFFENSIVE REBOUNDS

II. DEFENSIVE TRANSITION

NO EASY FAST BREAK POINTS-DEFENSIVE TRANSITION

ON A SHOT, GO TO OFFENSIVE REBOUND, OR GO BACK TO DEFENSE.

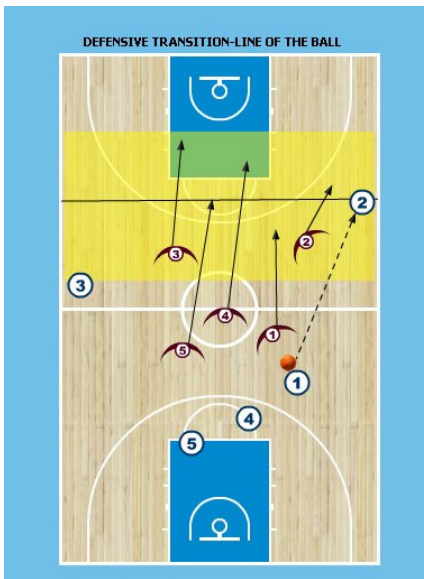
The first task is to anticipate shifting from offense to defense, which requires an organized transition with communication between all five players (assume that every shot will miss and get back in defense or go to offensive rebounds).

LINE OF THE BALL: The line of the ball principle states that players should defend their opponent only after they have taken a position below the LINE OF THE BALL and towards their defensive basket.





DIAGRAM 7



DEFENSIVE TRANSITION BASICS:

- FORM OFFENSIVE REBOUNDING TRIANGLE (GOOD DEFENSIVE TRANSITION STARTING POSITION).
- BE ORGANIZE IN DEFENSIVE TRANSITION; THREE PLAYERS ON OFFENSIVE REBOUND, GUARD NEAREST TO THE BALL JUMP TO THE BALL AND FORCE THE BALL TO THE NEAREST SIDE LINE AND THE
- ANOTHER GUARD SHOULD SPRINT TO THE HALF COURT TO PREVENT SECOND PASS IN THE MIDDLE.
- ON DEFENSIVE REBOUND, THREE PLAYERS FROM THE OFFENSIVE REBOUNDING POSITION MUST SPRINT FORWARD UNTIL THE HALF COURT LINE, TURN AND RUN BACKWARD BELOW THE LEVEL OF THE BALL.





- **THE PLAYER WITH BALL SHOULD BE TAKEN BY NEAREST DEFENDER.**
- THE HALF COURT TEAM DEFENSE; DEFENDER ON THE BALLHANDLER SHOULD FORCE HIM TO SIDE LINE OR WEAK HAND SIDE, PUSHING THE BALL OUT OF THE MIDDLE.
- **WHEN THE BALL IS OUT OF THE MIDDLE DEFENSE FORMS BALL SIDE AND HELP SIDE.**

DIAGRAM 8

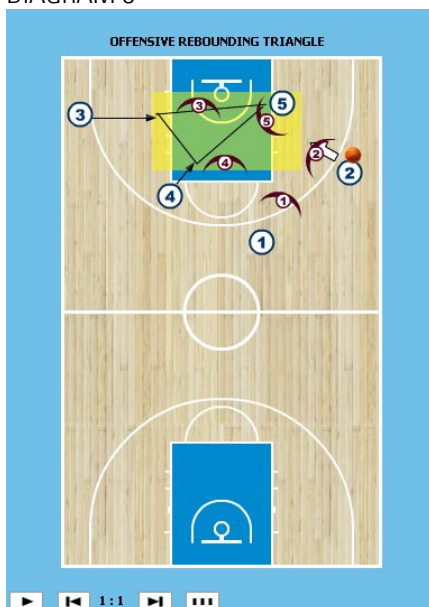


DIAGRAM 9

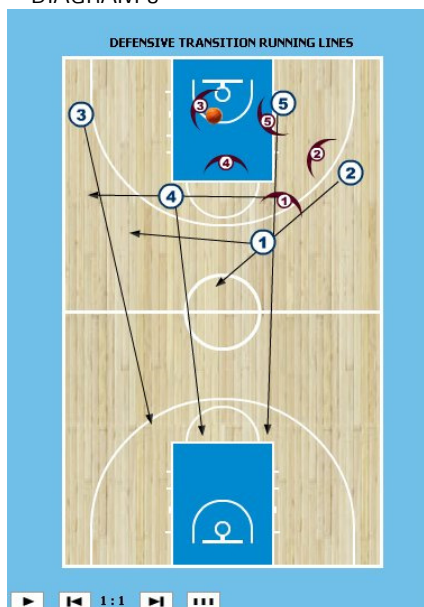
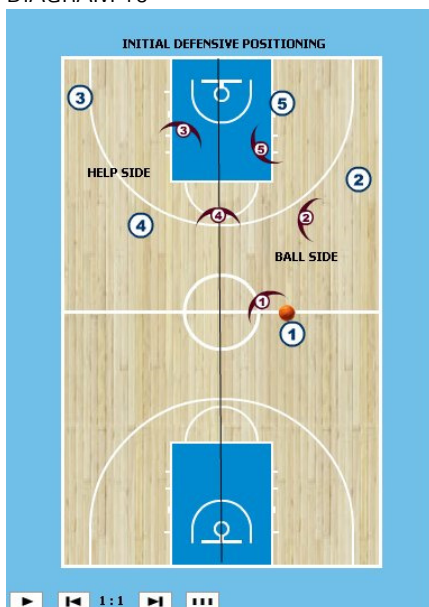


DIAGRAM 10





DEFENSIVE TRANSITION DRILLS

DIAGRAM 11

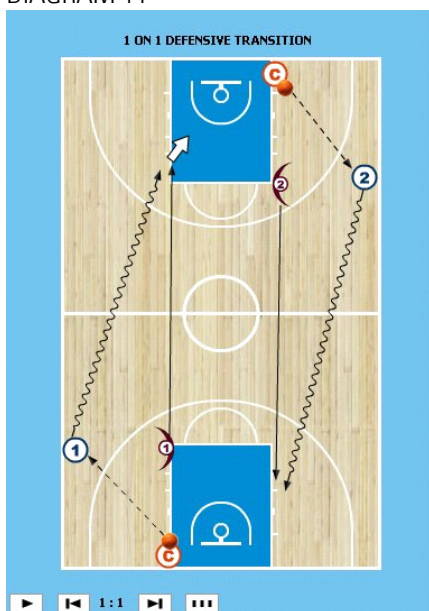


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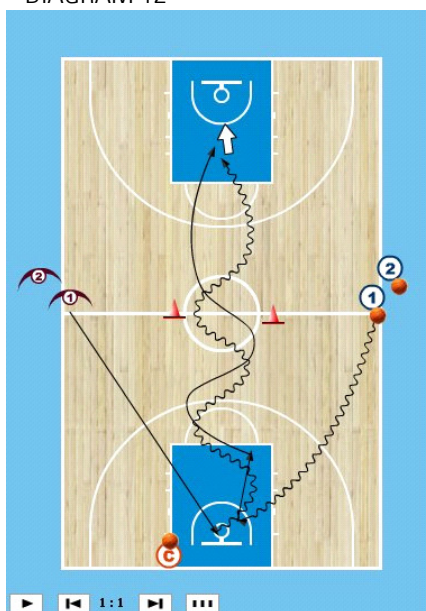


