

## Possible Defenses HE COULD CALL

20, 22, 23, 24 - ALL OF THESE ARE STRAIGHT MAN-MAN  
THE SECOND DIGIT TELLS WHERE THEY WILL  
PICK UP, (23 BEING MAN-MAN  $\frac{3}{4}$  COURT)

30, 32, 33, 34 - ALL OF THESE ARE SCRAMBLE DOUBLING THE  
DRIBBLER. (32 BEING DOUBLE THE DRIBBLER  
AS HE CROSSES  $\frac{1}{2}$  COURT.)

40, 42, 43, 44 - ALL OF THESE ARE SCRAMBLE DOUBLING THE  
1<sup>st</sup> PASS (43 MEANING Double the 1<sup>st</sup> pass  
beyond the  $\frac{3}{4}$  court line.)

On 4 possessions he will generally run.

2 - 20's

1 - 30

1 - 40

HE WILL SCRAMBLE → RECOVER → SCRAMBLE AGAIN.

EXAMPLE: AFTER SCRAMBLING ONCE AND FAILING

BACK TO A 20, HE CAN SCRAMBLE AGAIN 3 WAYS.

#1 - ANY SCREEN ON THE BALL

(DOUBLE AND GET INTO SCRAMBLE)

#2 - ON ANY PASS TO POST AREA

(DOUBLE AND SINCE BALL IS BELOW FT LINE

HE WILL SCRAMBLE BUT WITH A FLYER).

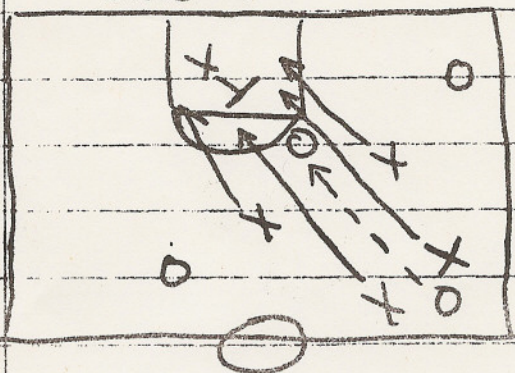
#3 - ON ANY DRIBBLE TO THE POST AREA

(DOUBLE AND SINCE BALL IS BELOW FT LINE

HE WILL SCRAMBLE BUT WITH A FLYER.



DIAG #3



Philosophy: DEAN does not want the offense to get the shot from their offense that they practice getting every day. IF the other team shoots quick or gets an easy shot he doesn't care because they are not getting shots from their offense. He said that the scramble is most effective vs teams that are highly organized.

### DEFENSIVE Numbering System

20 - STRAIGHT MAN-MAN

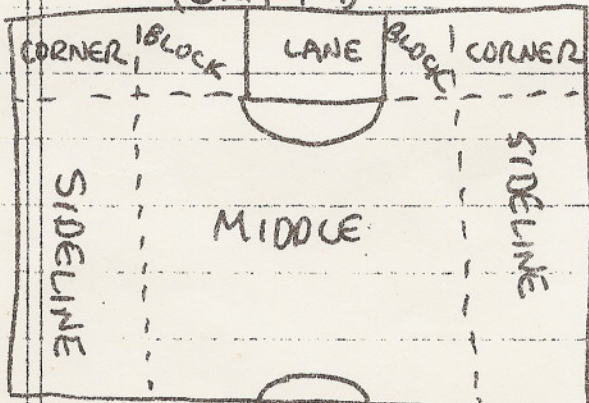
30 - MAN-MAN (DOUBLE THE DRIBBLER)

40 - MAN-MAN (DOUBLE THE PASS)

1. ON ALL MISSED SHOTS THEY GET BACK IN A 20 DEFENSE
2. WILL GET INTO 30 AND 40 ON MADE FG AND FT'S.
3. HIS POINT GUARD SIGNALS THE DEFENSE AS PLAYERS ARE GETTING BACK ON DEFENSE.

