



Skaneateles Basketball
"Principles of Defense"

We must execute our Principles of Defense EVERY time we step on the court!

1) Stop the Ball

Immediately know who has the ball and stop ball, TALK!

2) Ball Pressure

Force ball to the sidelines DO NOT LET THEM RUN THEIR OFFENSE!!!

3) No Middle

NEVER give up the middle of the floor or the lane, force to baseline!

4) Call for HELP

Ball handler gets 1 step past you, YELL for HELP, TALK!

5) Deny Next Pass

Ball side/One pass away DENY! Pressure/DENY wings, DENY post!

6) Help Side/Help Line 2 Passes Away

Must have at least 1 foot in lane or be on the help line, TALK!

7) Step UP from the BIGs

Ball handler drives the basket, step up BIG 2-3 steps! Stop ball & recover, TALK!

8) 2nd Rotation/Help the Helper

Wings must rotate down in front of man, DENY, steal or box out, TALK!

9) Hedge Ball Screens/Recover

TALK! Defend ball screen on high side, force away from basket and recover, TALK!

10) Call Shot/Box Out/Transition

TALK, Challenge shooter hand high, yell SHOT, body man out, transition, TALK!