



7.0 DEFENCE

Hills Hornets will incorporate a mix of “PACKLINE” and “PRESSURE” defensive principles in the clubs’ defensive philosophy.

Our main goal on defence will be:

To build pressure and force the offence into mistakes, disrupt them from running free flowing offence, and to force them into shooting contested mid-range jump shots.

Communication is crucial to the success of our club’s defence. Our teams will be loud and intimidating with their talk on defence.

Numbering System:

Defences will be named through a numbering system.

- Defences with a single number will be half court defences:
 - “1” – Half Court man to man
 - “2” – Half court zone

- Defences with two numbers are full court defences:
 - “11” – Full Court man to man
 - “22” – Full Court zone

We will use a coloring system for certain situations on defence:

- WHITE – Front the low post
- RED - Trap
- GREEN – No Trap (Used for Full court defences to denote we are in containment style defence)
- BLACK – Foul



7.1 DEFENCE BY AGE GROUP

U/12s:

"1"	HALF COURT MAN TO MAN
"11 GREEN"	FULL COURT MAN TO MAN (off dead balls – After free throws, After Timeouts, Sideline Inbounds pass)
"11 RED"	FULL COURT RUN AND JUMP (off dead balls – After free throws, After Timeouts, Sideline Inbounds pass)

U/14s

"1"	HALF COURT MAN TO MAN
"11 GREEN"	FULL COURT MAN TO MAN
"11 RED"	FULL COURT RUN AND JUMP (off dead balls – After free throws, After Timeouts, Sideline Inbounds pass)

U/16s

"1" -	HALF COURT MAN TO MAN
"11 GREEN"	FULL COURT MAN TO MAN
"11 RED"	FULL COURT RUN AND JUMP (for 2-3 Minute segments of live play)
"2"	HALF COURT ZONE (off dead balls – After free throws, After Timeouts, Sideline Inbounds pass)
"22 RED"	FULL COURT ZONE TRAP (off dead balls – After free throws, After Timeouts, Sideline Inbounds pass)

U/18s

"1"	HALF COURT MAN TO MAN
"11 GREEN"	FULL COURT MAN TO MAN
"11 RED"	FULL COURT RUN AND JUMP (for 4-5 Minute segments of live play)
"2"	HALF COURT ZONE (for 2-3 Minute segments of live play)
"22 RED"	FULL COURT ZONE TRAP (off dead balls – After free throws, After Timeouts, Sideline Inbounds pass)

NB – Off missed shots, we are always in transition defence. U12s & U14s will always fall back into "1". U16s and U18s will mostly be in "1" but can mix up falling back into "2". **

**Consider cueing defensive coverages off made or missed shots to keep the offence guessing. For example, made baskets the players can be in "11 GREEN", whereas on missed baskets, they would fall back into "1". **



7.2 DEFENSIVE CONCEPTS

We will be a concept-based defence. That is, the reason for doing things on defence will be the focus over what defensive scheme we are implementing.

Concepts for defence:

Transition Defence

On Ball Defence

- Position Pressure
- Foot Position
- Closing Out
- Defending the Low Post
- Defending the High Post

Off Ball Defence

- Positioning
- Denying Lanes
- Guarding Cutters
- Helping and Rotations
- Defensive Rebounding and Fast Breaking

Screen Defence

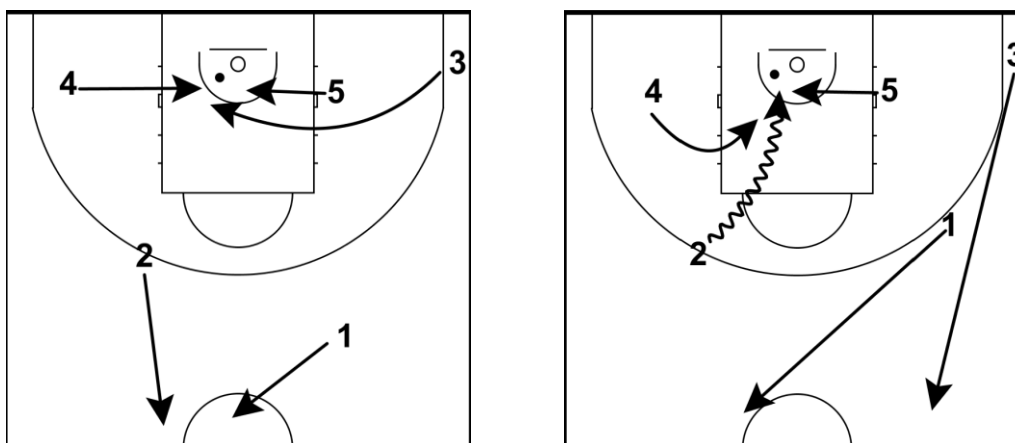
- Defending On Ball Screens
- Defending Off Ball Screens



