



## MAN-TO-MAN DEFENSE

Our main objective defensively is to keep the ball out of the middle of the floor. Constantly push the ball to the corner without giving up baseline. Ultimately we want to force the offensive player to pick up his dribble in the corner. Footwork and stance is the key to always being in proper position. We want to pressure the ball do not let the offense look us over. Keep hands active, moving from the floor up, and on the ball with palms up. Always try to make the offense put the ball on the floor then pick up his dribble. Whenever an offensive player picks up his dribble we must communicate this to teammates by yelling "DEAD". When we hear this we want to get into full denial all over the floor and draw a five-second call.

Our man defense must be flexible. We must be able to adjust to different situations by varying the amount of pressure; double teaming when necessary and having players perform special assignments.

- KEYS:**
- 1) Always see both man and ball
  - 2) Move as ball moves (step to the ball)
  - 3) Communication- TALK, TALK, TALK to work as a unit.
  - 4) Intensity
  - 5) Condition- it is difficult to play with a high level of intensity when you are tired.
  - 6) NO MIDDLE

## ON BALL

**When man is in middle of floor:** Play flat, with feet parallel. Shade to force weak hand.

**When man is on wing:** attack with high-side foot up funneling him to the corner.

**When man is in corner:** Keep him there, attack with high-side foot up but do not give up baseline. Get him to pick up his dribble.

## AWAY FROM BALL

**When you are one pass away:** This is the toughest position on the floor. We must deny the ball when one pass away by getting ball-side arm into the passing lane (palm to ball). We must also be ready to **help and recover** if the man on ball gets beat.

**More than one pass away:** We must be in good **help position** always seeing man and ball. Split the floor into help-side and ball-side. The farther away the ball is the farther away we should be from our man.

**Post Defense:** We want to **side and front** in the post unless a match-up dictates other techniques such as fronting or playing behind.

## **Attitude: WE MUST:**

- 1) Always play with a high level of intensity.
- 2) View stopping our man as a personal challenge for the greater good of the team.
- 3) Play within the team concept, always be ready to help your teammate.
- 4) Think- concentration and communication is a must to execute our defense successfully.
- 5) Have the confidence to believe we can stop our opponent and the commitment to do what ever it takes to do so.