(example) 1 open hand, 1 closed hand, 2 open hands (et

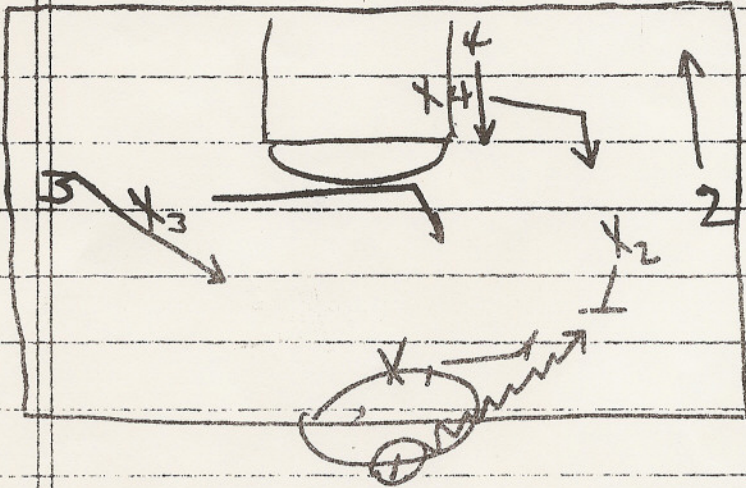
(diag #4)



He said they go on practice floor the 1<sup>st</sup> day with tape on the floor dividing the court into areas. This is so that all defensive terminology remain consistent. (diag #4)

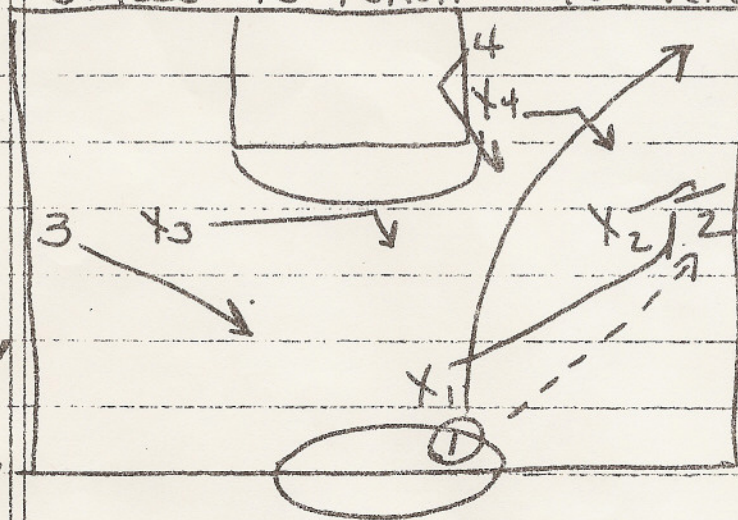


Drills TO TEACH - 30 defense

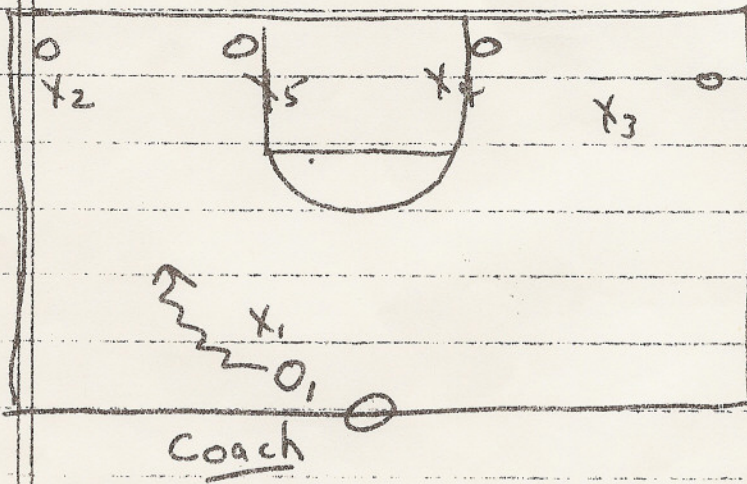


OFFENSIVE PLAYERS MUST DO AS DIAGRAMMED.  
 X4 COVERS pass to O2 1st  
 X3 COVERS pass to O4 1st

DRILLS TO TEACH - 40 defense



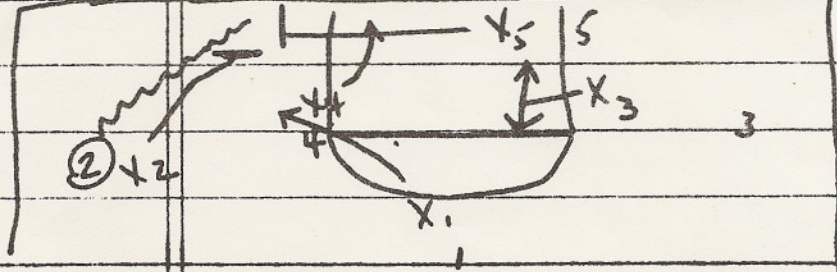
X1 AND X2 Double team  
 X3 AND X4 become intercept