7.2.1 TRANSITION DEFENCE

A key factor in winning any basketball game is which team is able to score the “easiest” points. That includes, points scored on the fast break.

Hills Hornets will be a club that limits these easy points.



Offensive rebounding examples.

Once our opponent has secured the ball, the following principles apply:

Teaching points:

- If you crash the glass and your DIRECT opponent gets the rebound, you smother the outlet pass. Rebounders whose direct opponent do not get the rebound, sprint back.
- Closest defender to the ball out of 1,2, or 3, defend the ball, slow it down and PUSH WIDE. They must put their hand in the air and yell “MINE” so that the team knows the ball is being defended.
- All other players sprint back and match up on the closest player. We will not necessarily be worried about getting to our direct match up – we would prefer to have Bigs on Bigs and Smalls on Smalls. But if this is not the case, of paramount importance is guarding SOMEONE.
- Get Defence SET – Stance, Eyes, Talk

Cues:

“CRASH”
 “MINE”
 “SET”



7.2.2 ON BALL DEFENCE

Position Pressure

Our team defence is only as good as our ability to guard the player with the ball. Our players must have the ability to BOTH keep the ball out of the paint AND apply pressure on the ball. We call this "Position Pressure".

Teaching Points:

- Whenever we guard the ball, we call "MINE" (not "Ball"). This means our players will be accountable to guarding the ball.
- Defenders will always be within an arm's distance to the ball – our 'GAP.'
- We want to be ready to play defence before the offence is ready to play offence. We do this by having active feet prior at all times. We "PULSE" our feet.
- Chop lead hand in the direction you are sliding, "Snake Bite" Inside hand. This creates "HEAT" on the ball.
- Moving lead foot first (foot closest to the direction you are moving in)
- Sprint back in front of the ball if you are beaten and re-establish stance

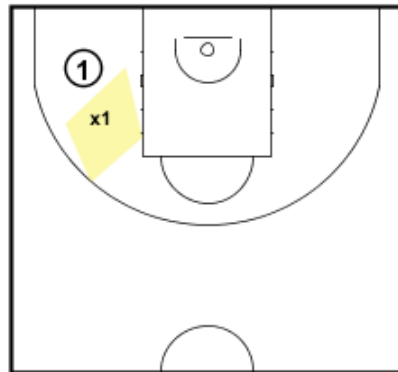
Cues:

- "GAP"
- "PULSE"
- "HEAT"

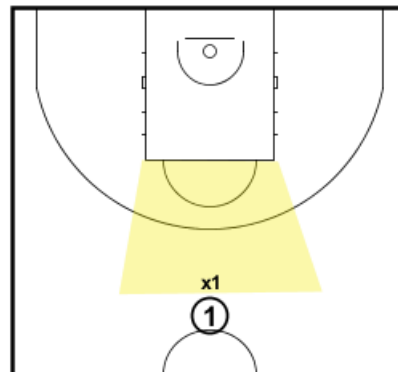
Foot position:

Defenders foot position will vary depending on where the ball is on the floor. If the ball is in the backcourt, defenders will have "Staggered" footwork (one foot in front of the other) and force the ball to sideline.

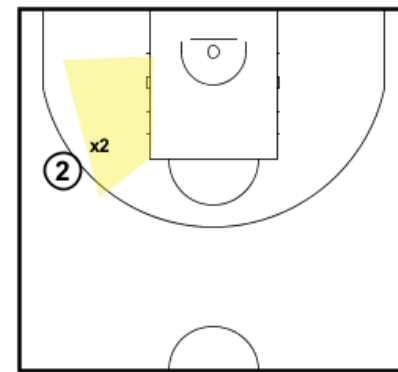
We will channel the ball handler down the sideline in the backcourt. We will only turn them if we are in a trapping/rotating defence ("RED") that calls for us to force the dribbler to back turn.