DIAGRAM 13

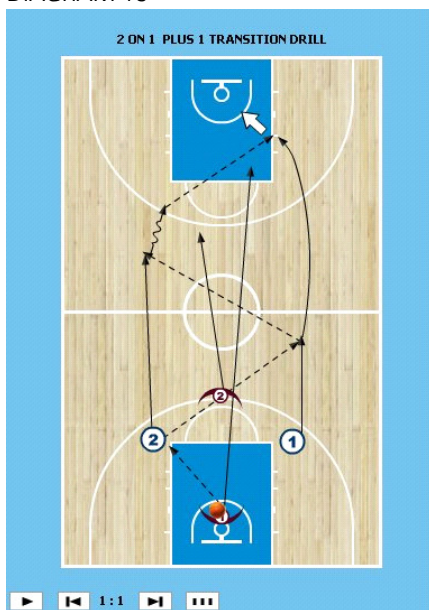


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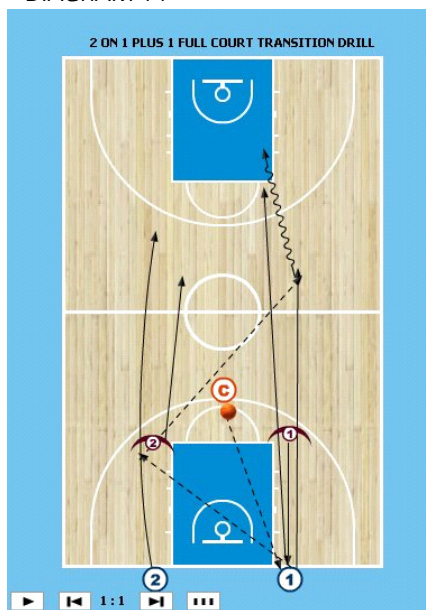




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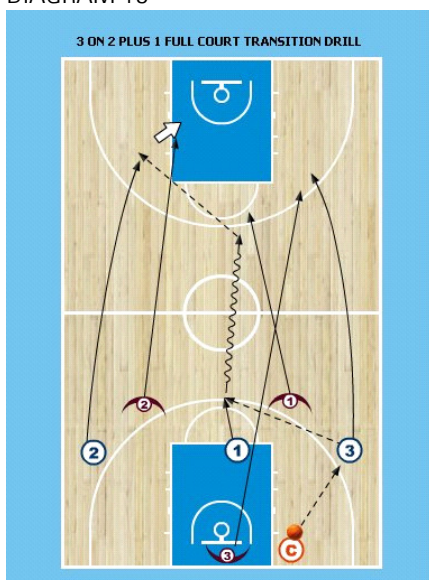
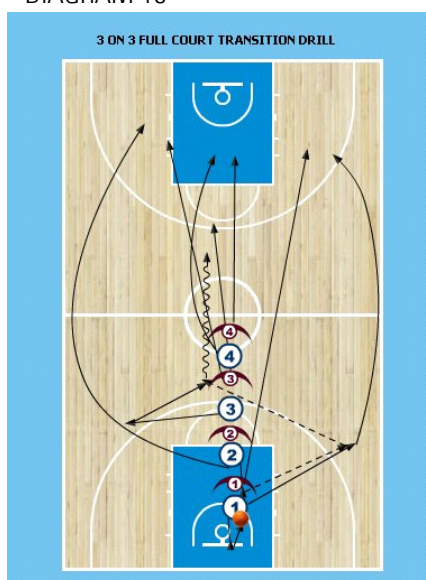


DIAGRAM 16



- 4:3+1 defensive footwork, covering and box out; on the coach sign offense execute the shot with shooting player who must touch the rim and back in defense. Offense play 4 against 3 with fourth recovering defender (DIAGRAMS 17, 18)

DIAGRAM 17

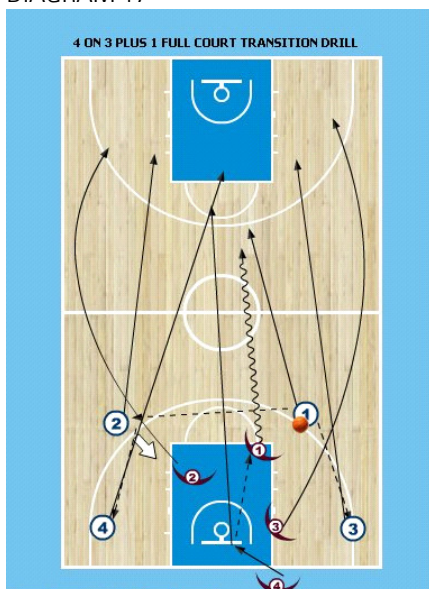
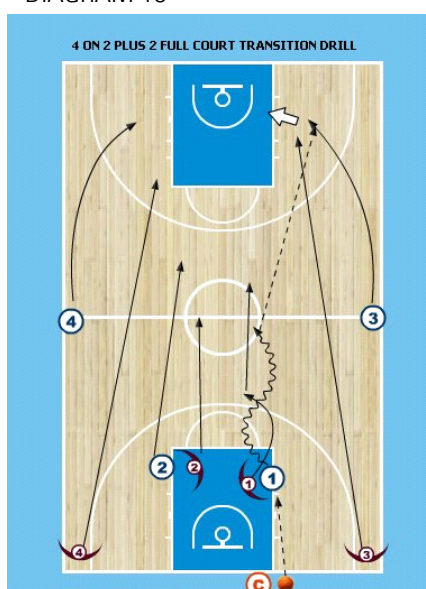


DIAGRAM 18





III. ON THE BALL DEFENSE („LIVE BALL“, DRIBBLE, „DEAD BALL“)

NO OPEN SET SHOTS

ON THE BALL DEFENSE:

- GET LOW AND STAY LOW. BE LOWER THEN OFFENSIVE PLAYER.
- MAINTAIN THE **BALL-DEFENDER-BASKET** POSITION.
- GUARD PLAYERS IN A LIVE-BALL SITUATION: FRONT FOOT TO FRONT FOOT, HANDS AND FEETS ACTIVE, BE IN PROPER DISTANCE.
- KEEP SPACE BETWEEN YOURSELF AND THE DRIBBLER.
- GUARD THE DRIBBLER: KEEP THE HEAD AND CHEST IN FRONT, JAB WITH THE LEAD HAND, AND RUN TO RECOVER WHEN NECESSARY.
- GUARD A DEAD-BALL SITUATION: SWARM THE BALLHANDLER AND TRACE THE BALL WITHOUT FOULING OR SAG AWAY FROM THE BALLHANDLER.
- JUMP (EXPLODE) TO THE BALL WHEN A PASS IS MADE. ALWAYS MOVE TOWARD THE BALL ON EVERY PASS OR DRIBBLE(SPRINT TO HELP).

DEFENDING THE LIVE-BALL (THE PLAYER STILL HAS THE DRIBLE):

- The defender needs to be in a low, wide, quick defensive stance with active feet.
- Maintain **ball-defender-basket position**.
- Distracting the player with ball to prevent pass, dribble or shot (ATTACK OFFENSE).
- Force slow bounce or lob pass using active feet and hands.
- Force offensive player to weak hand side but don't be open to much with inside foot (the feet are in staggered stance with indside foot slightly forward).
- This position allows the defender to keeep the trunk and chest in front of the ballhandler in a ball-defender-basket alignment.

DIAGRAM 19

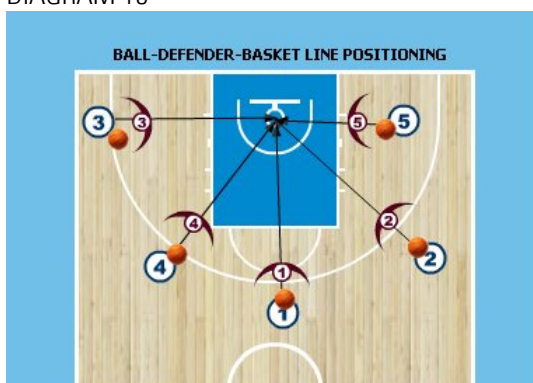


DIAGRAM 20





THE RECOMMENDED HAND POSITION:

- **Ball overhead;** make quick two foot hop forward, stay in a low quick defensive stance with both hands up to deflect the pass. BE WIDE AND LOW AND ATTACK THE BALL IN ORDER TO DEFLECT THE PASS.
- **Ball is the shooting pocket (triple threat position);** THE HAND IN FRONT AND OVER NEAR THE BALL (IF POSSIBLE), READY TO CHALLENGE AND CHARGE A SHOT ATTEMPT AND PREVENT A QUICK AIR PASS BY THE EAR.
- **Ball low; THE HAND HORIZONTAL AND ABOVE THE BALL TO PREVENT QUICK SHOT. DEFENDER SHOULD BE LOWER THEN OFFENSIVE PLAYER TO PREVENT THE DRIVE. The other hand is flexed at the elbow and is in front of the body, ready to attack when the ball is moved to the opposite side by the offensive player. Playing lower than the offensive player.**

BE CLOSE ENOUGH TO GET A TOUCH ON THE BALL. ON A OFFENSIVE JAB STEP USE A RETREAT STEP TO THAT SIDE. THIS IS A POWER PUSH STEP SLIDE TO PREVENT THE POSSIBLE DRIBBLE DRIVE.

