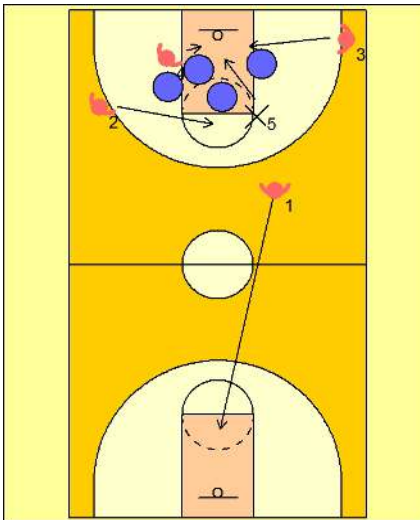




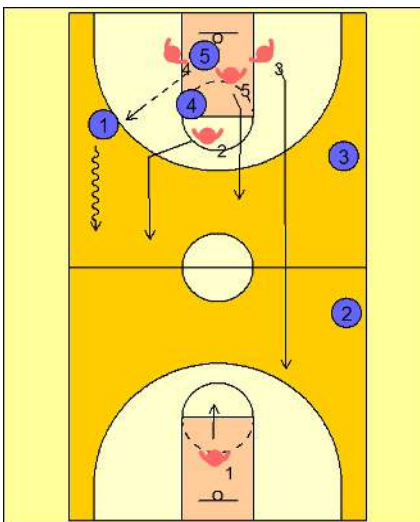
Fb defence



FAST BREAK DEFENCE

In any situation where we turn the ball over or our extended defense is beaten we must revert to Fastbreak Defense. These rules are:

1. The first responsibility is to protect the basket.
2. The second responsibility is to channel the ball and prevent a quick second movement.
3. The next responsibility is to match up with the most dangerous receiver.
4. The next responsibilities are to match up as best we can.
 - a) Take away the lay-up
 - b) Make the opposition run half court offense.
 - c) Be able to contest the rebound if a quick shot is taken.



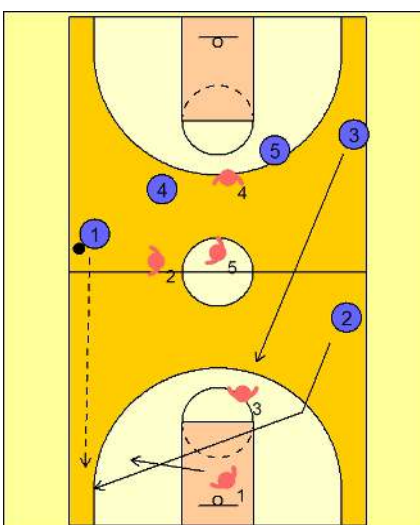
FAST BREAK DEFENCE

DEFENSIVE TRANSITION ROLES

We must have one guard communicate "safety" and retreat to prevent the basket. He will go as deep as the deepest offensive player, and must cover any "runner" against the long pass and deny the lay up.

Closest man to rebounder/inbounder is the "plugger", he pressures the outlet pass. He then supports the on ball defender against middle penetration by forming a middle triangle between the ball himself and his man.

Man closest to the outlet side (2 or 1) gets to the foul line for the long rebound and then identifies the outlet receiver. He tries to force the receiver to catch the ball going back below the foul line. He is the "outlet" then contains the handler and influences him to sideline.



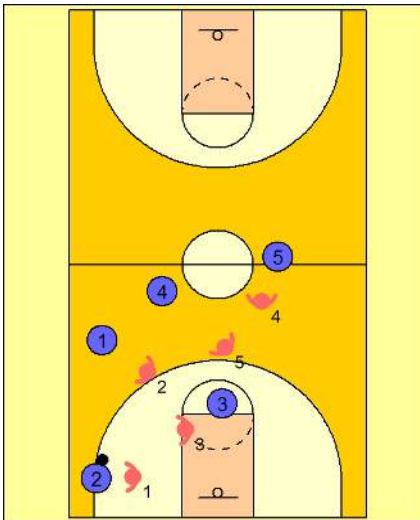
FAST BREAK DEFENCE

Other 2 players are "sprinters".

