

STOPPING THE **UNSTOPPABLE**

**Junk Defenses
That Work!**

by Jamie Angeli

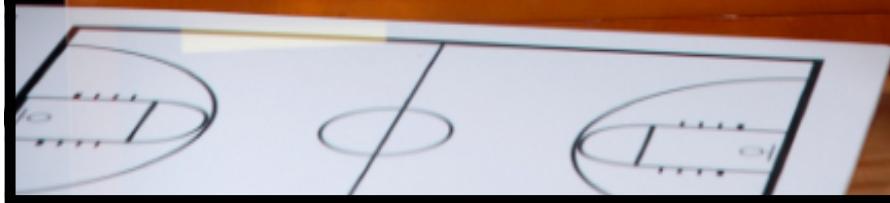


Table of Contents

I. Introduction	Page 3
II. Diamond and One	Page 6
III. Triangle and Two	Page 18
IV. Specials	Page 32

STOPPING THE **UNSTOPPABLE**

Introduction



Stopping the Unstoppable — Junk Defenses That Work!

If you are fortunate enough to be blessed with several quick, athletic defenders that can shut down any offensive attack, then this book is certainly not for you. This book is for the rest of us — the teams that might lack depth, size and the type of athleticism and quickness it takes to match-up with teams that have some outstanding offensive threats.

I have included a handful of suggestions that I have used over the years to limit the opponent's top scorers. Defenses that force "other" players to step up and beat you. Forcing non-scorers to score or non-shooters to shoot, can put tremendous pressure on your opponent. The ball instantly becomes heavier...the rim becomes smaller...and the weight of the world is now squarely placed on the shoulders of individuals not used to carrying the load. Can't say it's worked every time, but I have to admit, it's caused a great deal of discomfort for many of the opponents we have faced over the years.

If you are playing a team for the first time, the benefits from the element of surprise cannot be underestimated. If it is the second time playing this opponent, then you can bet they have used up plenty of practice time working on an offense to beat your junk defense — offensive preparation that is not part of their normal routine. Advantage you!

I know first-hand the effectiveness of these defenses — from both sides of the ball. It's one of the reasons I developed the book and DVD "**Attacking Junk Defenses**". I understood early on the effectiveness of these defenses and how important it was to be prepared to attack them. Let's just hope your opponent doesn't own it, because you are about to rock his world with "**Stopping the Unstoppable — Junk Defenses That Work!**"

Stopping the Unstoppable — Junk Defenses That Work!

Important Keys To Remember

1. Your pick-up point is certainly the coaches choice. The diagrams included in this book show everything in the half court. If the player you are denying is a point guard (which I believe is always an added bonus), you may elect to either deny him / her the ball full court, OR, make him / her catch it below the FT line and make him / her work to bring the ball up (hoping to wear them down as the game goes on).
2. Be sure to rotate the players you are using to faceguard their best players. As much as possible, you want to try and keep a fresh defender on them at all times.
3. There are some inherent weaknesses you will need to try and overcome. These weaknesses are not solely because of the Junk Defense, but zone defenses in general. The two areas of weakness are **Transition Defense** and **Rebounding**. Work on getting back quickly and getting the defense set (adjusting the junk defense from time to time to stop the ball first and then get back into your correct alignment). Work on the proper rebound responsibilities depending upon where the shot comes from in both the Diamond and Triangle Defense.
4. Be flexible when you use the defenses. A steady diet of any defense will certainly give your opponent more time to adjust. Think about mixing up your defenses, between the Diamond, Triangle and “Specials” we have included (based on time and score, substitutions and current players on the floor). This strategy could have a profound effect on the game and keep your opponent off balance and uncomfortable.
5. Let's face it, you're going to give up some open shots in a junk defense. If you give up an open 3-point make to begin the game, don't panic. I like the rule of “2”. If one person makes 2 three point shots, come out of the defense. You are asking non-shooters to become shooters in these defenses. That is a HUGE metamorphosis for many. Making one doesn't make them a shooter — continue to challenge your opponent to “find another way” (or person) to beat you!

Good Luck!