DEFENDING THE DRIBBLER:

- Be close enough to touch on the ball.
- On a offensive jab step use a retreat step to that side. This is a power push step slide in direction of dribble drive.
- Anticipate drive direction (**MIND**), use explosive push-step (**LEAD WITH FOOT IN THE DIRECTION OF MOVEMENT**), to maintain ball-player-basket position, and take a contact on the chest or trunk in a legal guarding position.
- Push-step technique is **STEP AND SLIDE MOTION (PUSH-STEP AND SLIDE, LOW AND WIDE, CAN'T GET TOO LOW and CAN'T GET TOO WIDE).**
- The forward foot must be placed opposite the dominant hand of the offensive player.

DEFENDING THE DEAD-BALL (WHEN A BALLHANDLER HAS USED THE DRIBLE):

- Tracing the ball with both hands and attacking the player's senses while staying in a stance and try to anticipate the next pass.
- **The pressure should be sign for defensive teammates to deny other passing lines.**

4. OFF THE BALL DEFENSE (DENY-CLOSED STANCE AND OPEN-PISTOL STANCE)

- THE MOST CHALLENGING AND CRUCIAL INDIVIDUAL DEFENSIVE SKILL MAKES A SIGNIFICANT CONTRIBUTION TO TEAM DEFENSE.
- CLOSE OUT TO THE BALL WHEN IT IS PASSED TO AN ASSIGNED OFFENSIVE PLAYER; SPRINT, BREAK-DOWN, AND PREVENT THE DRIVE (PREFERABLE TO THE MIDDLE). CLOSE OUT ON THE DRIVING LINE TO THE BASKET.
- MAINTAIN THE BALL-DEFENDER-BASKET POSITION.
- GET IN AN OPEN (PISTOL) STANCE FAR FROM THE BALL OR A CLOSED STANCE CLOSE TO THE BALL (FLAT TRIANGLE POSITION- STEP OR TWO BELOW THE PASSING LINE).





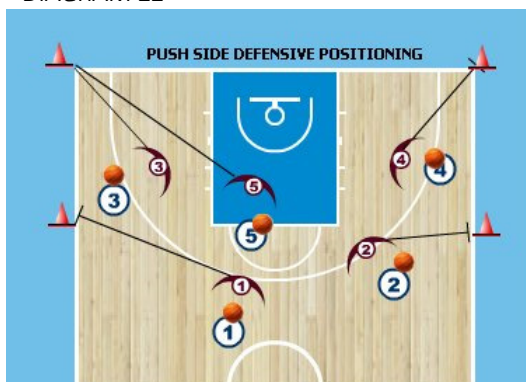
- BE ABLE TO HELP AND MAKE THE DECISION TO BLUFF OR SWITCH ON DRIBBLE DRIVE, ON SCREENS OR CLOSE OUT.
- SEE DIRECT OPPONENT BUT GUARD THE BALL.
 - Guard the ball and see the direct opponent.
 - Be lower than offense and put the ear at the level of the chest of the offensive player.
 - In a closed stance, offensive players needs make back-door cut to get open, so defender must stay in BALL-DEFENDER-OFFENSIVE PLAYER POSITION.
 - Do not follow the cutter away from the ball. Jump to the ball, follow first move in the basket direction, and then **ASSUME OPEN STANCE TO SEE THE BALL AND BE IN GOOD DEFENSIVE HELPING POSITION.**
 - **THE BALL ALWAYS SCORES, NOT THE PLAYER.**
 -

ON THE BALL DEFENSIVE DRILLS

DIAGRAM 21



DIAGRAM 22



- -pass the ball, closeout, defense on the ball (three position: ball overhead, ball in shooting pocket or triple threat position, ball low) /DIAGRAM 21/, push side defensive positioning /DIAGRAM 22/

DIAGRAM 23

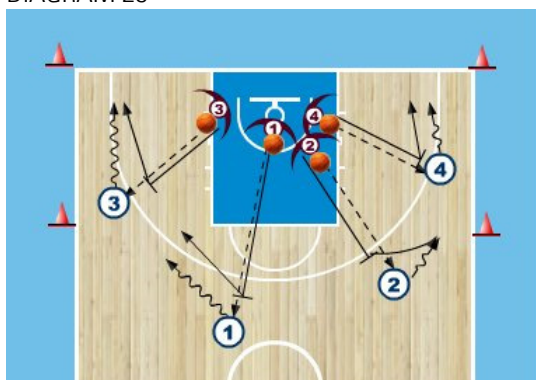
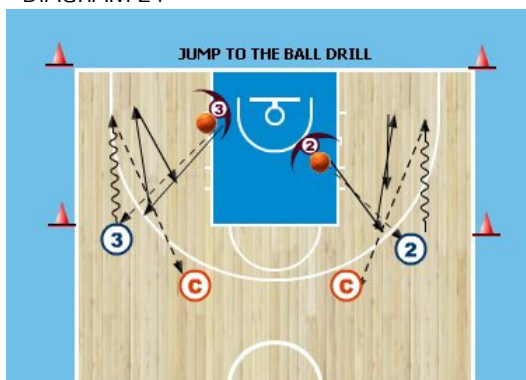


DIAGRAM 24





- -closeout, shot fake, drive only, defending the dribbler /DIAGRAM 23/
- -same initial move with jumping to the ball after the pass; closeout, live ball, make it take it-defense must stop offense to rotate /DIAGRAM 24/

ON THE BALL TO OFF THE BALL DEFENSE (JUMP OR EXPLODE TO THE BALL)

- WHEN A BALLHANDLER PASS THE BALL HIS DIRECT DEFENSIVE OPPONENT SHOUL IMMEDIATELY MAKE TRANSITION FROM ON-THE-BALL STATUS (BALL-DEFENDER-BASKET POSITION) TO OFF-THE-BALL DEFENSIVE POSITION (BALL-DEFENDER-PLAYER GUARDED POSITION)
- OF-THE-BALL STATUS IS ACHIEVED BY JUMPING(OR EXPLODING) TO THE BALL /PRIMARY/ OR TO THE BASKET /SECONDARY/ TO ASSUME A CLOSED OR OPEN STANCE.
- **DEFENDER MUST JUMP TO THE BALL WHILE IS BALL IN THE AIR, NOT IN THE MOMENT OF THE NEW RECIEVING.**
- JUMP THE THE BALL PREVENTS THE PASSER FROM USING A PASS-ATAACK (PASS-AND-CUT MOVE) TO MAKE A FRONT DOOR CUT TO CATCH A RETURN PASS GOING TOWARD THE BASKET.
- BE IN GOOD HELPING POSITION TO PREVENT DRIBBLE DRIVE OF THE PLAYER ONE PASS AWAY WHO IS JUST RECEIVE THE BALL, AND CONTROL GIVE-AND-GO PLAY OF THE PLAYER GUARDED.
- **ONE-THE-BALL DEFENDER-BALL MOVES, MOVE TO THE BALL TOGETHER WITH BALL, WHEN THE BALL IS IN THE AIR.**