BOTTOM 4 OFFENSIVE PEOPLE MOVED RANDOMLY (5-10 SECS)  
 Coach tells O1 when to dribble across then some one comes to double and interceptors shape up with goal tender



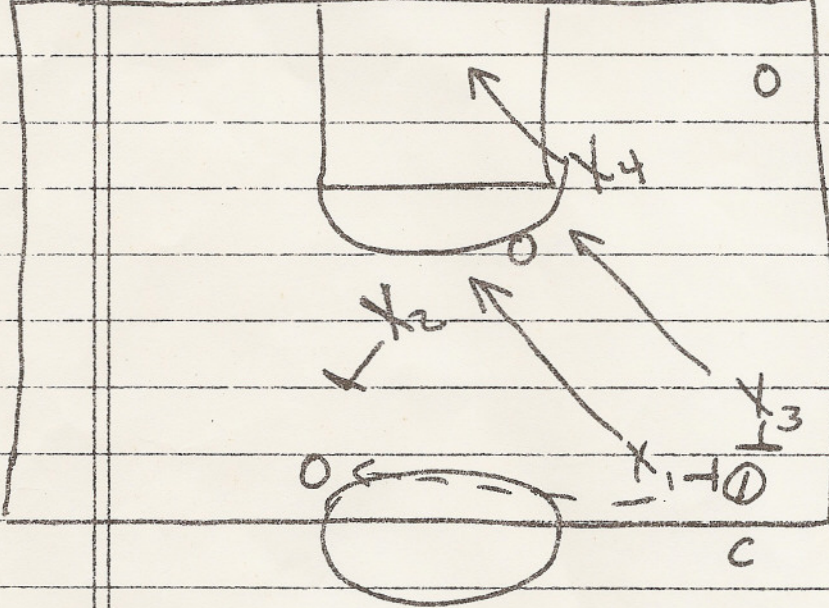
### Doubling DRIBBLE TO POST



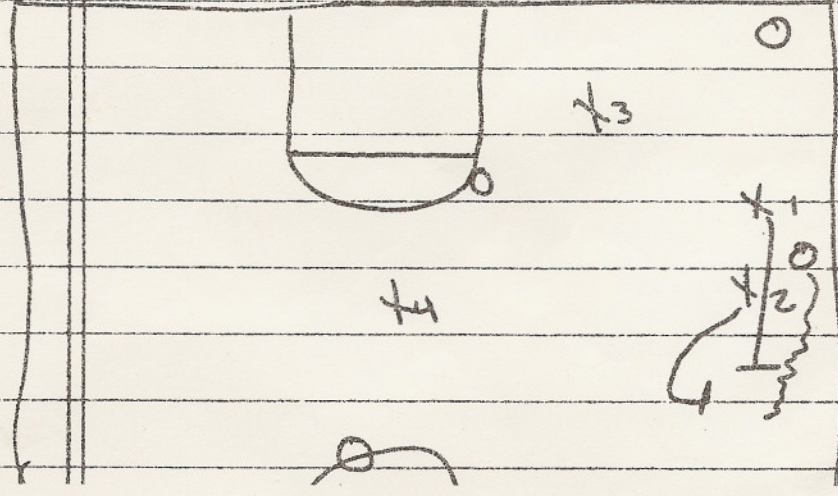
X<sub>5</sub> AND X<sub>2</sub> Double team  
 X<sub>4</sub> AND X<sub>1</sub> become interceptors  
 X<sub>3</sub> becomes flyer.

CAN ALSO get into 40 defense on sideline inbounds.  
 Double the 1<sup>st</sup> pass inbounds.

### BREAKDOWN DRILLS TO TEACH



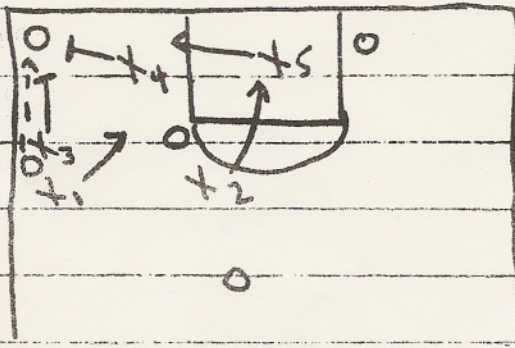
Coach hands offensive player the ball and he can't dribble. On any pass out that is not stolen work on containing and scrambling to cover goal.



Coach hand offensive player the ball and he can dribble. Defensive players must corral him and double. X<sub>3</sub> AND X<sub>4</sub> remain interceptors.