Jamie Angeli

Jamie Angeli



STOPPING THE **UNSTOPPABLE**

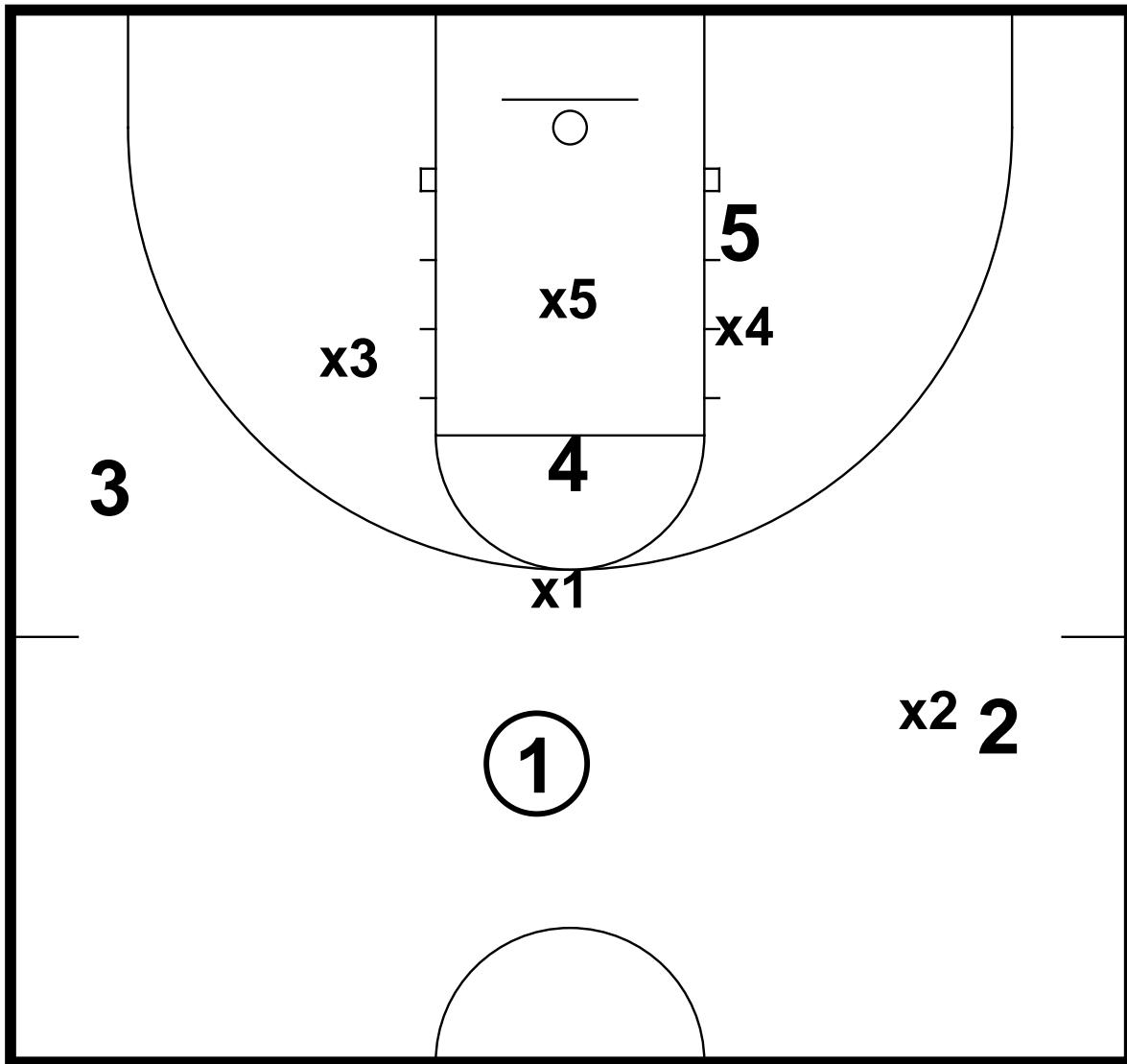


Diamond and One



Jamie Angeli

Diamond and One Junk Defenses