DIAGRAM 25

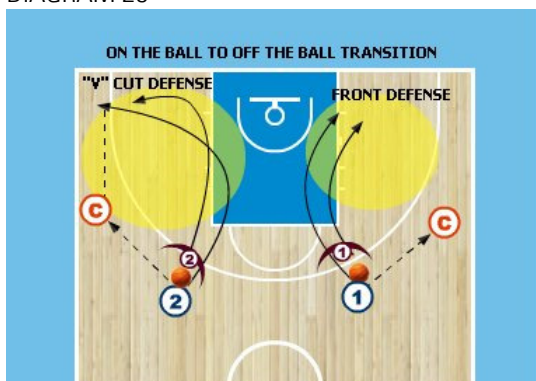


DIAGRAM 26





DIAGRAM 27

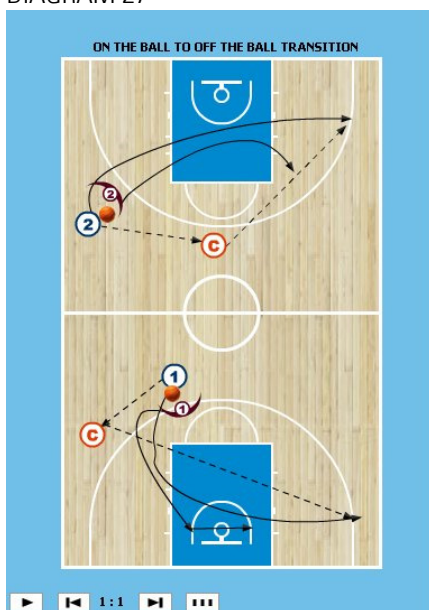
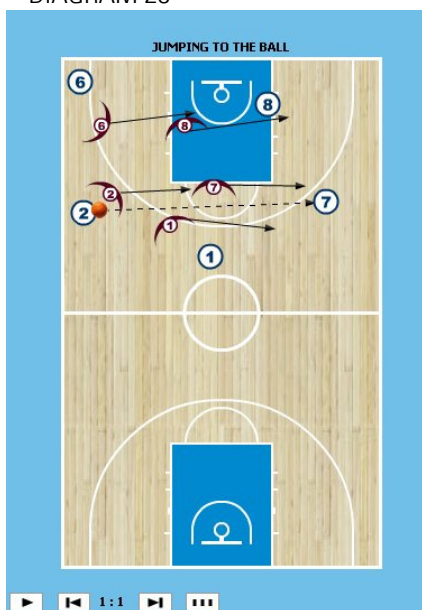


DIAGRAM 28



DRILLS TO TEACH OFF-THE-BALL TO ON-THE-BALL TRANSITION

DIAGRAM 29



DIAGRAM 30

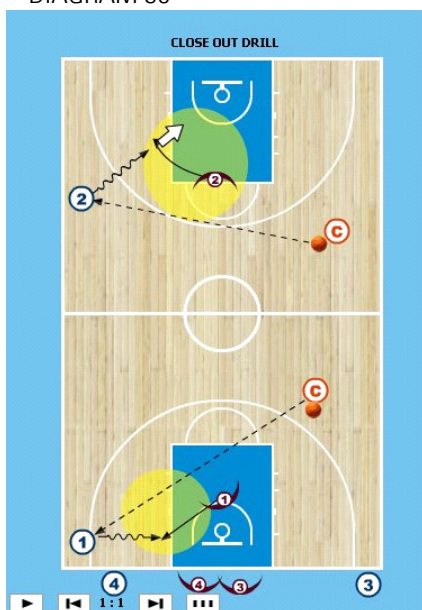




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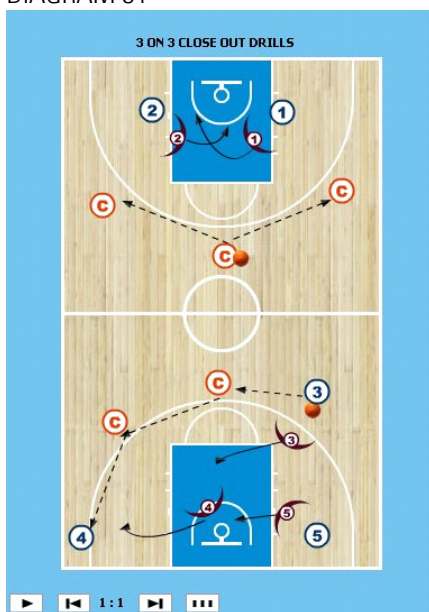


DIAGRAM 32

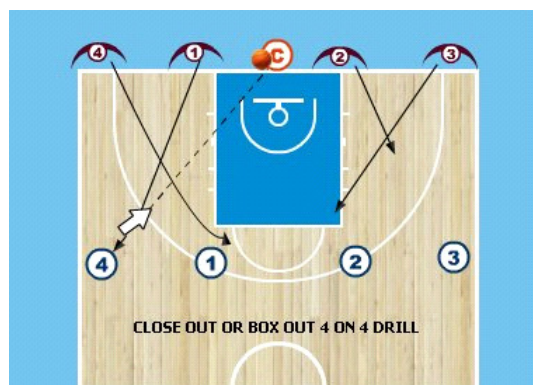


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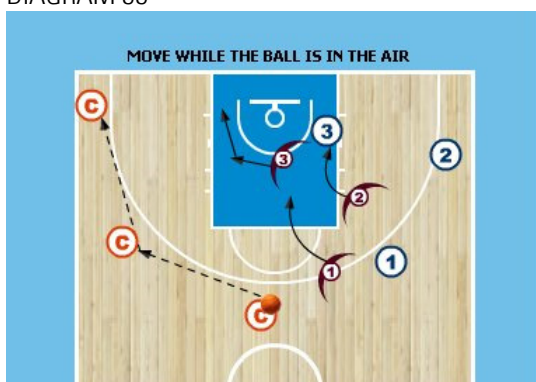


DIAGRAM 34

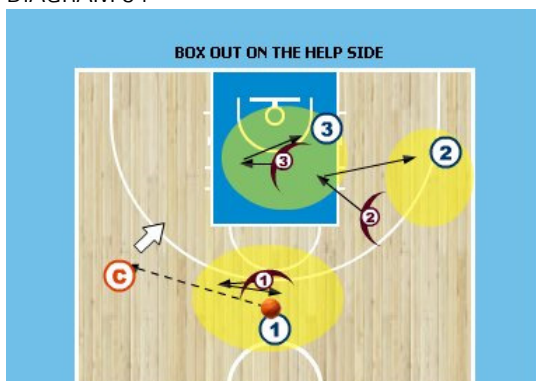
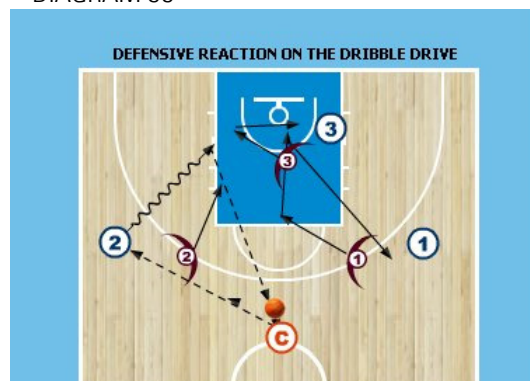


DIAGRAM 35





CLOSEOUTS (OFF THE BALL TO ON THE BALL)

- CLOSEOUT TO THE BALL IS ANOTHER DEFENSIVE TRANSITION: DEFENSIVE PLAYERS CHANGE THE STATUS FROM OFF-THE-BALL (OPEN-PISTOL DEFENSIVE STANCE) TO ON-THE-BALL COVERAGE, WHILE THE BALL IS IN THE AIR.
- THE CORRECT TECHNIQUE FOR CLOSING OUT;
- Sprint halfway to the guarded player with ball.
- Stop into a regular defensive stance using active feet **with both hands above the shoulders and above the head level.**
- **Approach the ballhandler with caution on the line between the ball and the basket to prevent the drive.**
- Close out in a ball-defender-basket line (prevent the drive).
- CLOSE OUT WITH THE BODY WEIGHT BACK (HANDS UP AND HEAD BACKWARD).
- **THE OBJECTIVE ON A CLOSEOUT IS TO PREVENT PENETRATION (A DRIBBLE OR QUICK AIR PASS PAST THE HEAD) AND THEN PRESSURE THE BALLHANDLER (CHALLENGE THE SHOT).**
- **On any penetration situation, the off-the-ball defenders make critical decisions; HELP AND ROTATE (protect the basket and cover the penetrating dribble) and decide (to switch defensive assignments, trap with defender on the ball, or bluff to buy recovery time for teammate guarding the dribbler). Communication is the key; be ready to help and communicate the decision).**
- Defenders should use help and decide defensive technique to combat the offensive tactic of a dribble drive to beat the defender.