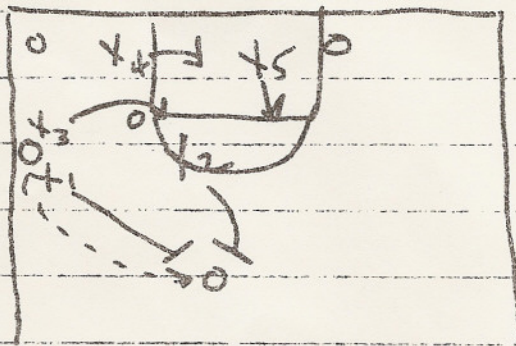


### 40 DEFENSE ON PASS OUT OF 1<sup>ST</sup> DOUBLE TO THE CORNER



X<sub>3</sub> AND X<sub>4</sub> double teams  
 X<sub>1</sub> AND X<sub>5</sub> become interceptors  
 X<sub>2</sub> becomes flyer  
 NOTE: flyer leaves goal open  
 covers cross court pass.

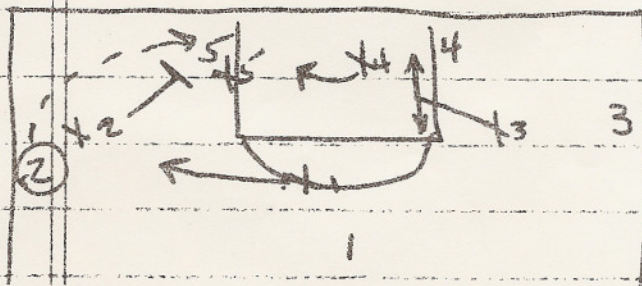
### 40 DEFENSE ON PASS OUT OF 1<sup>ST</sup> DOUBLE BACK OUT TO WING



X<sub>1</sub> AND X<sub>2</sub> double teams  
 X<sub>3</sub> AND X<sub>5</sub> become interceptors  
 X<sub>4</sub> becomes flyer

IF by mistake you call a 30 defense AND DEFENSIVE PLAYER ALLOWS PASS TO BE MADE TO HIS MAN THE GO STRAIGHT TO A 40 defense OR possibly take player out for allowing pass

### Doubling on pass to post

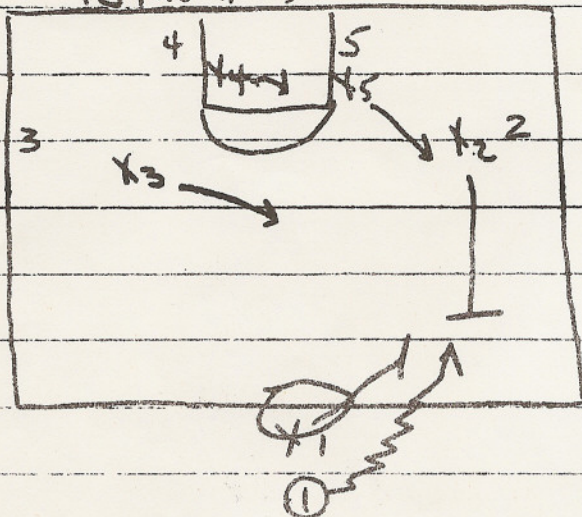


X<sub>2</sub> AND X<sub>5</sub> Double team  
 X<sub>1</sub> AND X<sub>4</sub> become interceptors  
 X<sub>3</sub> becomes flyer



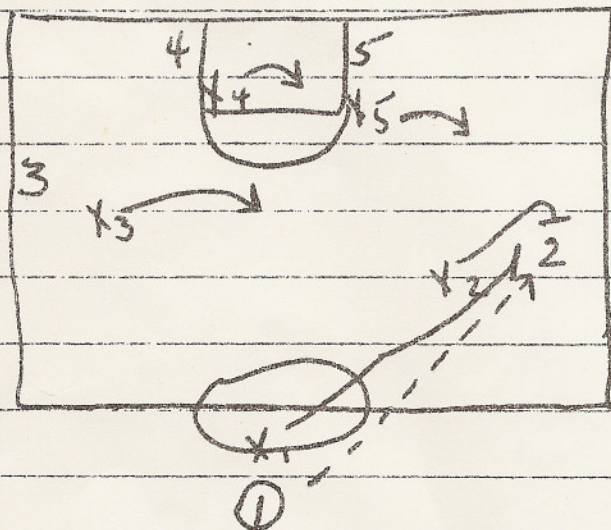
### EXAMPLE OF 30 defense (diag #5)

(diag #5)



Defensive players X<sub>1</sub> AND X<sub>2</sub> double the dribbler. X<sub>3</sub> AND X<sub>5</sub> become interceptors. X<sub>4</sub> is the goal tender.