When ball is along three-point line, defenders foot position will be "Feet Outside of Feet" forcing the ball WIDE.



When guarding ball in middle of floor – we "Push Wide" and force it around the elbows.



When guarding ball on wing, we "Push Wide" and force ball over elbows or under the low block.

Teaching Points:

- Force the dribble to the outside
- Feet outside of Feet

Cues:

- "PUSH WIDE"



Closeouts:

Defenders must be able to move from an off-ball positioning to an on-ball position “on balance”. They do this by “Closing Out”. Note – as we get to the older age groups we will be less focused on the technique the players use to closeout – only that they are there ‘on the catch’ with an inside hand in the air and weight back.

Teaching Points:

- Sprint half the distance, then get low and use short, choppy stutter steps to get on balance
- Inside hand up to guard shot, weight back to guard drive
- Be there on the catch

Cues:

- “INSIDE HAND”
- “WEIGHT BACK”

Defending the low post

The low post is an attacking area to make plays from. We will not allow the ball to be caught on the low post.

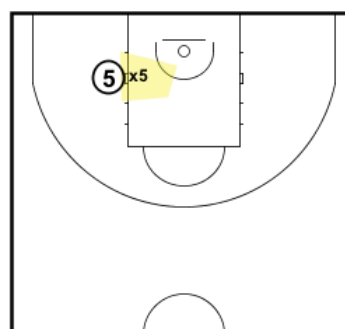
Teaching Points:

- Our main defence will be to FRONT the low post. This will be called “WHITE”. The defender will play in front of the post with feet facing the ball.
- If the post player does catch the ball, our goal will be to force a turnaround jump shot to the baseline.

Cues:

“WHITE”

When guarding ball in Low Post – we “Square Up” and force O into a turn around jump shot.

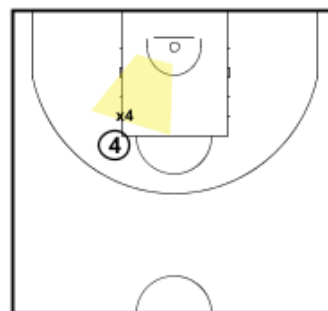




Defending the High post

Teaching Points

When guarding ball at elbows – we “Push Wide” and force ball down to low post. Note – we do not guard the ball tightly when the offence has their back to the basket (Keep a gap).



Cues:

“PUSH WIDE”

7.2.3 LANE DENIALS

In general terms, we are applying HEAT when guarding the ball, but off the ball, we are in an open stance (in SHRINK position). On some occasions, however, we want to use closed stance denial to disrupt the offence. We call this ‘Situational denial’.

The passing lanes we deny are:

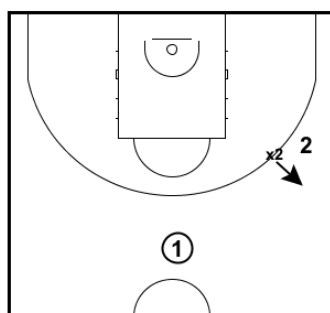
- When the ball handler ‘kills’ their dribble, we want our players to go from open stance to closed stance denials.
- Certain passes that are important for our opponents to complete to start their offence. This will be a special tactic we communicate to the team prior to the game (ideally, we have practiced it) or during a timeout.

Teaching Point:

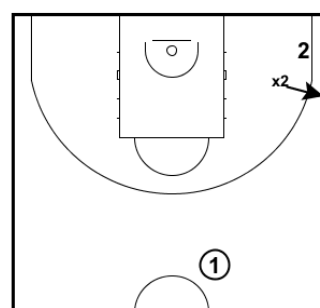
- Forearm into cutters body and force away from receiving spot
- Thumb to ground, elbow in lane
- Snap arm and Head on backdoor cut & bump the cutter

Cues:

- “BODY”
- “DENY”



Trail to Forward Entry



Slot to Corner Entry



7.2.4 OFF BALL DEFENCE

We will build our team defence through the use of Shell Drill.