DIAGRAMS 36

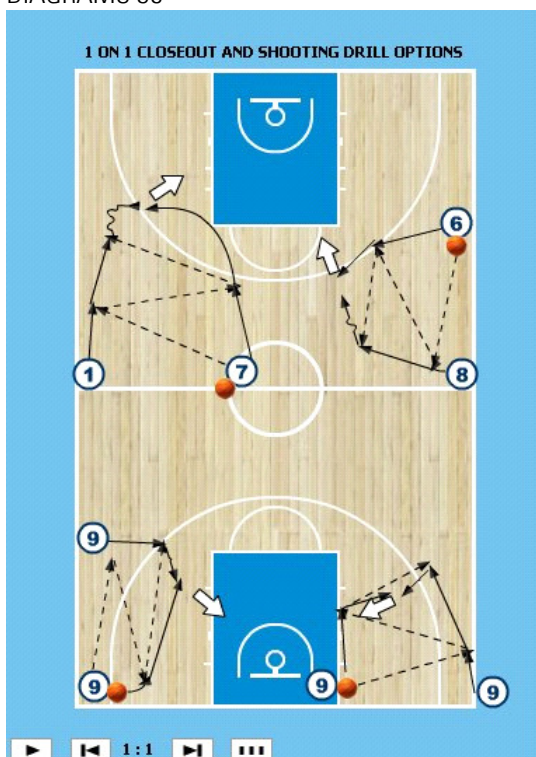


DIAGRAM 37

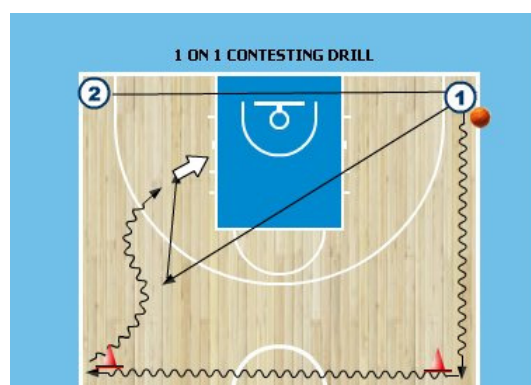


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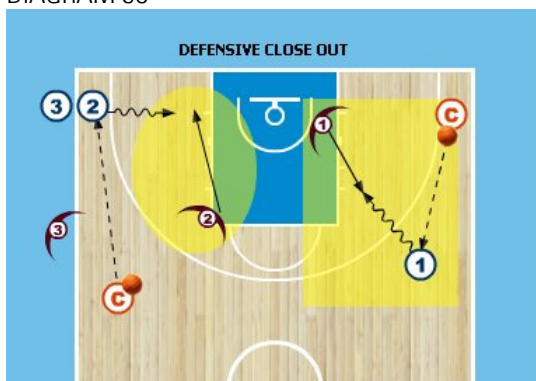


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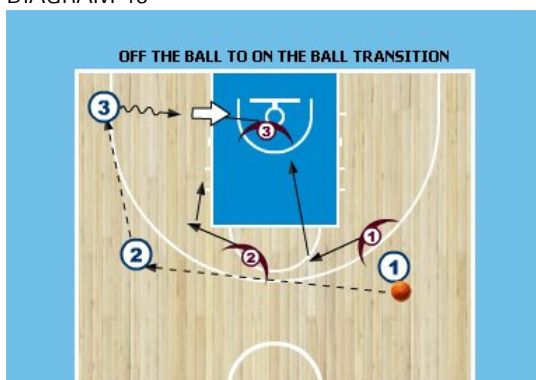
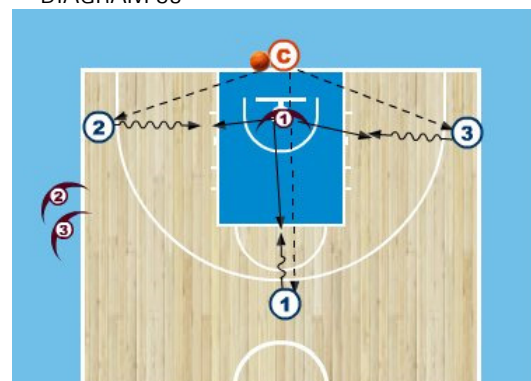




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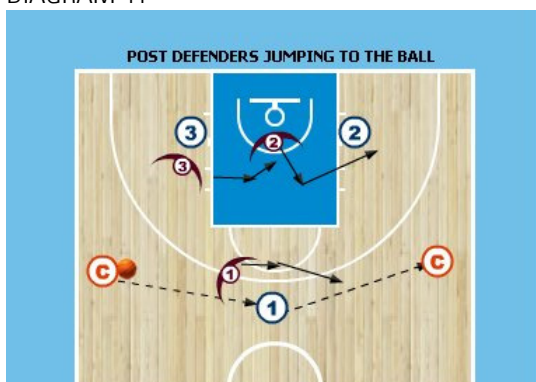


DIAGRAM 42



DIAGRAM 43

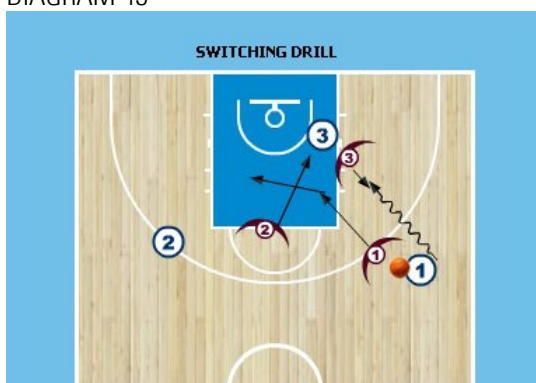
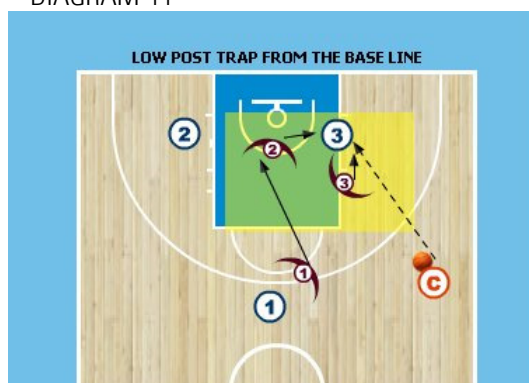


DIAGRAM 44



IV. DEFENSIVE REBOUNDING

OFFENSE SELLS TICKETS; DEFENSE WINS THE GAMES, REBOUNDING WINS CHAMPIONSHIPS.

FUNDAMENTAL REBOUNDING PRINCIPLES ARE:

- SEE OR HEAR THE SHOT.
- ASSUME THAT THE SHOT WILL BE MISSED.
- LOCATE THE OPPONENT.
- GO TO THE OPPONENT AND BLOCK OUT.
- GO TO THE BALL.
- GET AND KEEP THE BALL.
- MOVE THE BALL OUT OF DOWN COURT.





