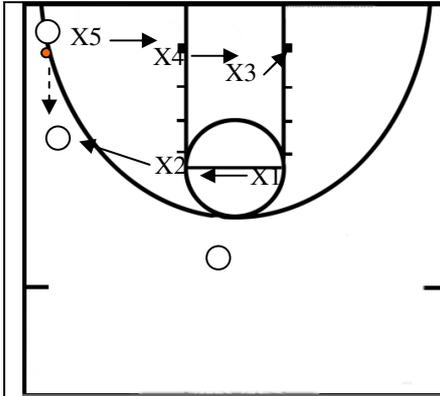


1-1-3 “Green” Defense

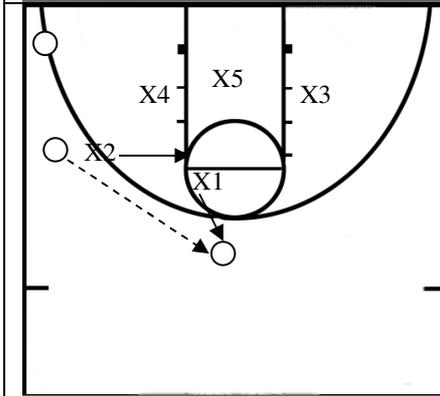
Set Up and Movements

	<p>Initial Set Up</p> <p>There are 2 different coverage areas in this defensive system.</p> <ol style="list-style-type: none"> 1. The guards, X1 and X2, cover everything above the free throw line. 2. The post players, X3, X4, and X5 cover everything below the free throw line and are interchangeable positions.
	<p>Initial Pass</p> <ol style="list-style-type: none"> 1. X1 picks up the ball initially, trying to influence the pass to the left side of the floor. 2. X4 or X3 take any pass that is free throw line extended or below. On the closeout, X4 tries to force the next pass to the corner and discouraging a ball reversal by staying on the high hip of the ball. 3. X2 slides to ball side high post. 4. X5 slides to ball side low block and full fronts any low post. 5. X3 slides to replace X5.
	<p>Pass to Corner</p> <ol style="list-style-type: none"> 1. X4 takes any pass to the corner using a good closeout. 2. The wing defender, X4, <u>sprints</u> back to the block to replace X5 trying to deflect any low post entry passes.



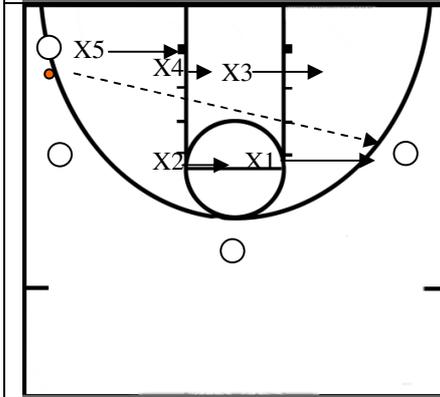
Corner to Wing Pass

1. X2 takes any corner to wing pass, while X1 moves to the ball side elbow.
2. Post players rotate back into position.



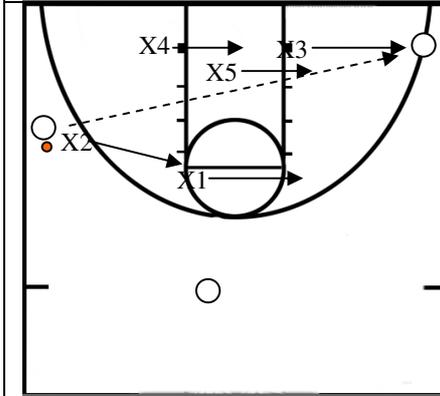
Wing to Point Pass

1. When the pass goes from the wing to the point, the guards work in a tandem. High post guards takes the point. The wing defender guard slides to high post.