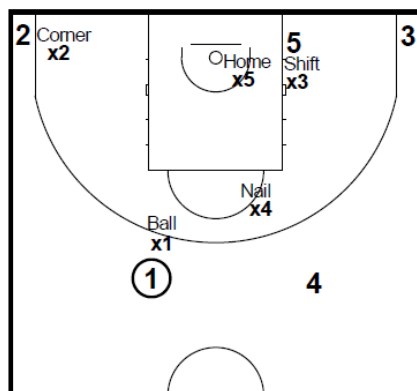
There are five (5) phases; each phase of the Shell Drill will reinforce a different concept on defence.

Each player will have a specific role depending on their position on the floor. The names of the positions and their responsibilities are as follows:

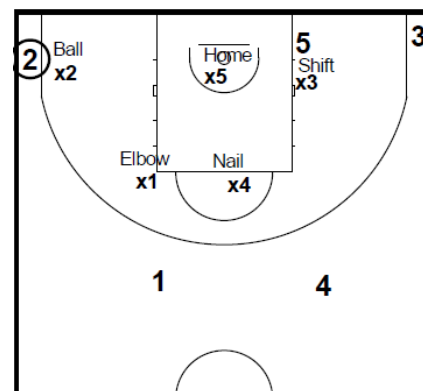
- “Ball” – Pressure ball and keep it out of paint
- “Corner” – play open stance to clog driving lane down the seam, but be in a position to contest corner 3pt shot.
- “Nail” - play open stance to clog driving lane down the middle, but be in a position to contest 3pt shot.
- “Elbow” - play open stance to clog driving lane through the elbow, but be in a position to contest 3pt shot.
- “Home” - play open stance to clog driving lane in the lane. Chief Help Defender!
- “Shift” - Covers down (when Home goes) to stop dump passes and offensive rebounds in cases where there are three players on the weakside.

Phase 1: Positioning

- Three players on Weak Side - “3 Side” Positioning:



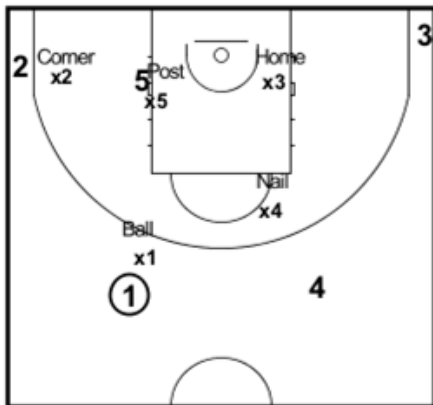
Positions and Names when ball is on Slot. Post opposite ball.



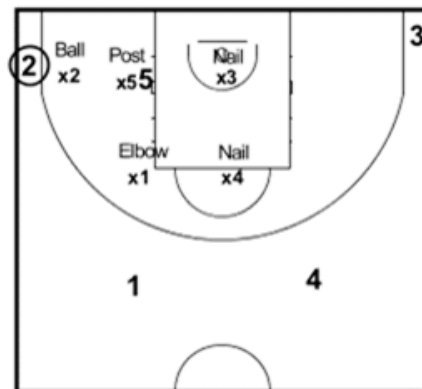
Defensive positions and Names when ball is on Corner. Post opposite ball.



- Two players on Weak Side – “2 Side” Positioning:



Packline positions and Names when ball is in Slot. Post same side of ball.



Packline positions and Names when ball is in corner. Post same side of ball.



Phase 2: Guarding Cutters

We will be physical with cutters. No cuts will be allowed over our feet. We will divert cuts away from the basket, but not over extend ourselves to bump cuts moving away from the basket.

We will be physical guarding screeners who are cutting to the ball to set a PNR screen. We want to bump them and break their momentum so that the PNR is less effective.

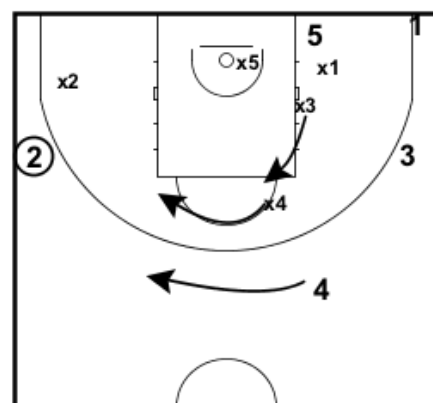


On pass to wing – x 1 jumps to the ball to stop any front cut. Since the ball is now below the foul line, X5 & X4 jump to the ball and take up positions on the split line.



