

PACK LINE DEFENSE DRILLS:

PRESSURE ON THE BALL:

- **One on One Closeouts**

*TP: Sprint to Choppy Steps
Hard & Short w/ Wgt Back
High Hands w/ Elbows Bent
Jump-up & Jump Back*

- **One on One FC Lane Slides**

*TP: Low & Wide Stance
Hands on the Glass
Protect Your Feet
Space & Movement*

DEFENDERS ARE ALREADY POSITIONED IN HELP:

- **Two on Two Positioning**

*TP: "On to Off" Quickly
Sprint Back and to the Ball
Gap Positioning - Help Mode
Slightly Closed Stance*

- **Two on Two FC Seal the Gap**

*TP: Pressure on the Ball
Nothing to the Outside
Get Off & Get Ahead
Seal the Gap*

CANNOT PREVENT SHOTS, BUT WE CAN INFLUENCE THE TYPE OF SHOT:

- **Four on Four Change Drill**

*TP: Find the Ball
Get to the Level of the Ball
Find a Man - Get to Gaps
Point & Talk (ELO)*

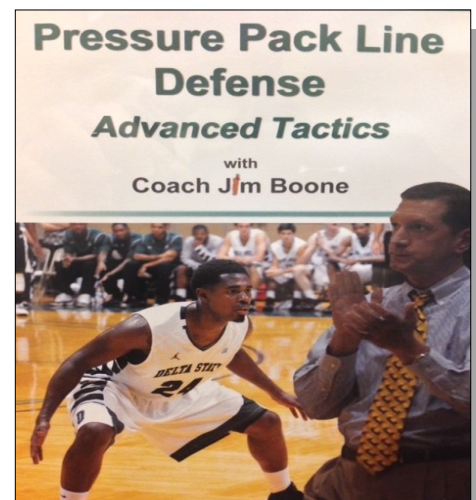
- **Three on Three Get Back**

*TP: STOP THE BALL
Sprint to Paint Find Ball
Find a Man - Get to Gaps
Ball Cannot Get to Paint*

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Jim Boone's **PRESSURE PACK LINE MAN TO MAN DEFENSE**

Ask the following Questions of your Defense:

1. Will your Defense allow you to Defeat the Best Teams on your Schedule?
2. Can your Defense Win on the Road?
3. Does your Defense Improve as the Season Progresses?
4. Will your Defense allow you to Advance in Post Season Play?

Know Your No's:

1. No PAINT (911/Code Red)
2. No BASELINE, Nothing to the Outside
3. No RHYTHM THREES, Contest all Shots
4. No DIRECT DRIVES, Guard Your Yard
5. No FASTBREAK LAY-UPS, Cannot Play Transition Defense in Transition
6. No SECOND SHOTS, must Teach & Emphasize Rebounding
7. No FOULS, Make more FT's than Opponents Attempt

Delta State Team Culture

- **Hard Work**
- **Toughness**
- **Passion**
- **Unity**



THE JIM BOONE FILE

2 NCAA Final Fours
6 NCAA Sweet Sixteens
7 Conference Championships
10 NCAA Appearances
Over 500 Career Wins

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