AYBL Coaches Clinic 11/6/2019 @ Eagle Ridge Middle School

**Defense Philosophy & Schemes**

***\*Defense is an attitude; our attitude is: RELENTLESS PURSUIT.”***

**Defensive Language:**

1. On-Ball: Applying pressure to the ballhandler.
2. Gap: All non-ball defenders are located inside the Pack Line, providing “help” to the on-ball defender.
3. Deny: Do not allow your player to catch the ball, especially in an aggressive style defense.

**Defensive Themes: Colors**

1. Press
   1. **Red**- 2/2/1 Full Court Press
   2. **Black**- Man to Man Full Court Press
   3. **Maroon**- 1/2/2 Three Quarter Court Press
2. Man to Man
   1. **Blue** - Half Court Man to Man (Pack line)
3. Zone
   1. **White**- 1/3/1 Zone
   2. **Orange**- 2/3 Zone
4. Junk
   1. **41-** Diamond & 1
   2. **32-** Triangle & 2

**Defensive “Calls”**

1. **“Double Fists”-** Trap the corner
2. **“Circle”-** Trap the 1st pass
3. **“Triangle” –** Jump the ball handler crossing half court
4. **“X”-** Switch Everything
5. **“FALCON”-**FOUL IMMEDIATELY

*“We want to be the most enthusiastic and energetic team in the country. That’s what we can control.”- Shaka Smart*

**Defensive Identity**

1. We want to create “**Havoc**” when we are on defense, in order to create easy opportunities for us on offense.
   1. **H- Hard Work**: Players should give everything they have on every possession. There is no “taking plays off” on defense.
   2. **A- Attitude**: All players must be enthusiastic.
   3. **V- Vision**: Trust the vision and identity.
   4. **O- Ownership**: Take responsibility in your role, and not letting your players score; compete.
   5. **C- Communication**: There must be constant talking.
2. These are non-negotiables; regardless of your offensive production, discipled defense is a must have to be on the floor

**Pack Line Defense**

1. **What is the Pack Line?**
   1. A team oriented defensive system geared towards using an aggressive style to force outside shots.
2. **Why run the Pack Line?** 
   1. To limit the decision making of the defense, and enable them to use their athleticism instinctually.
3. **What is the goal of the Pack Line?**
   1. To force low percentage jump shots, and take away points in the paint.
4. **Golden Rule!**
   1. You must have two feet inside the PL when your man does not have the ball!
5. **KNOW YOUR NO’S!**
   1. No Paint Touches
   2. No Fouls
   3. No Baseline Drives
   4. No Rhythm Shots
   5. No Direct Drives
   6. No Fast Break Layups
   7. No Second Chances