If O1 tries to cut over X1s feet, X1 will bump the cutter and divert him to a less attacking position (away from basket, outside of key)

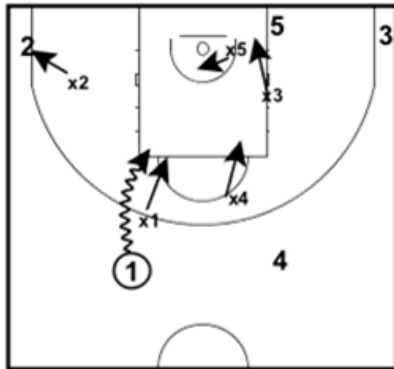
When 4 fills the space created by 1's cut, he is cutting towards the ball, but away from the basket. So we do not overextend and bump this cut. Instead, X4 remains in Packline position.



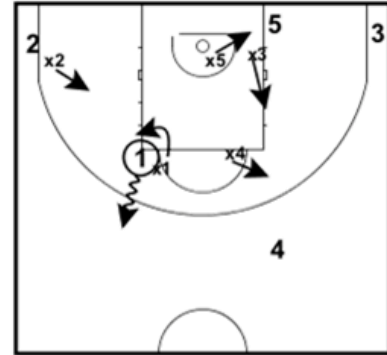


Phase 3 - Helping and Rotations

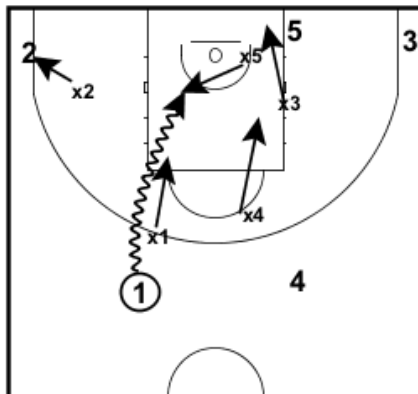
- Helping: When to give help:



When a player is beaten, the first thing they must do is try and get back in front of their man. If they can do this we do not need to be in rotations.



If X1 gets back in front of O1, he calls "Stay" and all defenders go back to their initial positions.

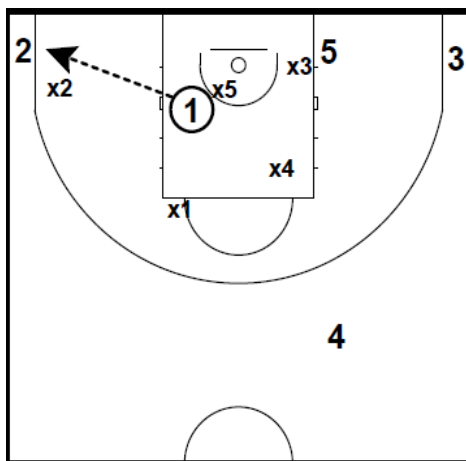


If X1 is beaten, that is X5 can "see two shoulders", X5 helps on the ball. He calls "Go" and all weakside players are in rotations.

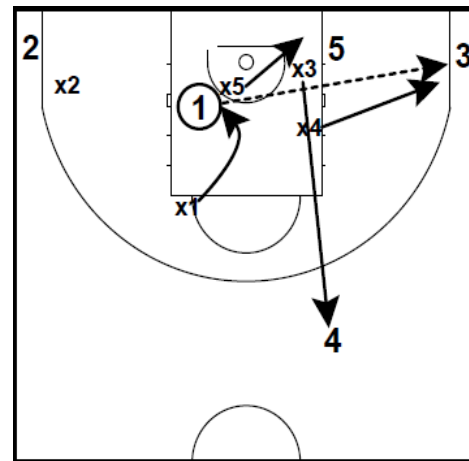


Rotations: What happens when we help

- The **HOME defender will be the helper on all dribble penetration** – regardless of where the ball is driven from (Baseline, Wing, Top) or what direction (Middle, Baseline).
- The next player above the HOME defender (Nail defender on a 2 side and the SHIFT defender on the 3 side) will SINK.
- The next closest player will “Play 2”.
- **Players one pass away will not help on the ball. They will STUNT.**
- **If the ball is passed ballside out of a driven – WE GO BACK TO OUR OWN.**
- **If the ball is passed weakside out of a drive – NEAREST MAN PRINCIPLE**



If the pass goes 'ballside' – we go back to our own.