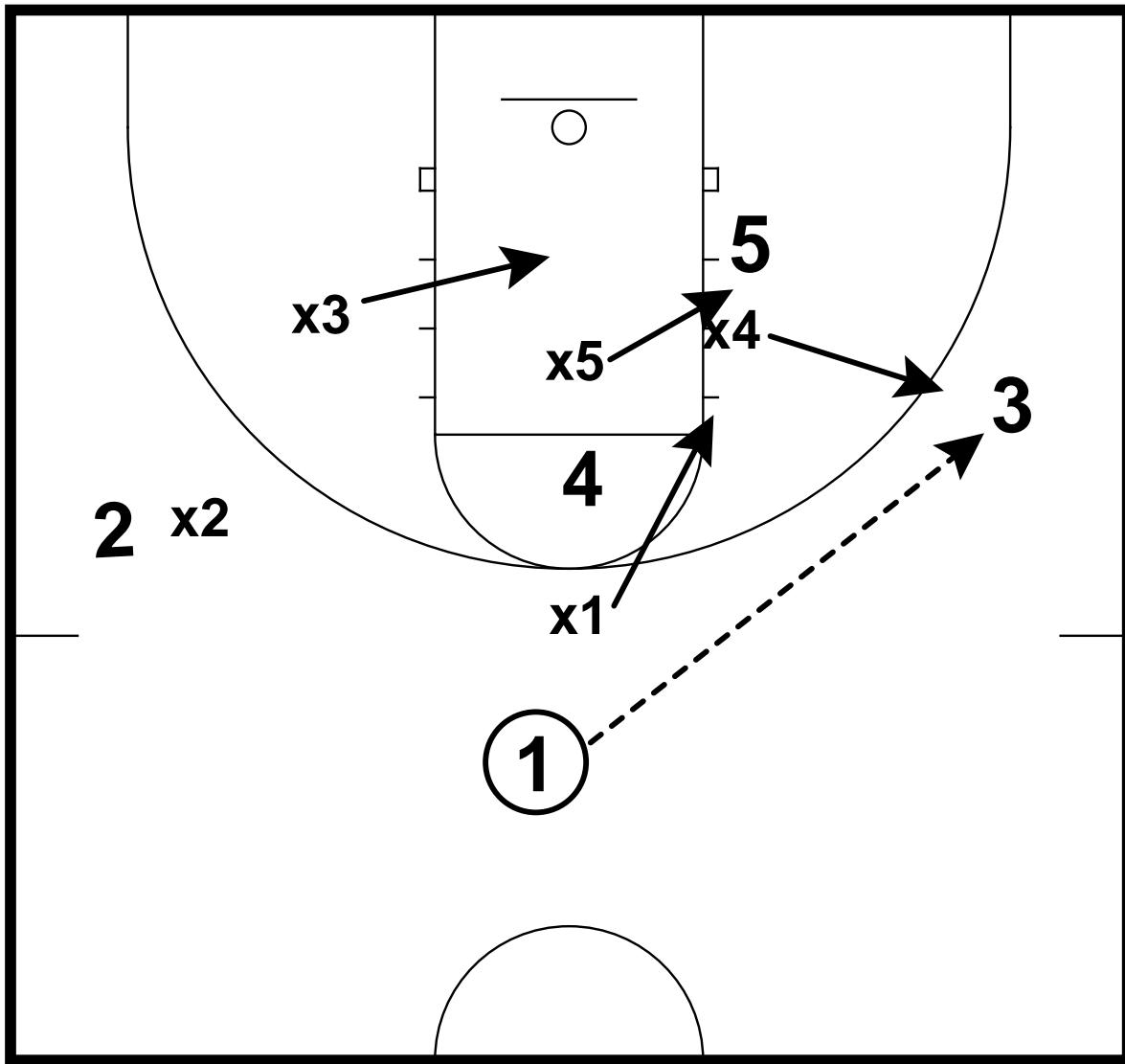


Initial Alignment

X2 is in lock-down on his player #2. The other 4 defenders are in the "Diamond" alignment.

