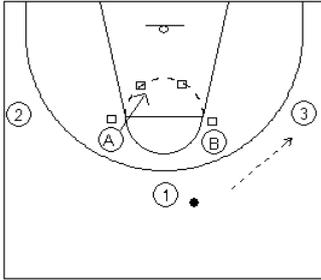


1-1-3 Match Up Zone

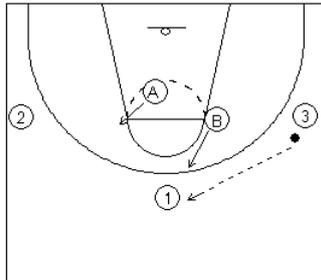
- *Maintain pressure on the ball*
- *Maintain an open stance*
- *Carry your arms in a wide position*
- *Front the post*
- *Play in front of the defence when inside the key*
- *Anticipate the next pass*
- *Move as the ball leaves the passers finger tips*
- *Effective communication is essential on every pass*

Breakdown drills – Guards

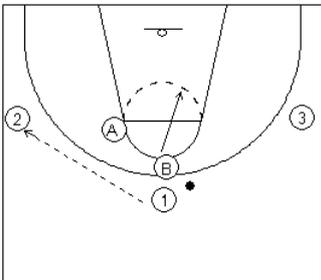


- In these guard drills the floor may be marked with tape shown in the diagram by □. This indicates the positions the guards will shift to on ball movement.

On a guard to forward pass i.e O1 to O3 or O1 to O2 the forward will take the ball. In this case O1 has passed to O3 defensive player B will defend the elbow as the forward will take O3, and defensive player A will move to the position on the circle indicated by □.



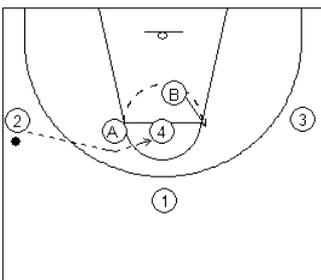
- In this diagram O3 has passed to O1 B will take the ball and A will defend the elbow



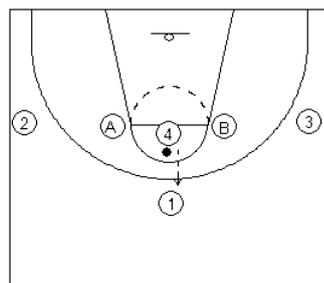
- In this diagram O1 passes to O2, A defends the elbow the forward will take O2 and B now drops back to the circle as indicated.

In this diagram the ball is passed by O2 to O4 who is in the high post. In this case A and B will play on the elbows, arms in a wide position ready to “dig” if the post player brings the ball down.

- **So whenever the ball is passed to the high post the guards will defend the elbows**

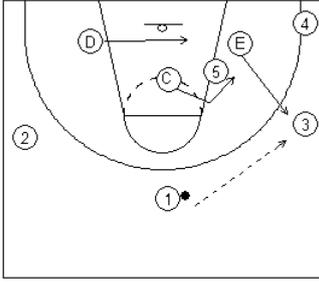


- If O4 passess to the forward will

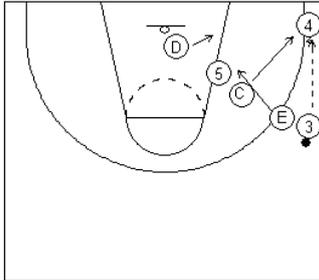


- In this diagram the high post player O4 passes the ball out to O1. Either A or B will take this. either wing player O2 or O3 then take this.

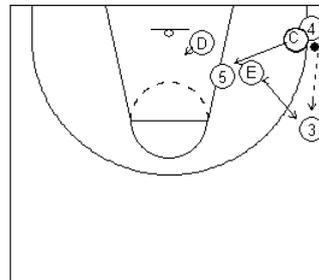
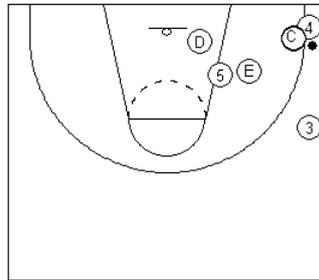
Breakdown drills – Forwards



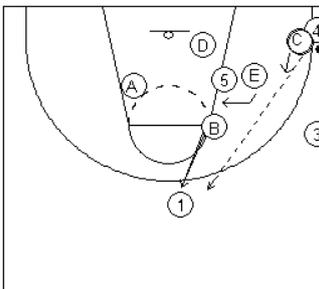
- In this diagram the forward on defence, E takes O3 **because on all guard to forward passes the forward takes the ball.**
- Defensive player C fronts the post, O5.
- Defensive player D shifts across to the baseline side of the post



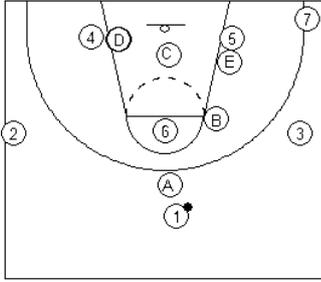
- In this diagram O3 passes the ball to O4 in the corner
- Player C, fronting the post, now takes the corner player O4.
- Player D moves to the baseline side of the low post.
- Player E now moves **quickly** to front the post.



- In this diagram when O4 passes to O3 defensive player E closes out to O3 and defensive player C takes the post
- Defensive player D steps back under the basket, split line.



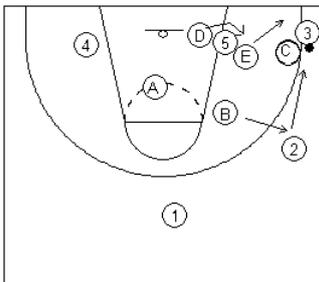
- In this diagram player O4 skip passes the bal to player O1 **on a corner to guard pass the guard will take the ball.**



Combination drill

- In this drill you will need 12 players. Seven players are on offence and five on defence.
 - The coach will control the drill.
 - The defence will allow all passes at first so that the correct shifts may be executed.
- Then make the drill live with the primary purpose for the defence being to keep pressure on the ball.
 - **In the event of a skip pass or quick ball reversal the nearest person will take the ball with the other defensive players filling in behind.**

Trapping out of the 1-1-3 Match Up Zone Defence



- In this diagram the ball has gone to the corner player O3. Defensive player C will move down to trap O3 on the high side. Defensive player C who was fronting the post will form the trap with C but moving to the baseline side.
- Player D will move on the baseline side to front the post O5
- Player B will deny the ball back out to player O2
- Player A will take the first pass out of the trap to either O4 or O1. In the case of a pass out of the trap when player A takes the first pass all other players will scramble to fill the defensive spots in the zone