If O1 passes weakside, NEAREST MAN principles kick in. In this case, X4 takes the ball, X3 performs an “X” and goes to O4, X5 & X1 go back to their players.



Phase 4 – Off Ball Screen Defence/DHO Defence

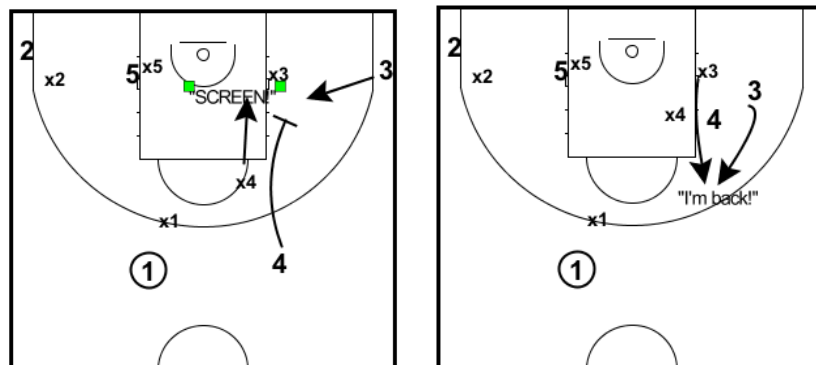
Defending Off Ball Screens

Our primary defence will be to go under or through the gap of screens. Only in exceptional circumstances will we go “same side” as the cutter (if the cutter is an exceptional shooter).

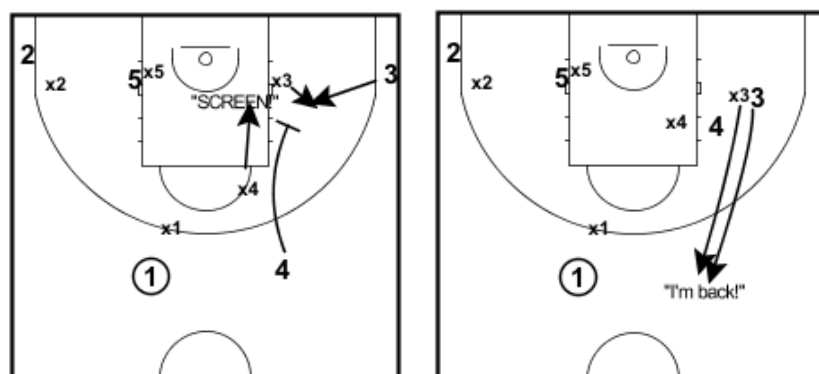
Teaching Points:

- Defender on Screener: Communicate screen to teammate, Give gap for teammate to get through, bump any cuts going to basket.
- Defender on cutter: Be evasive – be hard to screen. Get into the body of the cutter and make them go away from the basket. Call “I’m Back” once through the screen.
- If defenders cannot get back to their assigned player, or if either the screener and cutter are like size OR the two defenders are like size, the defenders can Switch.

Cues:
 “YELL”
 “GAP”
 “I’M BACK”
 “SWITCH”



Example of going “through the gap”





Defending Dribble Hand Offs (DHOs)

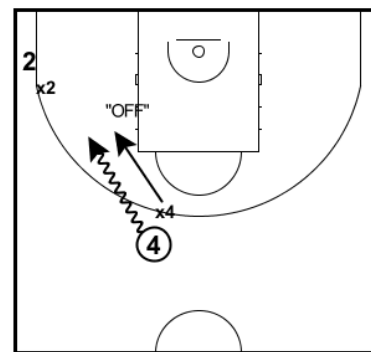
We will treat dribble hand offs very similar to off ball screens (except screener has the ball).

