

# **PACK-LINE DEFENSE**

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## **"PACK-LINE"**

- 16-17 feet from basket
- GOLDEN RULE: No one but the defender guarding the ball goes outside the PL except for "dead" situations – NO EXCEPTIONS
  - o If at any time there are not four inside the PL, 1 out there is a problem

This defense is NOT for every team –

- However, it is a great way to neutralize high-powered offenses
- It will keep you competitive against teams with superior talent

The 6 Points:

1. Transition Defense\*\* (1 and 2 back every time, other three players offensive rebound)
2. Low Post Defense
3. Contain the Ball
4. Defend Screens
5. Practice game-like defensive situations as often as possible (4o4 Drills)
6. Defensive Rebounding\*\*

\*\* Most Important

You want to force your opponent to shoot over you on every possession

- This will allow you to be a better defensive rebounding team (especially if you're undersized)

A Coach has 2 responsibilities on defense:

1. Transition Defense (no easy transition baskets)
2. Defending the Post (do not get beat by a post player)

Defense is 4 Things:

1. Recognition
2. Anticipation
3. Reaction
4. Communication

In general, within this defense you must work to prevent:

1. Shot Fakes
2. Reaching
3. Hands Down
4. Silence
5. Over helping in the lane
  - Mainly by post defenders looking to stop penetration – the help must come from perimeter
6. Lateness on trap or choke
7. Soft Play/ Lack of Physicality

## TRANSITION DEFENSE

### DRILL: 3o2o1

- Emphasize getting back on “defense” just as much as anything else
- The “1” must be in two places at once – jab step and recover
- If a player isn’t converting fast enough (homerun trot), give them a timed sprint goal

### DRILL: 4o4 Switch

- Improves Alertness
- Set up like 4o4 Shell Drill
- Defense starts inside the PL
- Offense swings the ball in a stationary position
- When “switch” is called, the 4 offensive players must touch the lane with a foot and defend a different player (the defense assumes an offensive spot)
  - YOU MUST TALK ON DEFENSE!
  - Make sure the Ball is picked up!!
- You can also add that the ball is not allowed to enter the lane either through pass or dribble

## POST DEFENSE

- The way you defend the post dictates the way you defend everywhere else
  - You start building your defense from the inside out
- Guarding the post has nothing to do with speed, it has everything to do with recognition and quickness
- This only concerns the low-post
  - Treat the high post the same way you would treat a perimeter player
- \*\*\* Absolutely no feeds from the top – NO EXCUSES
- Guard the post from a 3 qr. position, back facing the top, top arm out in front
  - As the pass is in flight, the defender slides behind the post’s back – NOT BEFORE
  - Resist the urge to go for a steal on the pass unless it is obvious
- If you are trapping the post, the opposite defender must close the door hard and high trapping at a 90 degree angle
  - HANDS UP!
- However, you don’t want to trap the post all of the time
  - Just when defending good post players
  - It’s difficult enough to shot over the top of the defense

### DRILL: Post Trap Drill

- 3 offensive players around the perimeter (top and two wings), 2 low post players
- 2 defenders guarding the posts
- Offensive players swing the ball looking to enter the post, defense does not allow feeds from the top

- Once ball enters the post, post defenders work on hard/high 90 degree trap
- Once post passes ball back out, post defenders recover and reset
- Next, allow post players to exchange, cross, screen for one another, etc.

**DRILL: Post Trap Drill – Perimeter Rotation**

- 3 offensive players (top, wing, wing), 2 low post players (coaches or managers)
  - 3 defenders guarding perimeter players
  - When ball enters post from wing –
    - Ball-side wing defender must lock up man
      - DO NOT ALLOW QUICK PASS BACK OUT, even if he cuts through
    - Other two defensive players must TALK!
      - One must drop and guard the rim
      - One must guard the top
  - 3 perimeter offensive players are allowed to move, pass, and cut
    - Posts stay still
- Conduct both of these drills simultaneously for five minutes every practice
- If you choose not to trap in the post, then you must CHOKE with the ball-side wing defender and top defender
- Jab step back and forth if offensive wing/top is good shooter, crash down harder if not