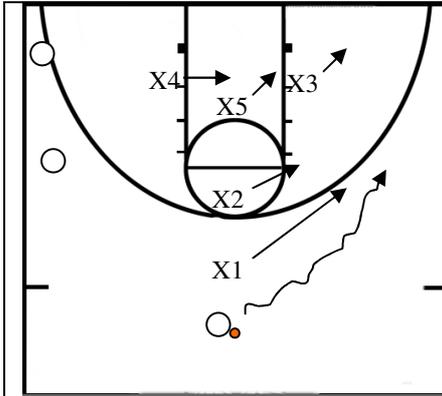
Corner to Wing Skip Pass

1. If a skip pass is made from the corner to the opposite wing, use the closest defender rule. In this case, X1 closes down on the ball.
2. Everyone else slides towards the ball.



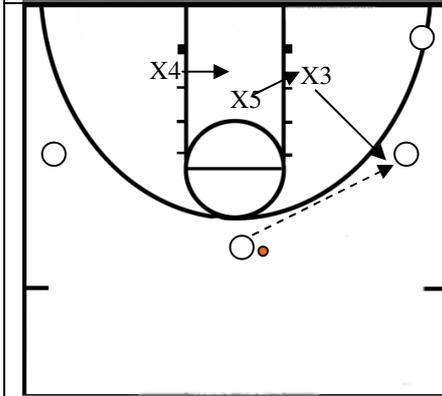
Wing to Corner Skip Pass

1. The post player closest to the corner takes the skip pass.
2. Everyone else slides towards the ball into their perspective positions.



Dribble Entry

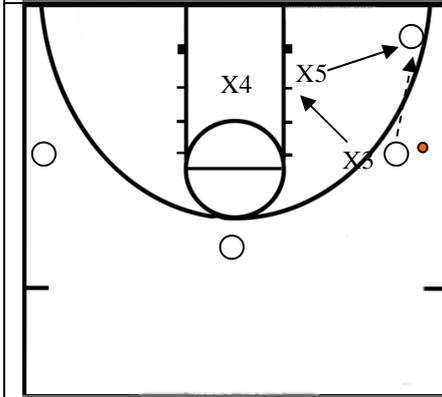
1. On the dribble entry, the point defender stays with the ball.
2. Everyone else slides in the direction of the ball.



Breakdown Drills for Posts (A)

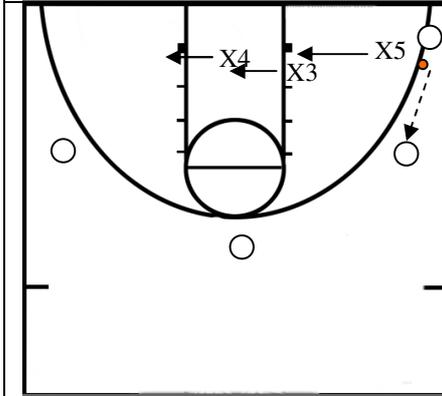
1. Place 4 offensive players (coaches, managers) in the spots marked in the diagram.
2. In the first part, the ball is passed to the wing forcing the post to cover the pass and the other two post players to rotate towards the ball.

Note: Remember to stress playing on the high hip of the wing offensive player.



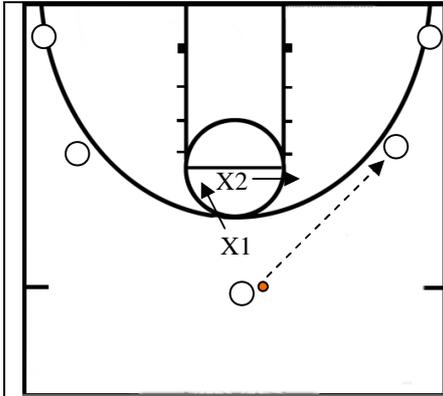
Breakdown Drills for Posts (B)

1. The next pass within the drill goes from the wing to the corner.
2. X5 closes hard on the ball, and X3 sprints back to the block with HIGH hands to front the low post.



