

Defensive Positions

Key objectives of the defence

- Get back and get organised
- Stop the ball
- Get the ball

On defence, defenders are in one of three positions

- On the ball
- One pass away
- Two passes away

On the ball

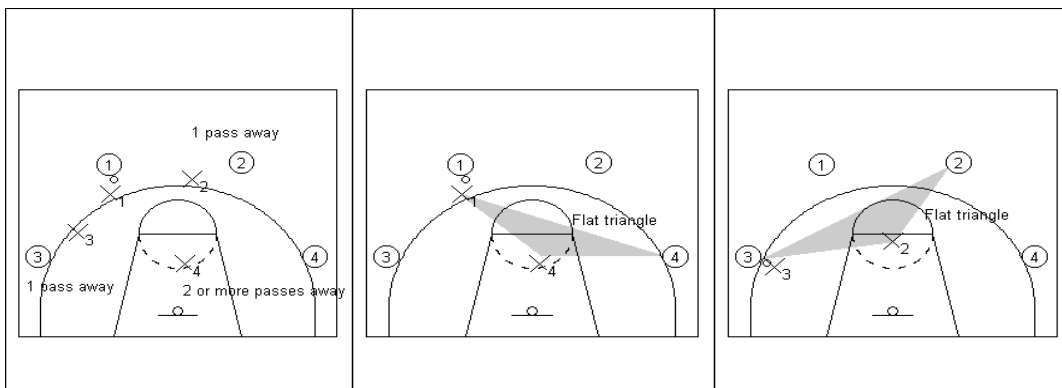
- Emphasis on keeping the ball in front (containment) – say ball
- Maintain a “buffer” to avoid cheap fouls
- Low, wide stance with big to bigger footwork
- Active hands, maintain pressure on the basketball
- Keep the head in the “middle of the stance” – don’t lunge

One pass away

- “Closed” stance – toes at the offensive player one pass away – say “gap”
- On the line & up the line – hand in the passing lane, fingers “to the sky”
- Maintain vision on the basketball and the player one pass away at all times
- Mentality to “seal gaps” to discourage dribble penetration
- Low stance

Two passes away

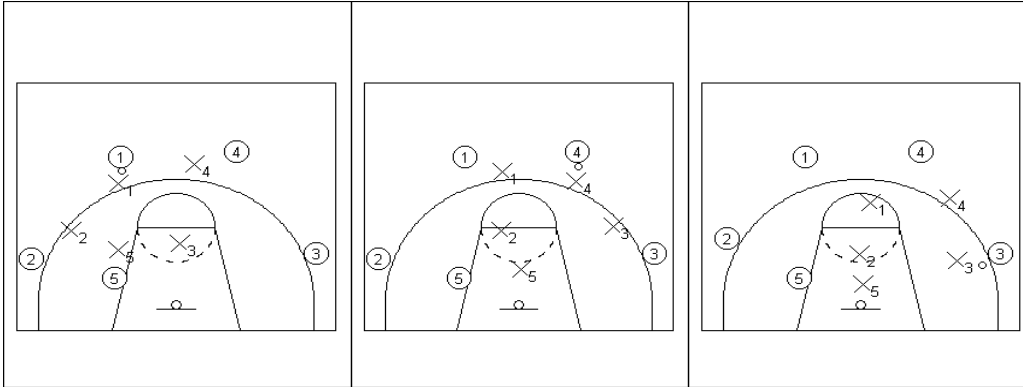
- “Open” stance – “pointing fingers” at the ball and the offensive player two passes away – say “help”
- “Flat triangle” is created – the three points being the ball, the defender and the player the help defender is guarding
- Maintain vision on the ball and the player two passes away at all times
- Constant minor adjustment to maintain the “flat triangle”
- Help & recover – “help without recovery is no help at all”



Example of basic positioning

2 or more passes away – establish the “flat triangle”

Defensive key – Jump to the ball –“as the ball moves, so shall you”



Examples of defensive positioning – each defender takes a position in relation to the basketball

Defending the post or interior player

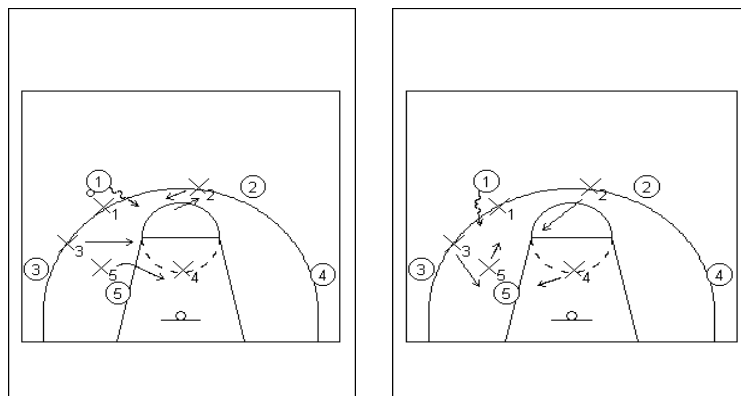
- Principle of ball – you – man continues
- The post is a high percentage scoring area for the offence – the ball must not be allowed to be entered to the post
- Post is defended with “toes in” denial stance – defender adjust stance and position as the ball moves

Helping on dribble penetration

- Through effective defensive positioning, the defence should always maintain a numerical advantage over the offence
- Man to man is a “team defence”, with the 5 defenders working as one
- Help and recover at all times – move as the ball moves

Help and recovery on guard spot penetration

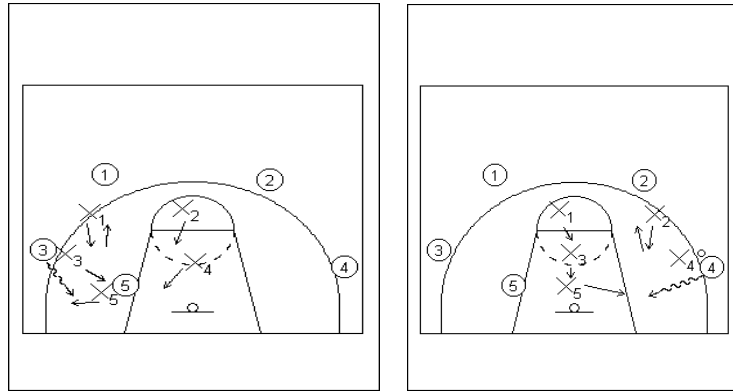
- Defenders 1 pass away “seal gaps” to discourage penetration
- Defenders 1 pass away must not over-commit on the help, as the kick out to the perimeter shooter is opened up easily
- Defenders two or more passes away help early – early help leads to early recovery
- As defenders move to help, defenders further from the ball move to “help the helper”
- All defenders must maintain stance when helping



Rotations on dribble penetration from “out top” - guard spots

Help and recover on wing penetration

- Important there is no penetration to the middle – makes for difficult rotations defensively
- Early help important
- Defender 1 pass away should help & recover quickly
- Helping defenders should sink to “help the helper”



Rotations on base-line penetration from the wing