DEFENSIVE REBOUNDING DRILLS

DIAGRAM 45

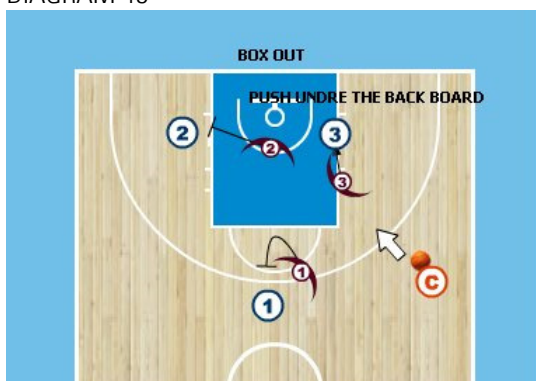
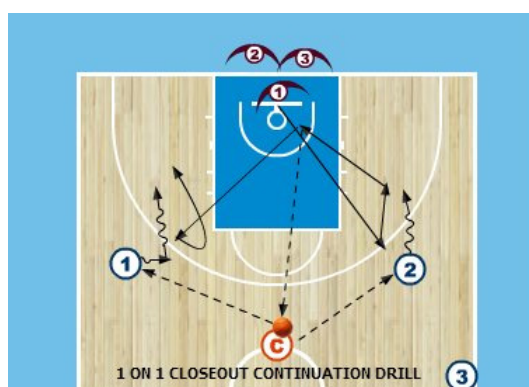
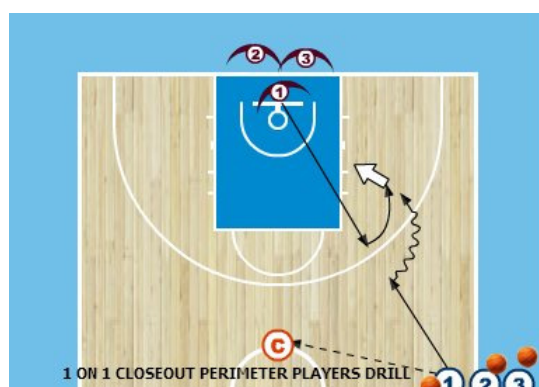
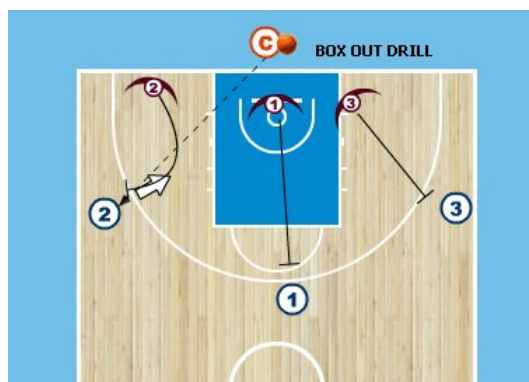
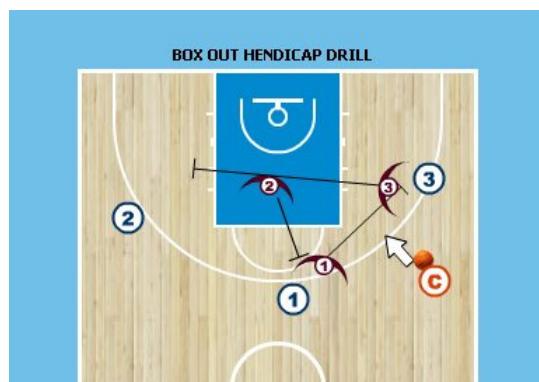


DIAGRAM 46

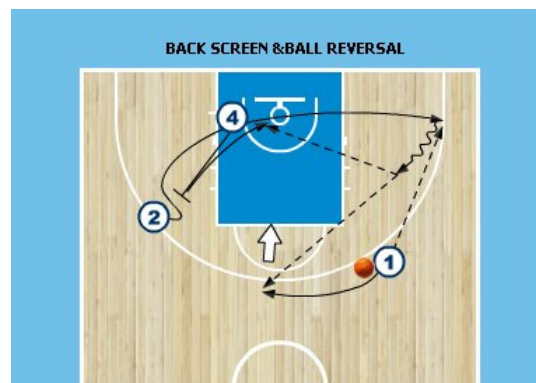
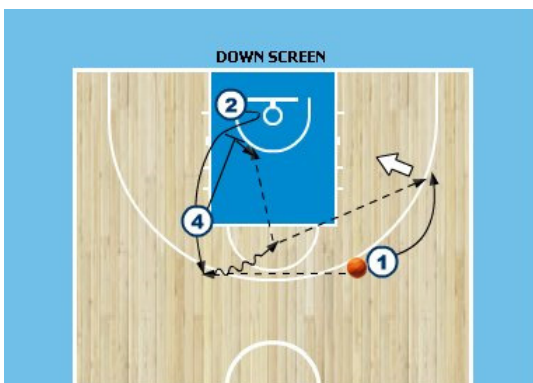
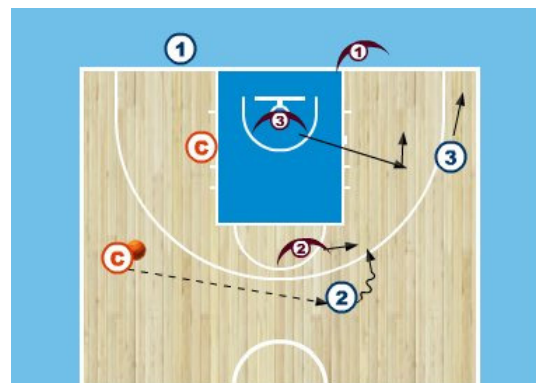
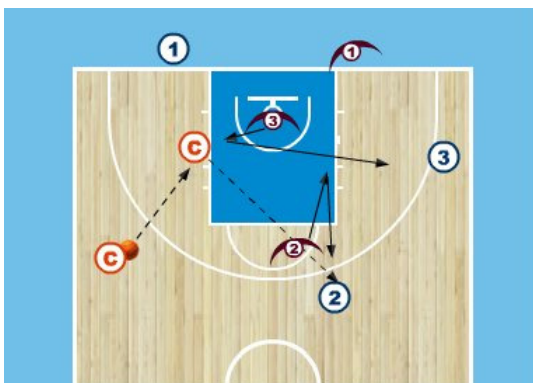
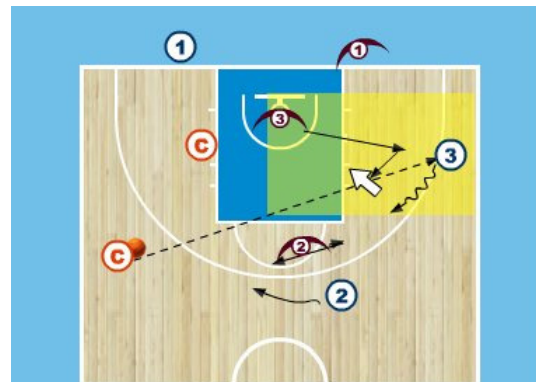
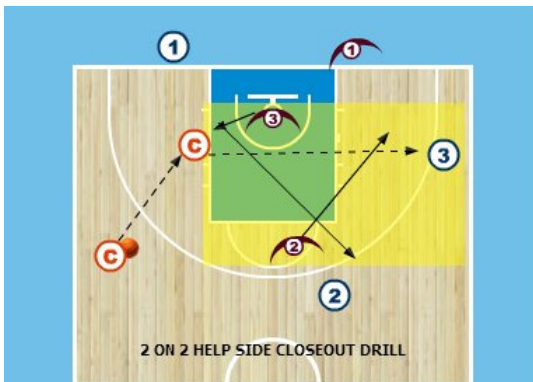
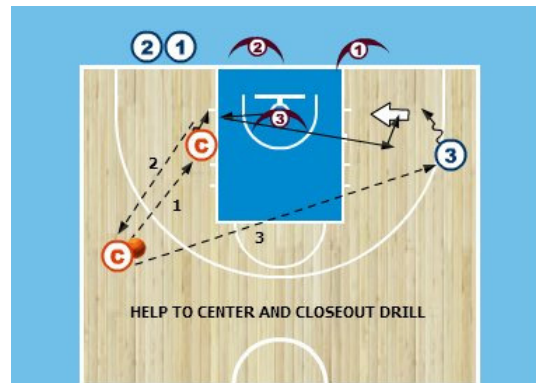
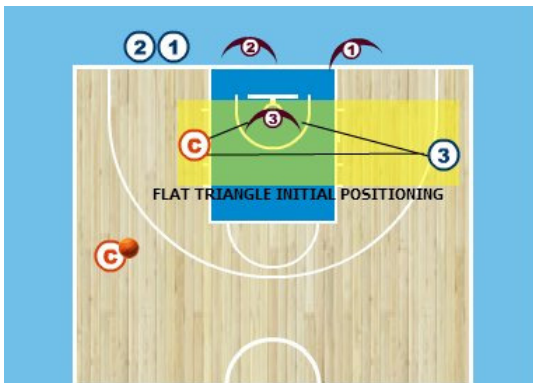


