



8.0 FULL COURT DEFENCE

A trademark of Hills Junior teams will be that they guard the ball the full length of the court.

We will have a definite difference between our Full Court “Position Pressure” style defence (GREEN - where we are trying to take time off the clock), and our “Run and Jump” defences (RED - where we are trying to force turnovers).

8.1 GREEN DEFENCE

Positioning

Prior to inbounds pass:

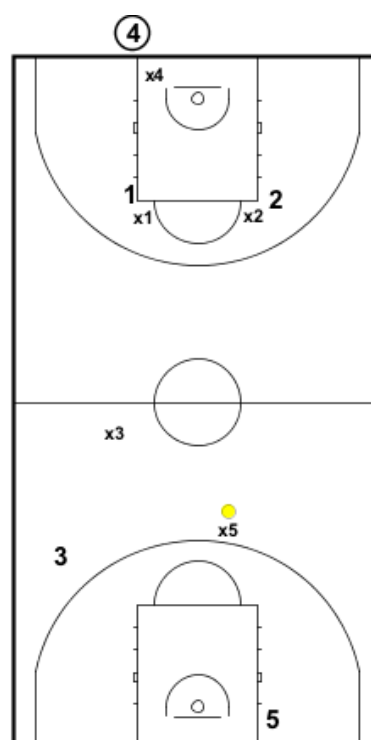
- Inbounds defender (x4): plays up on the ball, pressuring pass and trying to force inbounds to pass to corners.
- Backcourt defenders (x1 & x2): Closed stance denial, forcing a pass to corners. Backfoot behind offence to stop them from cutting backdoor for a lob.
- Frontcourt defenders (x3 & x4): Playing up the passing lanes to stop any lobs over the top to the backcourt receivers.

Cues:

“HEAT”

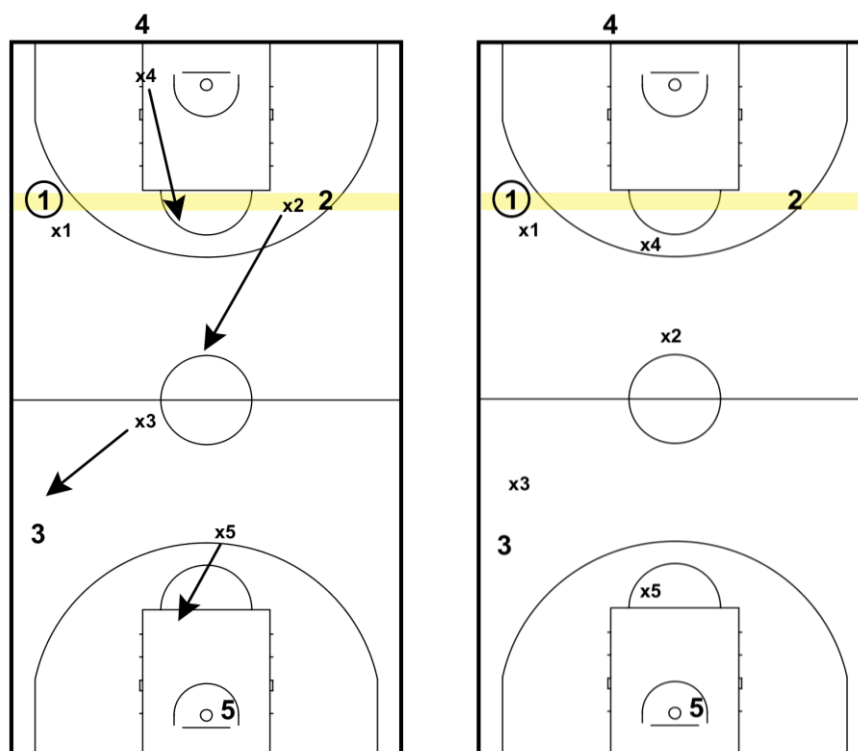
“GAP”

“OUTSIDE”





After Inbounds Pass:



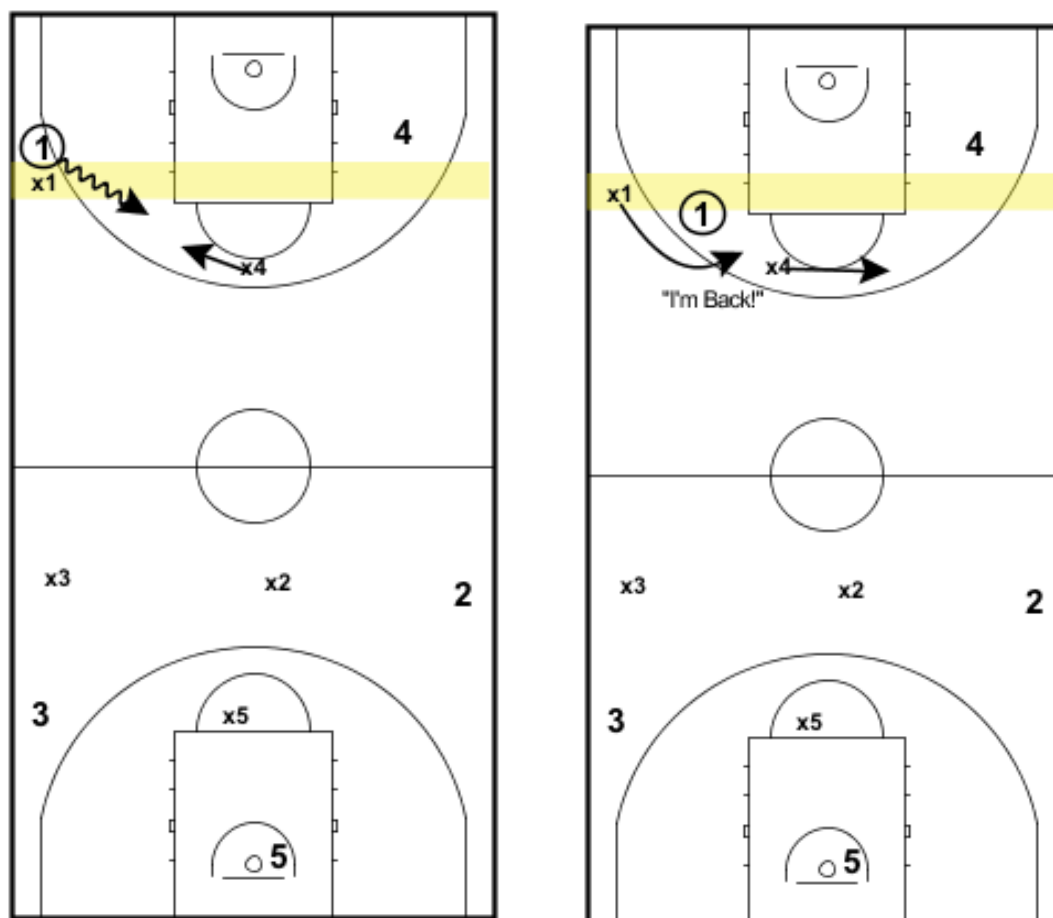
- Inbounds Defender (x4): Sprint below the “LINE OF THE BALL” (Shown in Yellow), to plug the hole in the middle of the floor. X4 is the “PLUGGER”. His role is to help on any penetration in the backcourt.
- On ball defender (x1): Calls “MINE” and closes out on ball with staggered footwork (See Foot Positioning in Section 7.2.2). In both GREEN & RED defence, start by forcing the ball down the sideline applying position pressure.
- X2 jumps to the split line and plugs middle too. He is the “ROTATOR”
- X3 sprints to the sideline to cut off passes down the line. He is calling “DENY”
- X5 drops back towards the basket. His job is to protect the paint and only help on any drives in the frontcourt. He is the “HOME” defender.
- As the ball advances down the court, off ball defenders must stay below the line of the ball.

Cues:

- MINE
- PLUGGER
- ROTATOR
- LINE (line of the ball)
- HOME
- DENY



Help and Rotations (Backcourt)



If the on-ball defender is beaten in the backcourt, the following occurs:

- The PLUGGER (x4) comes across off split line and helps on the ball. He calls “STAY” to tell the offensive player to recover and stay on his man.
- The on-ball defender (x1) sprints back in front of the ball and calls “I’M BACK”.
- The PLUGGER than goes back to his player.
- NB: We want to minimize rotations in the backcourt in our GREEN defence

Cues:

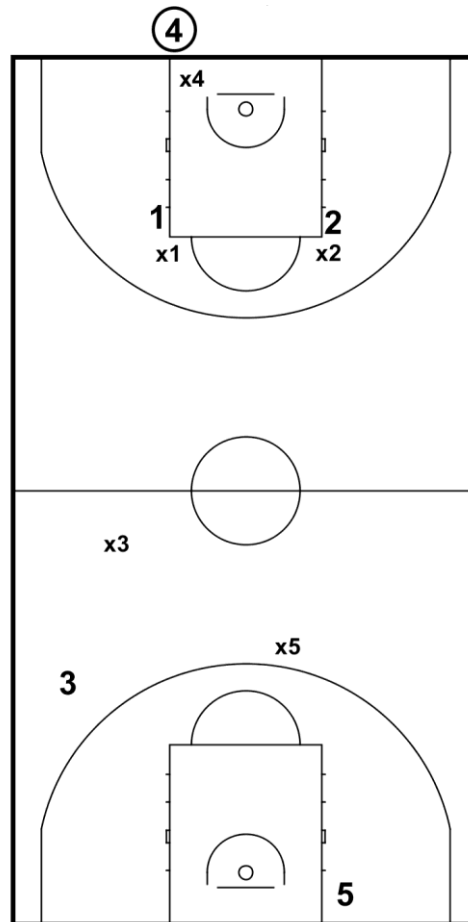
- “STAY”
- “I’M BACK”
- “LINE” (line of the ball)



8.2 RED DEFENCE

Positioning

- Positioning prior to the inbounds pass is identical to our GREEN defence. This is important so that the offence thinks it is the same defence with no double-teaming.



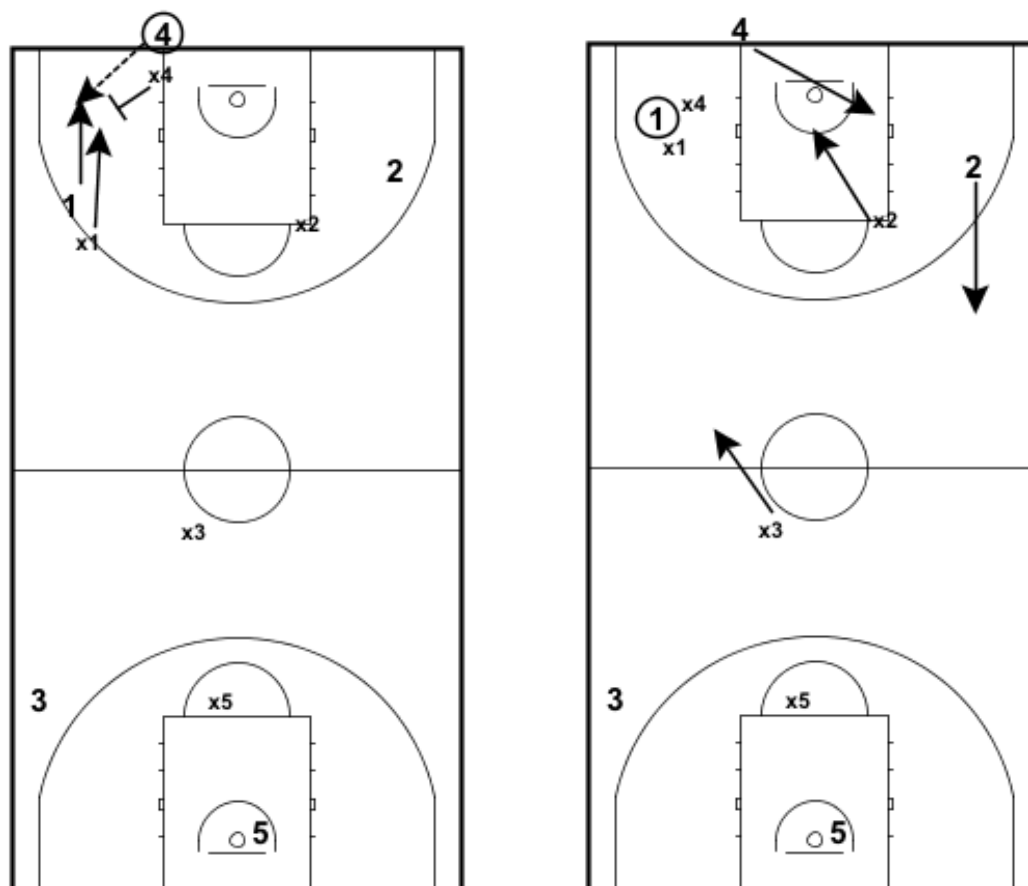
Trapping

Our teams will be tactical in the times they trap the ball. We do not want to be “hectic” or, recklessly run players at the ball. This may work at lower levels or against inferior competition. But the older our players get, and the better the players are that they play against, these kinds of ‘gimmick’ defences result in easy baskets for the offence.