Jamie Angeli

Diamond and One Junk Defenses



Ball on Wing

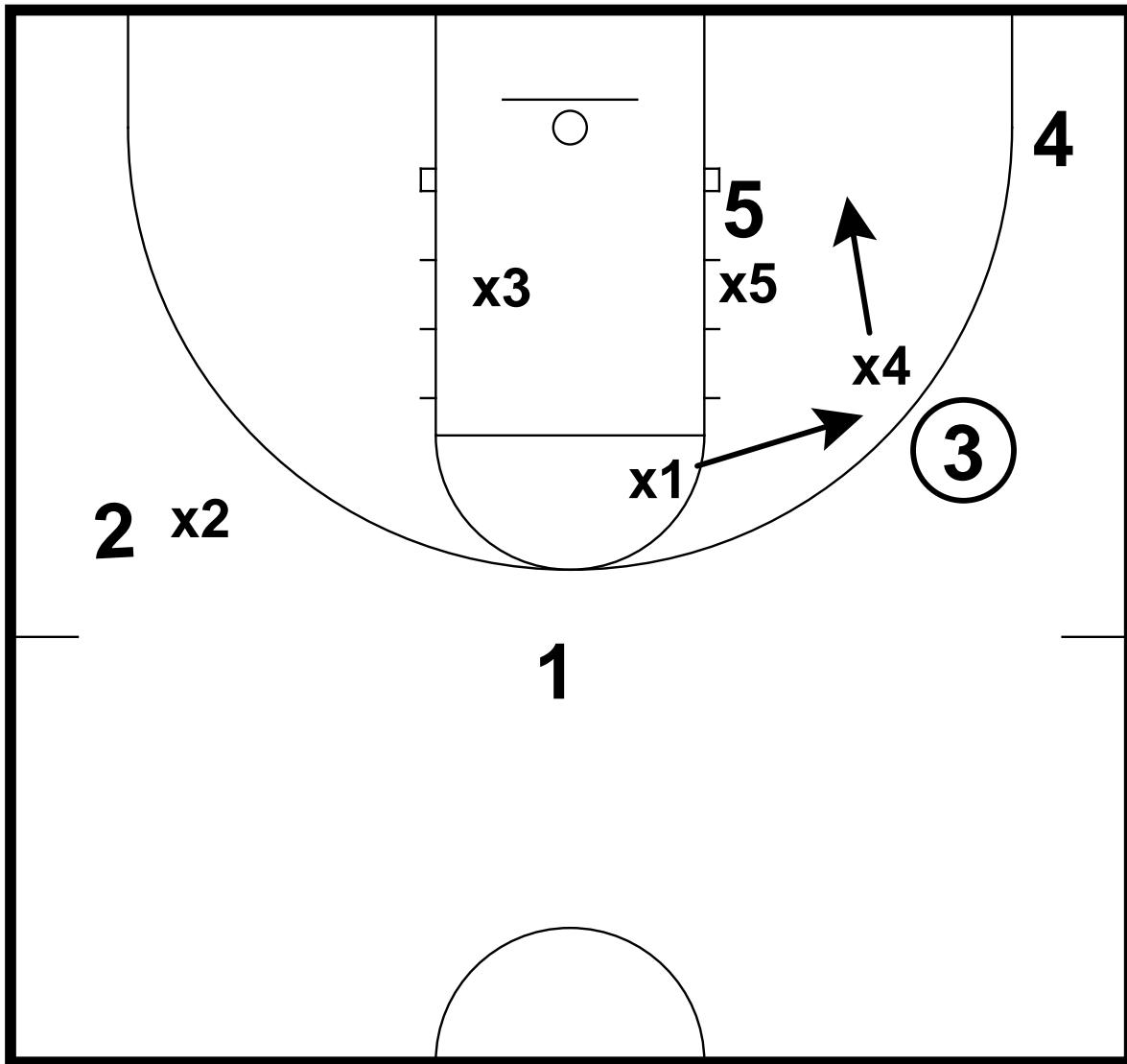
Once the ball is passed to the wing, X4 comes out to the three point line extended.

X1 takes the ball side high post area. X5 can play high side or front the post on the ball side low block.

X3 has the back side of the floor.