From these positions we match-up. Our priority is from most dangerous to least dangerous. When a fast break score is no longer a threat we begin our designated defense.

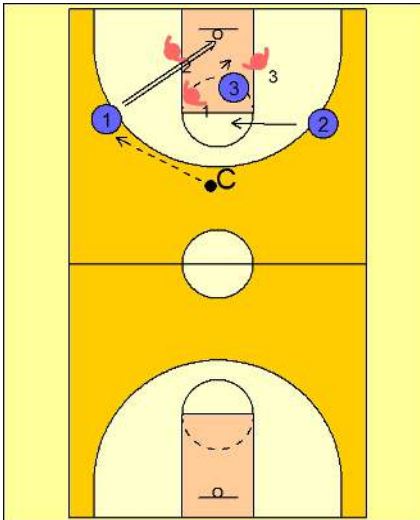


FAST BREAK DEFENCE



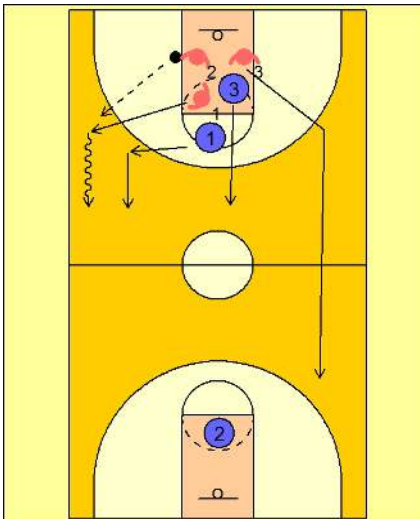
- At this point you must have;
- a) Basket protection by the "safety"
 - b) Ball channeled and contained by the "outlet"
 - c) Middle coverage by the "plugger"
 - d) Triangle coverage by the "sprinters"

3v3 Defensive Transition

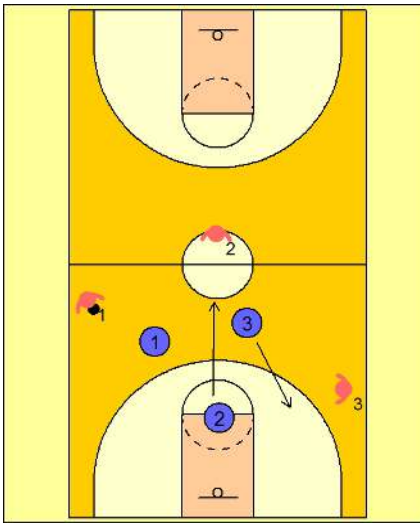


- a) Coach passes ball to either wing (O1,O2) who takes shot
- b) Opposite wing sprints to 'safety'
- c) Shooter moves to high post to cover long rebounder and to defend outlet receiver
- d) O3 vigorously contests offensive rebound and challenges outlet pass or inbounds pass

3v3 Defensive Transition

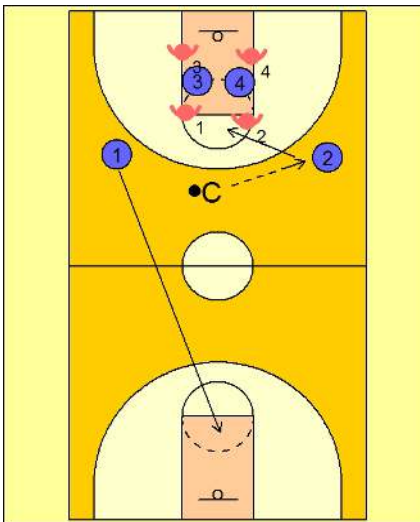


- a) O2 is 'safety' and communicates that O3 is the runner
- b) O3 challenges outlet pass
- c) O1 immediately channels outlet receiver to sideline allowing X1 to handle the ball
- d) O3 'plugs' the middle lane communicating to O1
- e) O1 'herds' the handler down side line



3v3 Defensive Transition

- a) Mismatches are not important till coverage complete
- b) Safety may now invert to cover mismatches



4v4 Defensive Transition

- a) Same drill as 3v3 but now add additional player