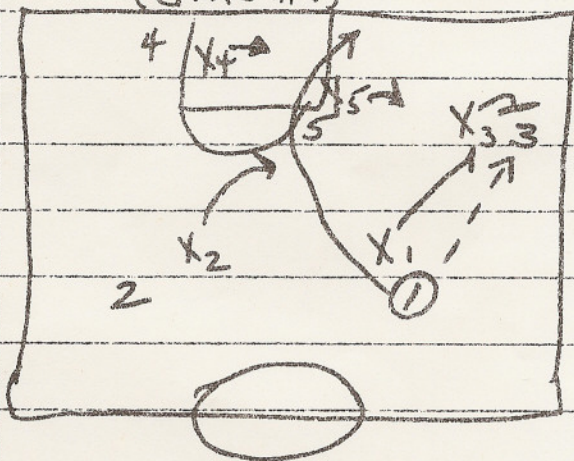
### EXAMPLE OF 40 defense (diag #6)



Defensive players X<sub>1</sub> AND X<sub>2</sub> double the 1<sup>st</sup> pass made. X<sub>3</sub> AND X<sub>5</sub> become interceptors. X<sub>4</sub> is the goal tender.

### EXAMPLE OF 40 defense vs UCLA HIGH POST (diag #7)

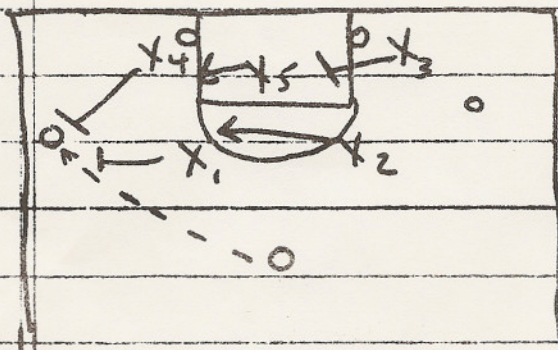
(diag #7)



Defensive players X<sub>1</sub> AND X<sub>3</sub> double the 1<sup>st</sup> pass made. X<sub>2</sub> AND X<sub>5</sub> become interceptors. X<sub>4</sub> is the goal tender.



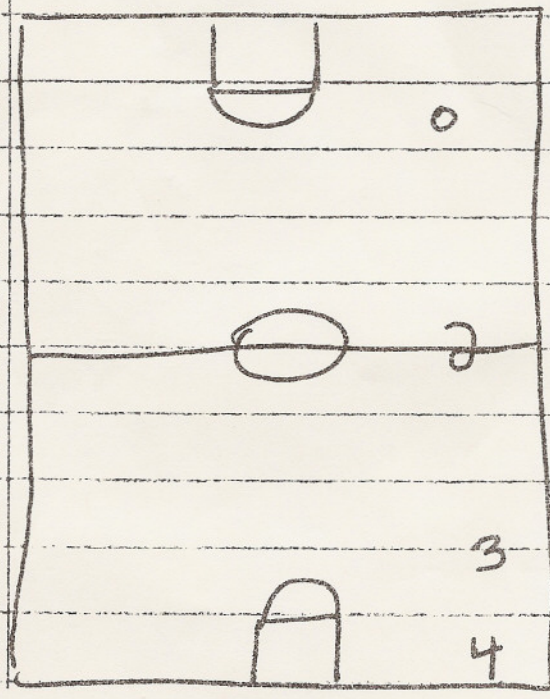
# EXAMPLE OF 40 defense from 2-3 zone (diag #8)



DEFENSIVE players X<sub>1</sub> AND X<sub>4</sub> double the 1<sup>st</sup> pass. X<sub>5</sub> AND X<sub>2</sub> become interceptors, X<sub>3</sub> is the goaltender

- Note: IF YOU GET INTO SCRAMBLE FROM A ZONE FALL BACK INTO A ZONE.  
IF YOU GET INTO SCRAMBLE FROM A MAN FALL BACK INTO A MAN.
- Good drill to use AT PRACTICE. PLAY 6 POSSESSIONS  
2 - 20's      2 - 30's      2 - 40's  
DEAN STANDS BEHIND OFFENSIVE TEAM AND SIGNALS WHAT DEFENSE HE WANTS.

## DIVISION OF THE COURT



- 0 - top of key
- 2 - Half court
- 3 - 3/4 court
- 4 - full court