



Notes from viewing Dick Bennett's The "Pack-Line"  
Pressure Defense DVD

# Dick Bennett - Pressure Packline Defense

## Opening Comments

- You've got to play a little bit better defensively on the road than when you're at home.
- With statistics, points per game seldom tell the story.
  - Previous season in at Washington State (Pac-10 games only):
    - Opponent's FG%: 41
    - Opponent's 3Pt FG%: 28
    - 3-11 when outrebounded by opponents; 4-0 when outrebounding opponents
    - Team wasn't overly talented or great, but defense and rebounding kept them in every game.

## "Pack Line" Defense

- Dotted line on the floor 16-17 feet from the basket.
- Nobody goes outside the line with the exception of the on-ball defender.
- Defenders inside the pack must stay in a stance and see both. Have vision!
- No help move, just a recovery move.

## 2 Areas a Coach is Responsible For Defensively

"If we get beat in either of these areas, it's my fault."

- 1) If teams get up and down the floor without working against a set defense
  - We can get it a running game, but it better be 1-sided in our favor.
  - Don't let people run! Absolutely no transition baskets!
- 2) REFUSE to get beat by a good post player
  - Make him give it to someone else
  - Post players are in the post – we know where he is at all times! No excuses for losing him.
  - Might not keep it out of his hands, but you can keep him from beating you!

## Conversion Drills

### 3 on 2 into 2 on 1

- Shooter runs back on defense. Runs to lane.
- Defender in 2 on 1 situation – bluff and recover. Do not over commit. Make them decide!

### 4/4 Switch Drill

- On "SWITCH", 4 offensive players touch the lane and match up defensively.
- After switch, you cannot guard the man who was guarding you.
- Drill forces communication. Communication improves performance!
- "Defense is recognition, anticipation, reaction, and communication"
- If players aren't converting, run line drills. If you can't convert, you're rolling the dice that you can win 90-89

## Post Defense

- Dictates how you play everything else.
- If you have guys who react slowly, you're in trouble.
  - It's not about speed; it's about recognition, quickness, vision. If you can see, you can do.
- No feeds from the top!

- When the ball is in the air on post feed, post defender slides behind the post.
  - Don't go for interception even if you can get it.
- Vs good post player, trap – big to big.
  - Opposite post defender closes the door – high and hard!
  - Form a 90 degree trap. Take away as much of the court as you can without opening for split.
  - Trap defender ALWAYS traps over top!
- Trapping the post
  - Keeps a great player from scoring, makes a bad player worse.

#### Ball Pressure

- Closeouts – run 2 steps, chop rest of the way. Come out with high hands.
- DO NOT let the ballhandler go baseline.
- DO NOT allow the ballhandler to shoot a rhythm shot.
- Try to force the ballhandler to an angle. Turn him and level him off.
- No straight line drives – the more you turn the ballhandler, the better.
- Shooters – Have to bother hand. Get hands up on the ball, not on the face.
- Against the ball you must:
  - Closeout
  - Take away baseline
  - Take away rhythm shots
  - Level off
  - Bother
  - Jump to the ball

#### Off-Ball Pressure

- Your positioning is your help
- No outside!
- Build a wall

#### Screens

- Stay within a touching distance
- Lock and chase
- If being screened, forget about helping on ball. Take care of business.
- If guarding screener, help any way you can. Do not lose contact with the screener
  - Helper has a little freedom, within reasonable distance of the screener.
- When chasing, do not chase outside the pack!

#### Work to Prevent

- Shot fakes – if he leaves his feet, you leave your feet.
- Reaching
- Having your hands down
- Silence – must communicate and talk!
- Overhelping in the lane, especially with bigs
  - Don't help "up"
  - Help comes from perimeter