

How to beat zone defense

leper,10/04/2023

Coach Philip Mestdagh

- Why is a team playing zone defense?
- Introduce zone defense and offense in your program

Help the helper situations

⇒ zone defense principles

Ball screen defense

⇒ zone defense in the rotation of ball screen defense

- Mental game = mental preparation

Prepare your team to handle zone defense

Perfect play against zone defense doesn't exist

⇒ tools, tips to prepare your team to play against zone defense and to run a couple lines, play(s) against zone defense

10 principles

1) Run the floor and push the ball

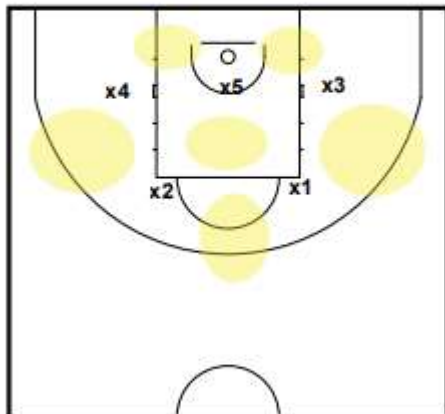
⇒ don't give the defense the time to organize their zone

2) Recognize the weak zones of a zone defense

- ⇒ bring players in the weak zones, learn them to move into the weak zones, NO movement from spot to spot => spread the floor
- ⇒ use the space in between front and back line
- ⇒ use the space behind the back line
- ⇒ use this zones in shooting practices

Weak spots of the zone defense

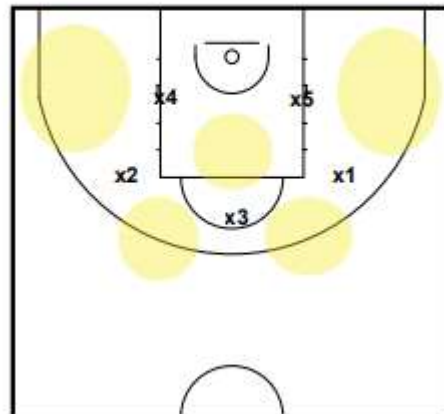
Weak spots
Zone Offense



2-3 zone

Major strength: along baseline and low post
Major weak spots: wings and middle

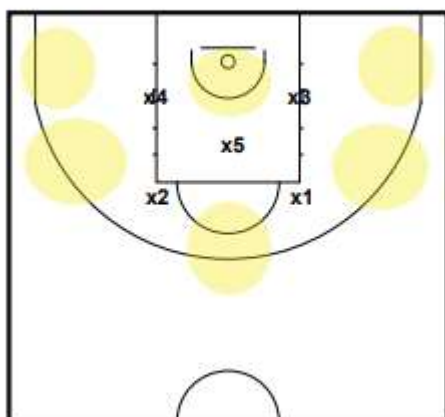
Weak spots
Zone Offense



3-2 + 1-2-2 zone

Major strength: outside shooting
Major weak spots: middle and corners

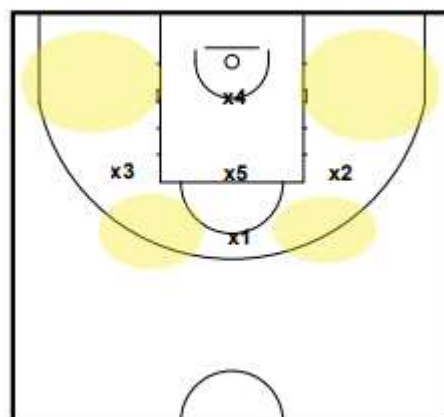
Weak spots
Zone Offense



2-1-2 zone

Major strength: middle and low post
Major weak spots: wings and top

Weak spots
Zone Offense



1-3-1 zone

Major strength: across free throw line and down middle
Major weak spots: corners

3) Ball movement

- ⇒ move into the weak zones and let the ball do the work
- ⇒ fake your pass, make your pass

4) Inside-outside

- ⇒ we need touches inside
- ⇒ zone defense opens and closes
- ⇒ attack the gap the moment the zone opens after inside-outside game or after a ball reversal

5) Create high-low relations

- ⇒ use the in between the front line and the back line
- ⇒ use the spacing behind the back line

6) Don't rush, have patience

- ⇒ let the ball do the work = let them work

7) Use an overload

- ⇒ create an outnumbered situation

8) Use off ball screening

- ⇒ when, where and how can I get open my teammate?

9) Use ball screening

10) Go for the offensive rebound

- ⇒ by not having immediately a straight opponent, it's much harder for the zone defense to organize the box-out and to keep offensive players away from the board.