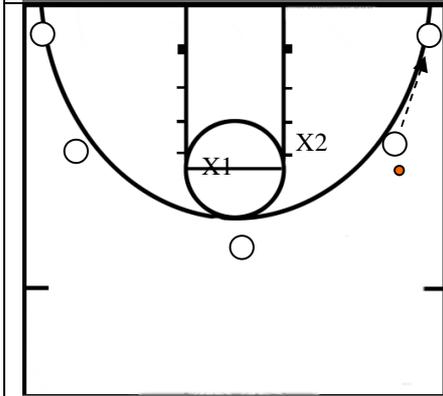
Breakdown Drills for Posts (C)

1. The next pass goes from the corner back to the wing. Remember, in the 5 man defense, the guard at the high post will take the wing on this pass.
2. The post players rotate back into their initial positions.



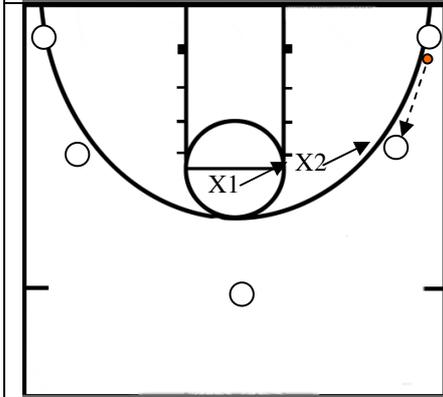
Breakdown Drills for Guards (A)

1. In all of the guard breakdown drills, emphasize that they keep their backs to the baseline.
2. 5 coaches or managers fill the spots located on the diagram.
3. On the point to wing pass, the bottom guard rotates to the high post and the top guard drops back to the opposite elbow.



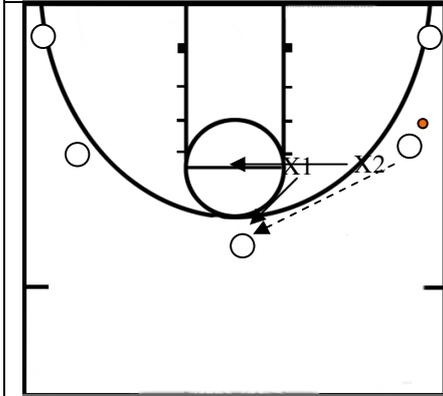
Breakdown Drills for Guards (B)

1. On the wing to corner pass, the guards maintain their positioning while keeping their backs to the baseline.



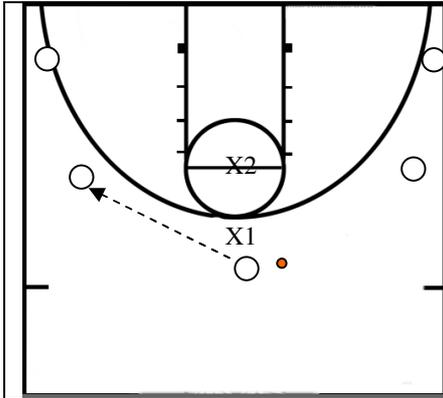
Breakdown Drills for Guards (C)

1. When the ball comes back from the corner to the wing, the ball side guard will take the wing.



Breakdown Drills for Guards (D)

1. On the ball reversal, the high post guard takes point and the wing guard slides to the high post.



Breakdown Drills for Guards (E)

1. The drill continues with the same rotations.

9 Points of Emphasis for Match Up Zone Success

1. Apply tremendous ball pressure at all times.
2. Sprint to coverage areas with strong closeouts and hands held high.
3. Push the ball to the sideline alleys and corners.
4. The closest player to the ball takes the ball handler.
5. There always must be a player in the low post and high post.
6. All five players are required to rebound.
7. Once the ball is forced to the sideline, stay on the player's "high hip" in order to keep the offensive players from reversing positions and dribbling to the other side of the court.
8. The defender stays on the ball until called off by a teammate.
9. All players must communicate verbally for this defense to work.