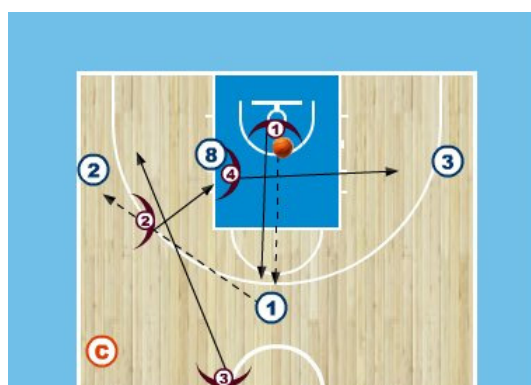
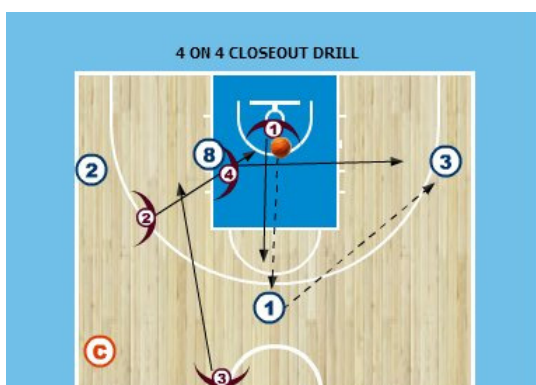
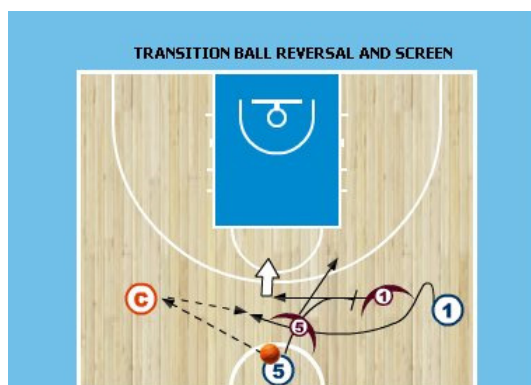
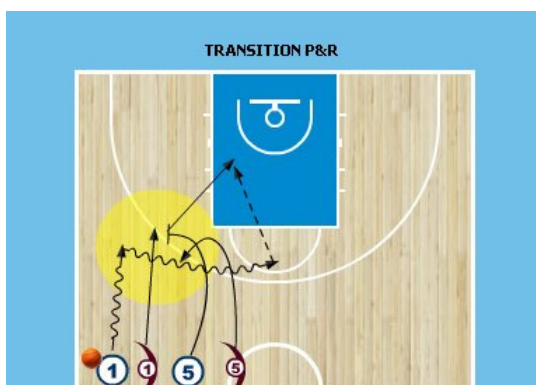
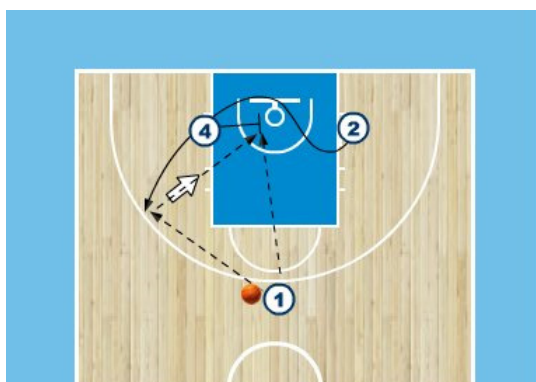
DRILLS