Our trapping will be cued in certain scenarios:

- ❖ The ball is inbounded close to the corners or baseline

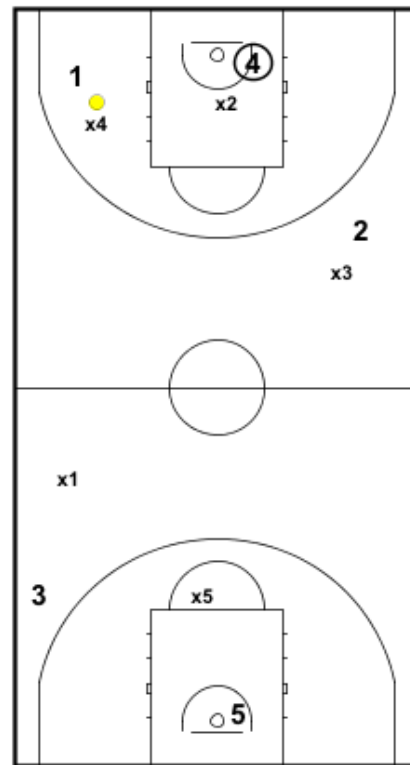
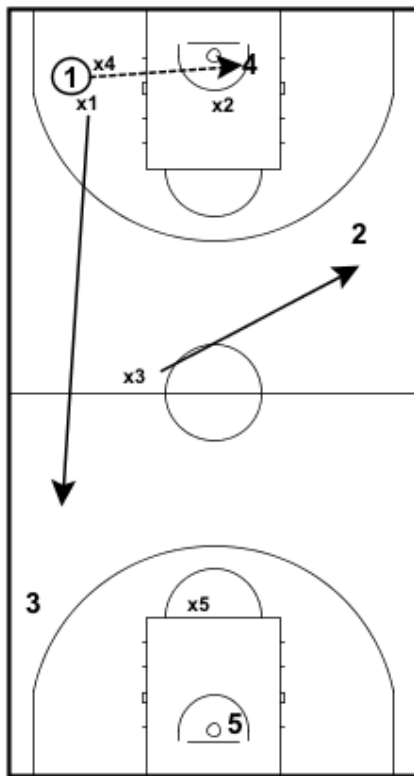


O1 leads for the ball and receives pass close to the corner. X1 and x4 immediately trap him.

The trap cues the next weakside defender (x2) to move up and take away the closest pass. We call this 'shooting the gap'.

X3, then "Plays two" – he is guarding both O2 and O3. He is reading the Offences eyes – if O1 is looking at O2, X3 will move closer to him. If O1 is looking at O3, X3 will move closer to him.

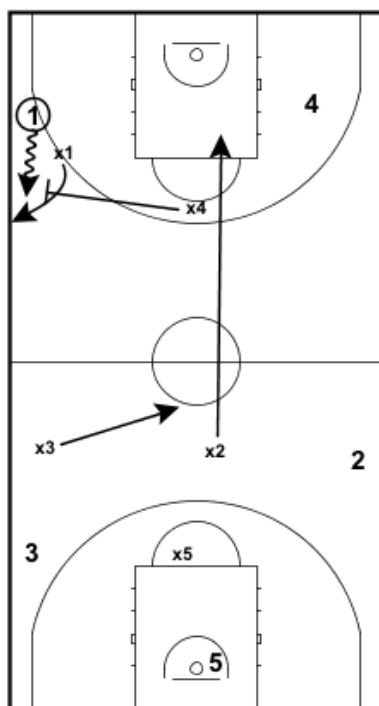
X5 stays back and covers the rim. He is not involved in rotations. He only comes out of the HOME position if there is a high, slow, lob pass, and he CAN GET IT.



If O1 passes the ball out to O2, we rotate in the direction of the pass.