Teaching Points:

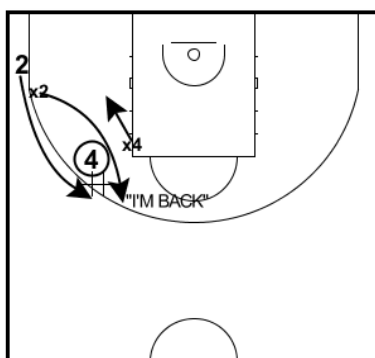
- Defender on dribbler: Disrupt the dribbler first! Pressure them hard and force them WIDE. Communicate DHO to teammate, jump off dribbler at last second so that your teammate can “choose a line” to get through, buy your teammate a second by quick hedge on the cutter as he comes over DHO
- Defender on cutter: Be evasive – be hard to screen. Get into the body of the cutter and make them go away or WIDE of the DHO. Call “I’m Back” once through the DHO.
- If defenders cannot get back to their assigned player, or if either the DHO creator and cutter are like size OR the two defenders are like size, the defenders can GREEN.

Cues:

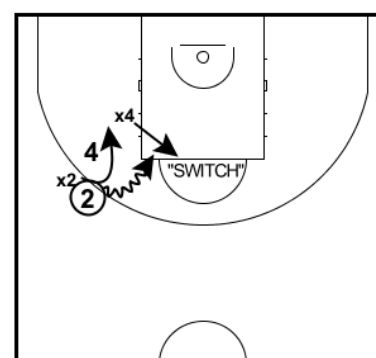
- “OFF”
- “I’M BACK”
- “SWITCH”



O4 DHOs with O2. X4 is pressuring ball on perimeter. As ball is driven at O2, X4 calls out “OFF”



X4 then gaps off O4 at the last second. X2 has the option of following over the top of DHO or slide underneath. Once X2 is back to his player, he calls “I’m Back”



If X2 gets caught up on DHO, or chases over top and O2 ‘turns the corner’, X4 can call switch. X4 then takes O2, X2 gets between O4 and the basket and holds up his roll to the rim.



Phase 5 - Defending On Ball Screens

We will have three different main coverages for PNR play. 1 aggressive coverage (e.g. Hard Hedge) called 'UP', one 2v2 Coverage called 'Flat' and 'Switch'.

'WHITE' Coverage – "Hard Hedge"

- Screener's defender: Loud call of "WHITE". Bump screener. Break his momentum going into screen. Be right up on top hip of the screener. As ball handler comes off the screen, slide hard UP court and Snake bite (Poke) at the ball. Feet must be facing the sideline for Hard Hedging
- Ball Handler's Defender: When you hear "WHITE" – go from regular 1v1 stance to "owning the ball handler's hip" (force them into the screen). Don't allow them to refuse the screen. As they drive over the screen, quickly duck under or over the screen and reestablish 1v1 stance. Call "I'm Back".
- Off Ball Defenders: Open Stance and "SHRINK" to where the screen is happening. Bottom of "2 side" steps up and bumps the roller hard to break their momentum going to the basket. Top of "2 side" is ready to "X."

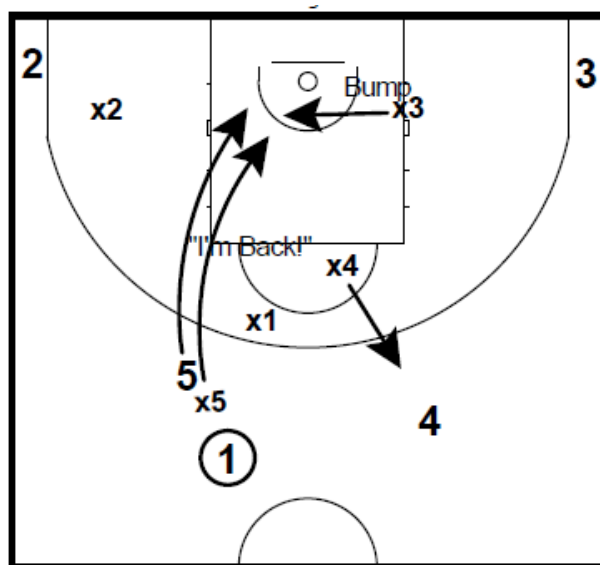
Cues:

"UP"

"I'M BACK"

"OWN THE HIP"

'SHRINK"





'2v2' Coverage – "FLAT."