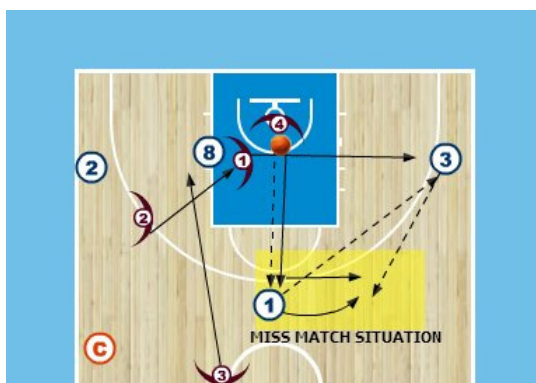




BUILDING TEAM DEFENSE THROUGH SPECIFIC DRILLS BY NENAD TRUNIC

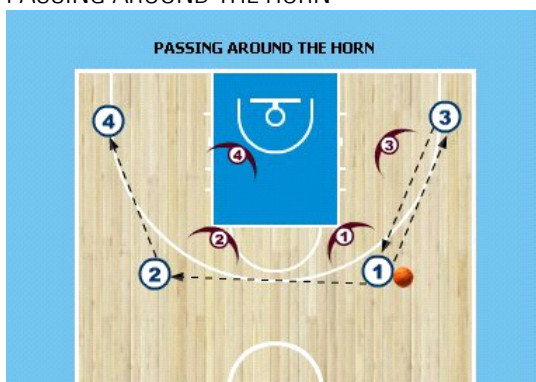




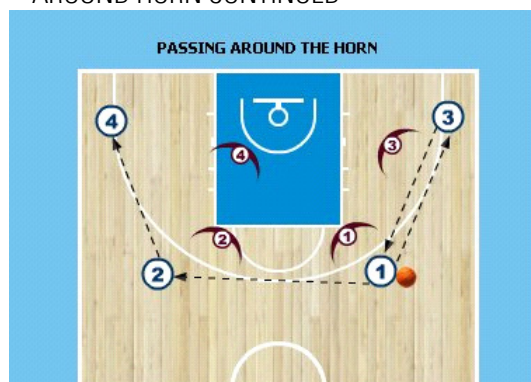


4 ON 4 HALF COURT DEFENSIVE DRILLS /SHELL DRILLS OPTIONS/

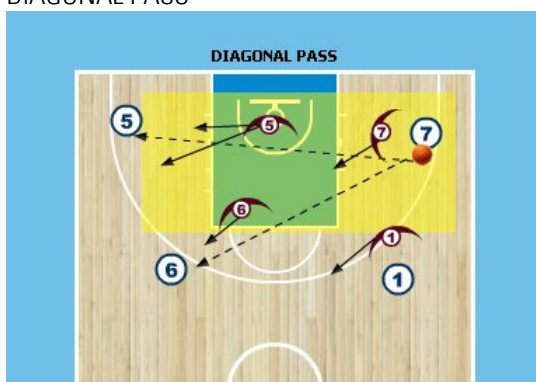
PASSING AROUND THE HORN



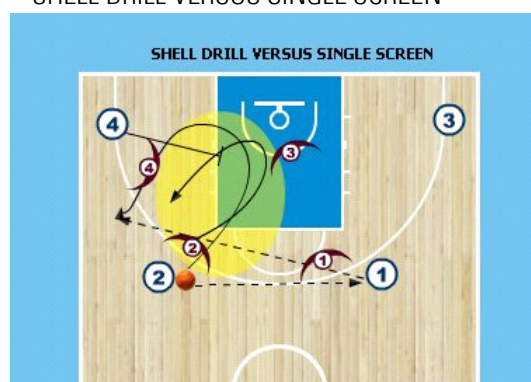
AROUND HORN CONTINUED



DIAGONAL PASS

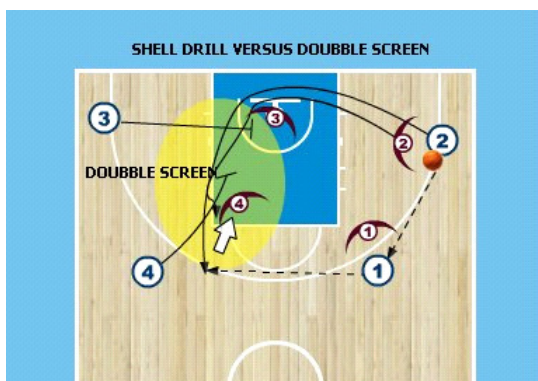


SHELL DRILL VERSUS SINGLE SCREEN

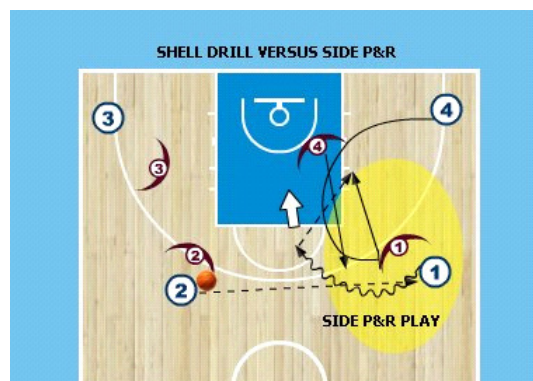




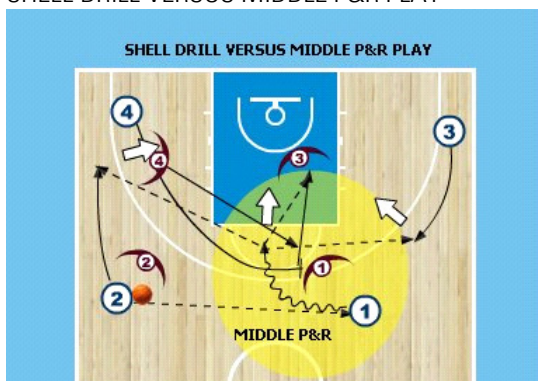
SHELL DRILL VERSUS DOUBLE OR STAGGERED SCREENS



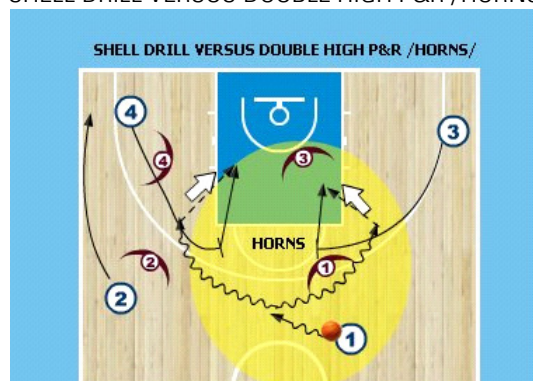
SHELL DRILL VERSUS SIDE P&R PLAY



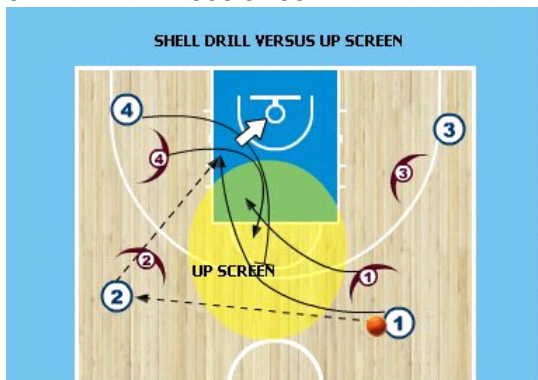
SHELL DRILL VERSUS MIDDLE P&R PLAY



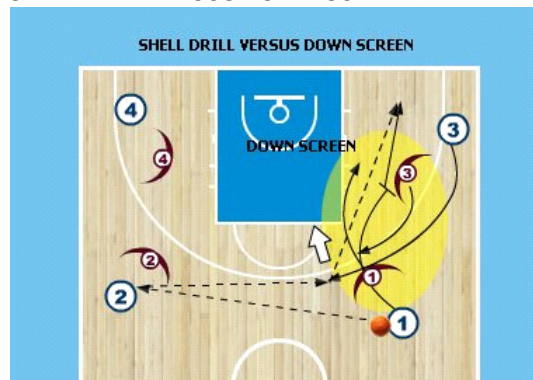
SHELL DRILL VERSUS DOUBLE HIGH P&R /HORNS PLAY/



SHELL DRILL VERSUS UP SCREEN

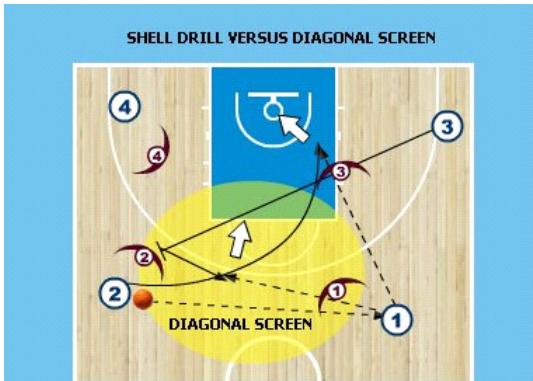


SHELL DRILL VERSUS DOWN SCREEN

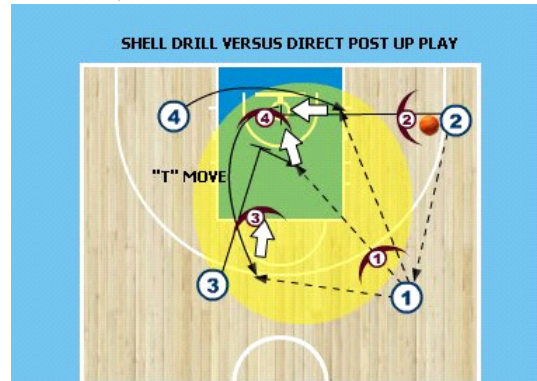




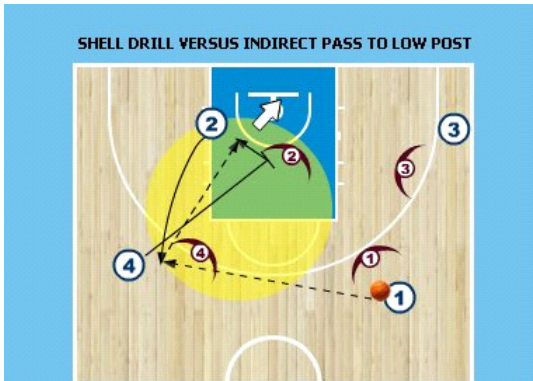
SHELL DRILL VERSUS DIAGONAL SCREEN



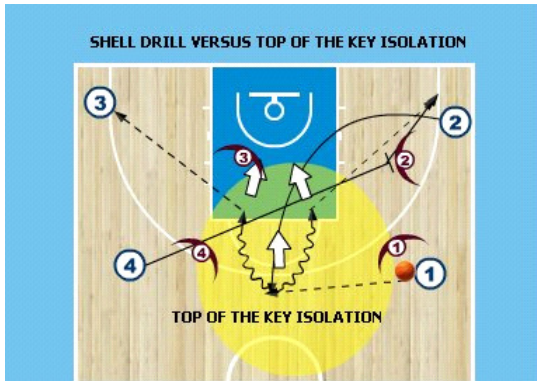
SHELL DRILL VERSUS DIRECT POST UP PLAY
"T" MOVE/



SHELL DRILL VERSUS INDIRECT PASS TO LOW POST



SHELL DRILL VERSUS TOP OF THE KEY ISOLATION



SHELL DRILL VERSUS FLEX MOVE

