

Delta State Basketball

Pressure Pack Line Defense – Jim Boone

- I. General Thoughts**
 - a. “You cannot coach without your philosophy of life pervading into your teaching.”
 - b. Must have a philosophy as a coach (in writing)

- II. Delta State Basketball Philosophy (rooted in words & phrases)**
 - a. Hard Work
 - b. Preparation
 - c. Teaching
 - d. Discipline

- III. Benefits of the Pack Line Defense**
 - a. Low Opponent FG %
 - b. Improves Rebounding
 - c. Takes away easy baskets by opponents
 - d. Reduces fouling

- IV. Key Stats for Delta State Basketball**
 - a. Defensive Field Goal Percentage
 - b. Trips to the Foul Line (ultimate goal is to make more than opponent’s attempt)
 - c. Points Allowed

- V. Defense is outcome oriented – STOP THE BALL!!!**

- VI. Key teaching points of the Pack Line Defense**
 - a. Position players in such a way that they are already in help
 - i. “It’s not the help the beats you, it’s the recovery” – Chuck Daly
 - b. Build a wall to stop the ball (zoning the ball)
 - c. 5 Players working together
 - d. Communication

- VII. Daily Maintenance**
 - a. Conversion Defense
 - i. Outnumber the offense - “Cannot play transition while you are in transition”
 - b. Low Post Defense – dictates how you set your defense up ($\frac{3}{4}$ Top Side Denial)
 - c. Pressure on the ball
 - i. The most difficult thing for kids - make ball handler uncomfortable
 - d. Help/Recover
 - i. Closeouts & Gap Defense
 - e. Blockout

- VIII. 5 Defensive Goals at Delta State**
 - a. Pressure the ball
 - b. Contest all shots (no rhythm 3’s)
 - c. Keep the ball out of the lane (determine what type of shots offense gets)
 - d. No second shots
 - e. Do not foul

IX. Court Markings

- a. Pack Line
 - i. Dotted Line, 16 foot arc
- b. Low Post Box
 - i. 2 positions that we defend – perimeter player & post player
 - ii. Box around block – below and to about 2nd hash
- c. Heat up line
 - i. 2 steps above the pack line
 - ii. Once ball is passed initially, do not extend outside of the heat up line

X. Conversion Defense

- a. Do not have a specific man if offense has numerical superiority
- b. Stop the basketball!!
- c. Defend areas not a specific man
- d. Establish 2 guys as get back guys – on shot – they are getting back
- e. Once possession has changed – first 3 steps are taken with total loss of vision
- f. Keys
 - i. No Fast Break Lay-ups
 - ii. Outnumber the offense
 - iii. Build from the lane out
- g. Switch back to game prep assignments as offense allows us to do so

XI. Conversion Defense Drills

- a. 4 on 4 Stationary Change
 - i. Initial Shell – Offense passes ball around the perimeter
 - 1. Explode out of the pack to guard the ball
 - 2. Jump Back and to the ball on a pass when guarding the ball
 - ii. Coach yells “Change”
 - iii. Offense puts ball down, new offense is looking to attack
 - iv. Cannot guard the guy that is guarding you
 - v. 1 man must pick up the ball – other 3 must “GET TO PAINT”
- b. 4 on 4 Change with Movement
 - i. MUST PRESSURE THE BASKETBALL
 - ii. #1 objective is to stop the ball
 - iii. Other 3 guys – get in the paint – get to the level of the ball
 - iv. Will change multiple times in a possession
 - v. Always start with your 1st group on offense – MORE REPS
- c. 3 on 3 Get Back – $\frac{3}{4}$ trips up and down and then coach teaching points
 - i. Judge this drill in two ways
 - 1. Are we sprinting back all the way to paint?
 - a. Not buddy running – not my man mentality – GET TO PAINT
 - 2. How effective are we defensively are we at keeping the ball out of the paint?
 - ii. Rebounder must outlet the ball and get out of the drill

XII. Low Post Drills

- a. Post Defense Teaching Points
 - i. Play on top of the post – $\frac{3}{4}$ on top
 - ii. Use arm bar to separate self – arm bar across player’s arm

