

BUILDING DISRUPTIVE HALF COURT DEFENSE

'Great Team Defense is your DNA and foundation for a successful season'

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23.06.2013

PHILOSOPHY

The main idea and focus of our 'Disruptive Man to Man Defense' is to take our opponent out of their 'normal style of play or rhythm on offense'. We want to limit points in transition 7 seconds or less(Fast Break Points) and limit points inside the paint(Deep Post Touches, Straight Dribble Drives to Rim and 2nd Chance Points).

KEYS TO SUCCESS- COMMUNICATION! TALK EVERY SITUATION!

- 1. Stance on ball pressure**
- 2. Passing lane attack**
- 3. Strong backside help-“OPEN and COMPACT” positions'**
- 4. Aggressive team rebounding**

BASIC CONCEPTS AND TEACHING METHOD

- 1. Checkpoints**- visual static instruction of specific spots on the court to push or influence the opponent with basketball.
- 2. Help Side “I”** “Help side Open” positions on back side. Protecting the “Elbows and Blocks” with “Stunts and Strings” closing off the key area to penetration.
- 3. Box Pressure**- cutting the court down in size by preventing ball reversal or ball entering certain locations on the court.

***** Individual defensive execution is vital to the success of your half court defence. 'Review and Reinforce' 1on1 defensive actions.**

DEFENSIVE HALF COURT DRILLS

Q: How many ways can the ball be entered in the half court?

A: 3. Pass wing, pass top, or dribble entry.

Phase 1: 4on4 Shell pass and cut or dribble clear- we begin with ball pressure at half court and instruct the offence to use specific common actions. We look closely to correct and reinforce on ball position and pressure, denial or passing lane positioning and 'Help Side I' positioning. We evolve to a live drill with predetermined parameters and objectives depending on individual or collective defensive weakness. We stress the importance of taking the 'critical passes' away.

Example: Parameters and Rules(5 point games alternate possession) or (5 stops and change to offence)

1. -1 point for pass inside the key area
 2. -1 point for touch inside 3 pt line.
 3. -1 point for getting beat by 2 dribbles or less to the basket for scoring action
 4. -1 point for allowing offensive rebound
- *** Offensive charge is automatic 5 stops or 3 points

Phase 2: 4on4 Shell screening and cutting actions- we instruct offence to perform combination screening actions such as 'Flex Continuity' and 'Helpside down screen into base line screen'. We look at commonly used offensive actions and put highly demanding rules and scoring parameters into effect to induce and foster a hard nosed competitive environment in all of our defensive drills. We utilize 24 second shot clock to give the importance of playing hard and focused through full defensive possession. Winning 1on1 battles at end of shot clock is a huge focus.

Phase 3: 4on4/3vs4 Shell help+fill+rotation- this is where we predetermine a penetrating action(back door pass or direct dribble penetration top or wing)in order to get the anticipation and quick help, fill and rotation from the helpside 'I' positions.This is the best way for teammates to get to know each other and how to help each other in emergency game like situations.

INDIVIDUAL DEFENSIVE FOCUS AND OBJECTIVES

Perimeter

1. Pressure and contain basketball- cutting the vision of the passer or play maker.
2. Don't get beat by cuts to the basket on ball side or weak side.
3. Boxing out and aggressive rebounding.
4. We only want to give up contested jumpers off the dribble.

Post

1. Contesting spots close inside the paint- $\frac{3}{4}$ active up line denial inside paint.
2. Don't allow offensive player to seal or get one of your legs on a duck in.
3. Force offensive post player to take off balance turn a round jumpers baseline.
4. Boxing out and aggressive rebounding.

UNDERSTANDING AND ACCOUNTABILITY NOT EXCUSES

Express to your players from day 1 that you will not expect them to jump higher or run faster than physically possible. Basketball is an imperfect activity, so don't place unrealistic demands on your players. Take the time to be understood with direct instruction and clear static demonstration using as many technical resources(board and marker and video) as possible. Teach and demand. Review and reinforce. We can't expect the players to learn if we don't teach.

FINAL THOUGHTS ON DISRUPTIVE HALF-COURT DEFENSE

Q: Why do it?

1. Puts coaches in the game defensively.
2. Forces players to anticipate and play more aggressive.
3. Eliminates major upsets.
4. Makes the difference in close games.
5. Makes you competitive in mismatched games.

ADDITIONAL DEFENSIVE ACTIONS- 'Review and Reinforce'

1on1:

- Top of key after close out
- Wing after close out
- Quick zone up and close out
- Full court
- Chasing from behind
- Pass and cut- top and wing
- Wing/top denial
- Post contest and denial
- Post elbow/top denial

2on2:

- Transition- react and sprint
- Give and go action small and big
- Ball screen actions mid-court and sideline
- Dribble hand off actions big and small/small and small/big and big

3on3:

- Cross Screen into screen the screener
 - Help side repeat down screens
 - Baseline screens
- (3on3 actions continued...)

- Dribble weave with hand-offs
- Pass and cut with no dribble rule
- Post feed with off ball positioning-“Stunts and Strings”
- Back screens
- Flare screens
- UCLA cut into side screen
- UCLA cut into ball reversal
- Freelance motion

4on4:

- **Zipper action into post touch**
- **Zipper action into helpside down screen**
- **Zipper action into side screen on ball**
- **Mid ball screens**
- **Diamond (2 big baseline screens with a mover/shooter)**
- **Flex continuity**
- **Helpside down screen continuity**
- **Horns action (2 big elbow screens with ball handler)**
- **Post fronting**
- **Post trap from top side**
- **Post trap from base line side**
- **Post raid and recover**

Many Thanks,

Tom Johnson