- Screener's defender: Loud call of "FLAT". Bump screener. Break his momentum going into screen. Be right up at the point of the screen. As ball handler comes off the screen, be there to break the dribbler's momentum but don't extend past the point of the screen. Outside hand and outside foot should be forward to stop the dribbler turning the corner. Feet must be facing the halfway line.
- Ball Handler's Defender: When you hear "Flat" – go from regular 1v1 stance to "owning the ball handler's hip" (force them into the screen). Don't allow them to refuse the screen. As they drive over the screen, quickly duck under or over the screen and reestablish 1v1 stance. Call "I'm Back".
- Since this is a 2v2 defence, we want to keep the ball handler and the screener the responsibility of the 2 defenders involved directly in the action. If the ball gets to the keyway, we will 'paint switch' so that off ball defenders don't have to overhelp.
- Off Ball Defenders: Open stance and "SHRINK" to where the screen is happening. Since this is a 2v2 defence, we do not want to commit to bumping the roller unless we are in touching distance of them.

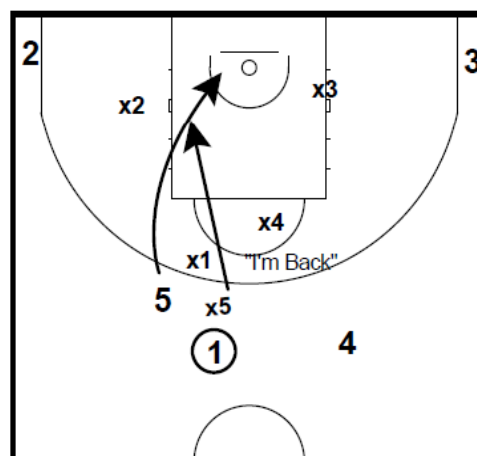
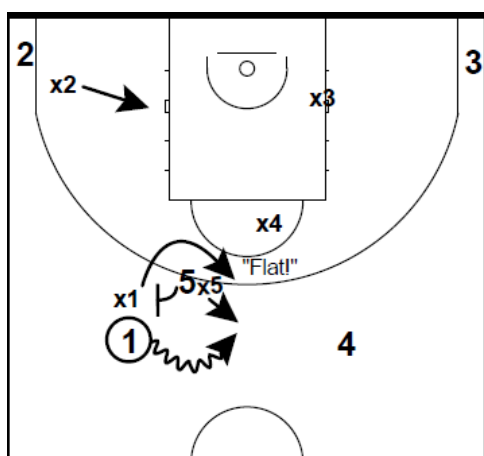
Cues:

"FLAT"

"I'M BACK"

"OWN THE HIP"

"SHRINK"





‘Switching’ Coverage – “Switch”

- Screener’s defender: Loud call of “SWITCH”. Bump screener. Break his momentum going into screen. Be right up at point of the screen. As ball handler comes off the screen, ‘SWITCH UP’ to break the dribbler’s momentum but don’t extend past the point of the screen. Outside hand and outside foot should be forward to stop the dribbler turning the corner.
- Ball Handler’s Defender: When you hear “SWITCH” – go from regular 1v1 stance to “owning the ball handler’s hip” (force them into the screen). Don’t allow them to refuse the screen. As they drive over the screen, quickly duck under the screen and ‘hold up the roller’.
- Since this is a switching defence, we understand that there will be mismatches created. One mismatch created is the ‘outside’ advantage, the offensive guard isolated on our big. We want our big to play with the appropriate gap to take away a perimeter shot (if it’s in the offensive player’s skill set), but also not be beaten in a straight line to the basket. Off ball defenders should be in a SHRINK position to defend drive.
- The other mismatch is the inside advantage, the offensive big posting our guard. To stop this mismatch, we want to look to ‘kick out’ the guard from a weakside player (who is bigger than the defender). In this case, we call ‘OUT’, and that is the cue for the small defender to release from the big and to go and find the open player on the perimeter. If there is no possibility to ‘kick out’ we want the small defender to WHITE the post.

Cues: “SWITCH” “OUT” “SHRINK”