X3 rotates up to O2. X1 rotates down to O3

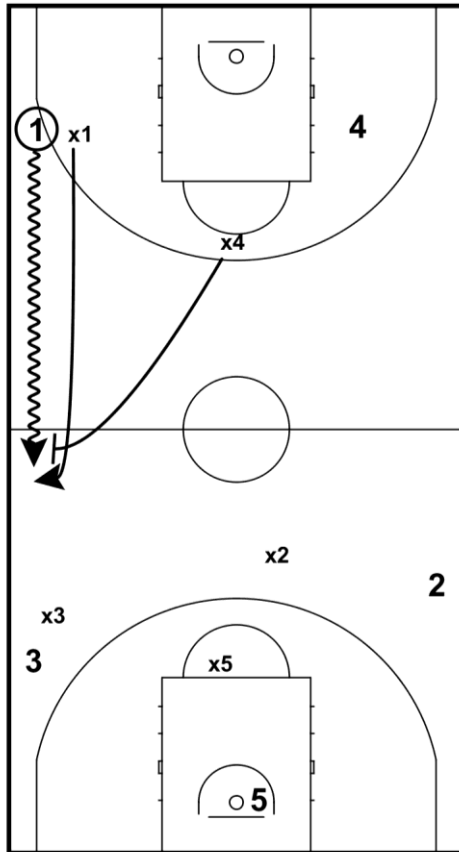
❖ Dribbler back turns, losing vision of Plugger



O1 back turns near the sideline. This cues a trap from the Plugger. All rotations during and after trap are the same as shown above when trapping on catch near baseline



- ❖ Dribbler puts their head down and tries to drive hard down the sideline past the on-ball defender. We call this a “hero dribble.”



O1 'hero dribbles'. This cues a trap from the Plugger. All rotations during and after trap are the same as shown above when trapping on catch near baseline

Cues:

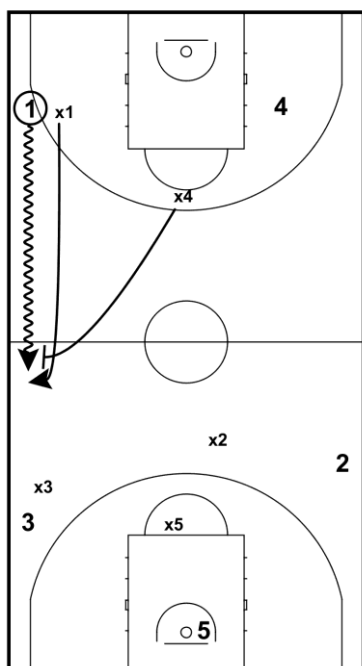
- “RED” (Trap the ball)
- “MINE” (players yell this as they guard the ball when we are in rotations)
- “GAP” (Shoot the gap)
- “I’M OUT” (Defender who runs out of trap yells this when rotating out of trap)

Jump Switching

In our RED defence, we will also be more aggressive rotating on the ball if it is dribbled to the middle – unlike in our GREEN defence when we try and stay with our match ups by helping from the PLUGGER and getting back to our matchups.

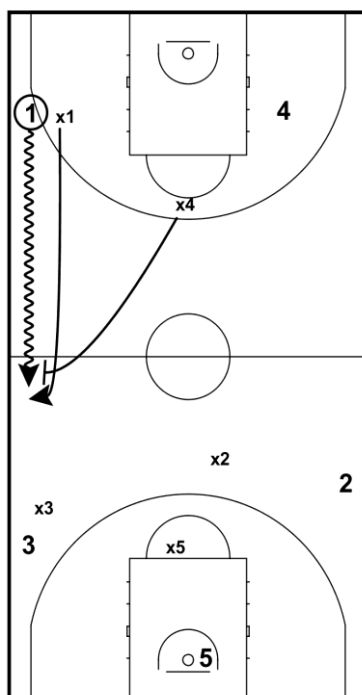
We will “Jump Switch” when:

- ❖ On ball, defender is beaten



O1 beats X1. X4 closes out on O1 to stop the ball. X1 switches on to O4. If X2 sees an opportunity to rotate up and steal pass, he can do so.

❖ Ball is driven to the middle



O1 beats X1 to middle. X4 closes out on O1 to stop the ball. X1 switches on to O4. If X2 sees an opportunity to rotate up and steal pass, he can do so.

Cues:

“SWITCH” (called by Plugger)

“I’M OUT” (Called by on ball defender)