- 1. Show entire arm & hand to passer
 - iii. Must keep feet moving
 - iv. Head in front of offensive player's shoulder – vision on the ball
 - v. Stay on top side – but do not give up a lob
 - vi. ALWAYS FRONT IN AND OUT GAME – when ball kicked out – front!
 - vii. MUST UNDERSTAND SLIP POINT
 - viii. High/Low Seal – open hips and drive him to baseline – SHOW HANDS
 - ix. On a pass into the post – slide behind and shade baseline shoulder
 - x. Cut across lane – meet him, greet him, and escort him away from the post box
- b. 3/0 with 1/1 Inside
- c. 3/2 Perimeter to Post Help – Unguarded Post
 - i. Perimeter players MUST pressure the ball
 - ii. Ball on wing – defender shading baseline side
 - iii. Ball passed to post
 - 1. Jump to the ball
 - a. Help on post by choking the post (50/50 between man and ball)
 - 2. If post puts ball on floor – perimeter players must dig
- d. 3/3 with 1/1 Inside
 - i. Start with defenders in lane, coach pass, and a closeout
 - ii. Offense can screen away & drive gaps
 - iii. Once ball goes inside – choke to kick out – if it's put on floor dig
 - iv. Once ball is kicked out from post & reversed, it is live

XIII. Pressuring the Ball Drills

- a. Zig Zag
 - i. No Hands to start - grabbing jersey
 - ii. Head on ball – in line with the ball (not beside the ball)
 - iii. Low and wide stance – chin up and back straight
 - iv. Point toe of lead foot – push with back foot
 - v. Ruler between heels – do not click heels
 - vi. If ball handler gets ahead – run to get head back in line with the ball
 - vii. Defender constantly communicating “Ball-Ball-Ball”
- b. Partner Closeouts
 - i. Throw a pass from underneath the rim – closeout to man on wing
 - ii. Jump up – Jump back – trace the ball
 - iii. Communicate
 - iv. Keep butt between rim and ball
- c. 2 on 1 Closeouts
 - i. Defender already positioned in help in a slightly closed stance
 - ii. Ball passed to wing - player closes out and seeks leverage
 - iii. Jump Up/Jump Back
 - iv. Jump back into the pack and then to the ball with active feet
 - v. Do this twice
 - vi. Coach then drives the ball – drive and kick
 - 1. Stop ball with near arm and near leg
 - 2. Closeout to contest
 - 3. Contest shot vertically with hand over shoulder
 - vii. Offense has 1 or no dribble

XIV. Help and Recover Closeouts

- a. 2 on 2 Vision

- i. Ball placed on floor
 - ii. Offensive players move around making basketball cuts
 - iii. Defensive players constantly working on positioning and stance
 - iv. 2nd Progression - Coach can pass to cutters as well as drive
 - v. 3rd Progression – Build in screening, cutting, etc.
- b. 2 on 2 Full Court Seal the Gap
 - i. Defense
 - 1. Pressure on the ball
 - 2. Cannot get beat to the outside
 - 3. Seal the Gap
 - 4. Talk to each other
 - ii. Offense
 - 1. Try to beat the offense off the dribble (sideline or split)
 - 2. Must stay even or behind partner driving it
 - 3. On pass do not immediately put ball on floor
- c. 3 on 3 Closeout
 - i. Start with a pass from coach and a closeout on ball/to the gap
 - ii. Offense must get a paint touch before a shot can be taken
 - iii. Coach dictates action for that day (screen away, etc)

XV. Blockout Drills

- a. 3 on 3 Blockout
 - i. Movement from offense through cutting & screening
 - ii. Defense is constantly repositioning based on where the ball is
 - iii. Coach can pass it, dribble it, post feed, or shoot it
 - iv. Scoring
 - 1. 2 points for an off reb, 1 point for a drawn foul,
 - 2. Off Rebound – go to defense

XVI. Team Development Drills

- a. 5/4 Driver
 - i. Driver is unguarded
 - ii. Good drill preparing for a drive & kick team or a great player who creates
 - iii. Offense – pass & cut, can only shoot off of unguarded player’s pass
- b. 3/3 Screen Drill
 - i. Screen the Screener Action with coaches on wings – Continuous Drill
 - ii. Cross Screen – screener’s defender gets lower than the screen
 - iii. Defender guarding cutter tags the cutter trying to prevent a high cut
 - 1. If cutter cuts high then goes below screen – v-move
 - iv. Down Screen: 2 options: Short cut or Chase
- c. Perfect Defense
 - i. 30 sec on clock – Great end of practice drill – Can only “win” on defense
 - ii. Must prevent the offensive team from scoring for 30 seconds
 - iii. If a shot is taken and a defensive rebound is obtained, then the offense gets it again with “X” amount of seconds on the clock
 - iv. On a score or foul – offense goes to defense
 - v. Can change situations as shot clock gets short

XVII. Offense to Defense

- a. Full Court – 2 Possession Game
- b. Make a stipulation on the offensive end