**BALL PRESSURE**

**DRILL: 1o1 Close-Outs**

- c/o high-handed – defender does not have to be so close this way
  - You must take away the rhythm shot
  - NO BASELINE DRIVES!! NO EXCEPTIONS
  - You must “level off” dribbler if he drives middle – force him to the side at an angle
    - DRILL: Full Court Zig-Zags
      - Will work on leveling off dribblers
      - The defender wants to force the offensive player to change directions as many times as possible
- You must bother the shooter, hand in face, take away vision
- With this defense, defenders cannot buy ball fakes!
- For good ball pressure defense, you must be able to
1. Close-out
  2. Take away baseline
  3. Take away rhythm shots
  4. Level off

5. Bother shooters
6. Jump to the ball (Make sure to emphasize no Face Cuts!)

**DRILL: 3o3 Jump to the Ball**

- 3 offensive perimeter players (top, wing, wing), 3 defenders
- Offensive players can pass/cut, defensive players must jump to the ball every time
- Offensive players must pass to a cutter if he successfully completes a face cut

## **OFF THE BALL PRESSURE**

- In the PL Defense, there is NO help and recover
  - When guarding off the ball, you are already in the help position (because you're inside the PL and closer to the ball than your man)
  - You only have to recover on close-outs

**DRILL: 3o3 Close-Outs \*\* This is the best drill to work on the PL Defense**

- Conduct this drill EVERY PRACTICE!
- 3 offensive perimeter players (top, wing, wing), 3 defenders start underneath the basket
- 1 defender closes out on ball (see ball pressure), the other two defenders close out INSIDE THE PL in a closed-stance *help position*, not denying passing lanes
- Do not look to intercept passes, rather react to the pass and close out quickly
- Offense can pass/cut/move
- Defense must "close gaps" on dribble penetration
- Off ball defenders must be INSIDE the PL at all times!
  - The coach should be able to yell "freeze" and see two defenders out, 1 in at any point
- Every possession must end with a block out, penalty for offensive rebounds
- Progression:
  - 1<sup>st</sup> Time – No dribble or shots
  - 2<sup>nd</sup> Time – 2 gap dribbles only
  - 3<sup>rd</sup> Time – Only dribble penetration
  - 4<sup>th</sup> Time – 3 Pointers only
  - 5<sup>th</sup> Time – Live
  - 6<sup>th</sup> Time – Add Post Player (now 4o4 drill)

## **SCREENS**

- Defensive player must stay within touching distance of offensive player as he uses screens
  - Defensive player chases (except outside the PL)
  - He has NO HELP duties

- If you are guarding the screener, you help anyway you can – just make sure you stay within touching distance of screener
  - Give the helper some freedom
  - You don't have to worry about screener slipping because there are three other defenders inside the PL to stop this
- For cross screens in the post, defender being screened does a "V" move – step over the top of the screener (even if post being screened for goes underneath) and close hard back on man

**DRILL: Chasing Off Screens**

- 1 coach/manager stand at top to pass
- Arrange multiple stationary screeners/chairs randomly within the PL
- Offensive player must run off screens however he can, the defensive player must chase (stay within touching distance)
- Only rule for offensive player: he cannot curl
  - The defender guarding the screener will take this away

# UNIVERSITY BASKETBALL

## Pack-Line Defense

### General Rules:

- We must get back defensively (2 players have the hole)
- We want to pack it in (15 feet) and make teams shoot over us
- We must defend the post
- We must contain the basketball
- We must learn how to defend and fight through screens
- We must rebound !!!

### On-the-ball Defense:

- Close-out with two hands high = (you don't have to get as close if you do this)
- No Rhythm Jump Shots
- Defend the ball as hard as you can with what your ability allows
- DO NOT allow baseline drives
- "Level" the dribbler off = Do not allow direct line drives to the basket (force an angle or sideways)
- Box out and rebound or "hit and go get it" !!!

### Off-the-ball Defense:

- *BE IN THE PACK* = No one except the player guarding the ball goes outside the pack-line
  - Except on dead ball = everyone denies on ball side
- Be closer to the ball than your man
- See the ball = Ball-You-Man
- The key is to be able to get to the ball = *the Recovery*
- Take Charges
- Box out and rebound or "hit and go get it" !!!

### Defending the Post:

- No feeds from the top
  - On a feed from the top, everyone collapse = "crisis"
- $\frac{3}{4}$  front on top – slide or move behind on pass
  - You must move quickly while the ball is in the air!
- On the catch, stay one step off the player and get down in a stance
  - If he can touch you, he can beat you
- Stunting
- Trapping

### Defending Screens:

#### General:

- Fight Through
- Chase screens on the perimeter
- If you are guarding the screener, help any way you can

#### Specific Screens:

Ball, Cross, Down, Back, Stagger, Double, etc.