Jamie Angeli

Diamond and One Junk Defenses



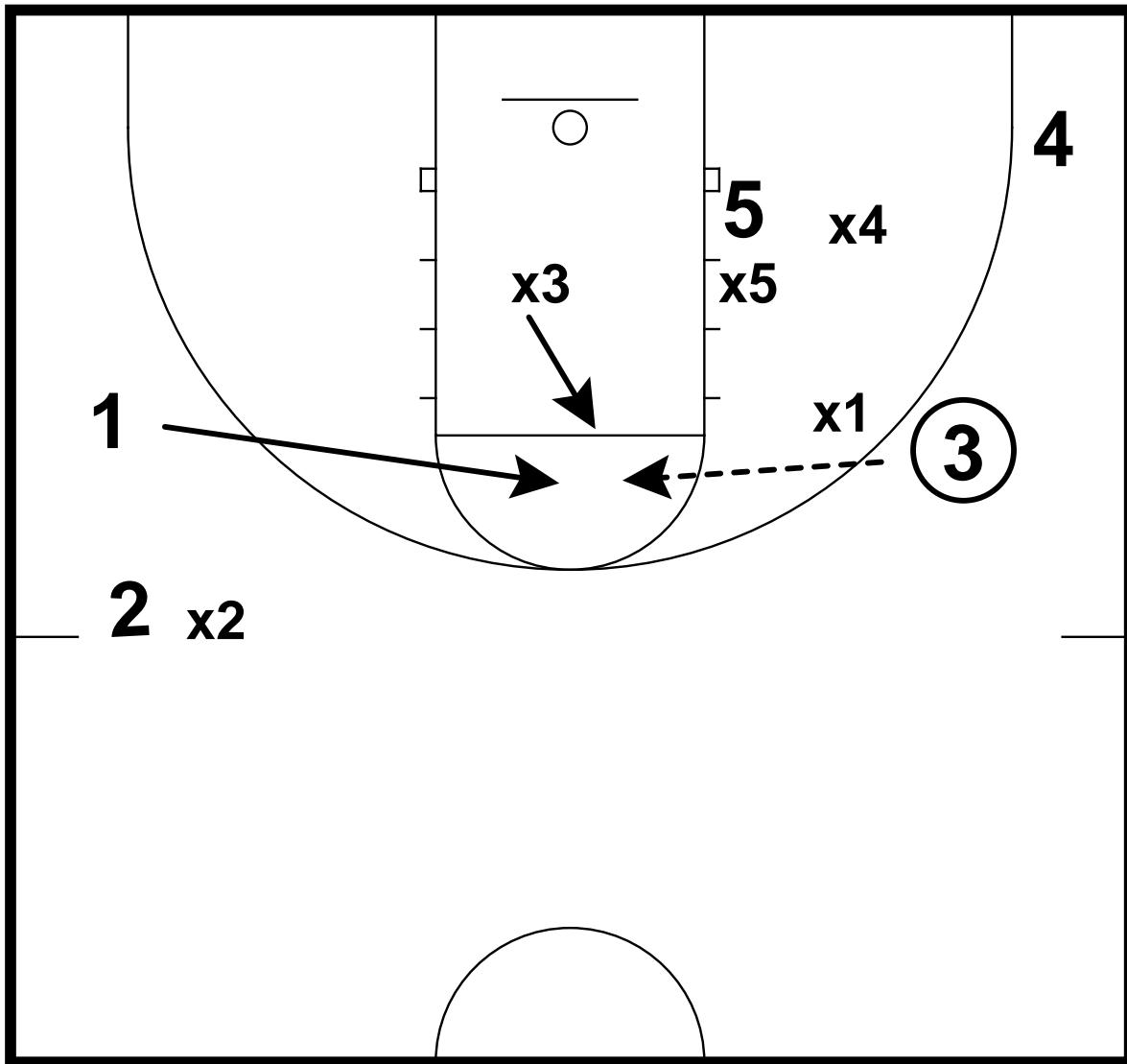
Player In Corner Overload - Bump Wing Down

Whenever the ball is passed to the wing, X1 must immediately check to see if there is a player in the corner. When there is a player in the corner, X1 must "bump" X4 down right away.

X4 should NEVER extend out to the corner when the ball is on the wing. They will always stay packed inside to help in the post and will only come out to the corner when the ball is in flight to the corner.

Jamie Angeli

Diamond and One Junk Defenses

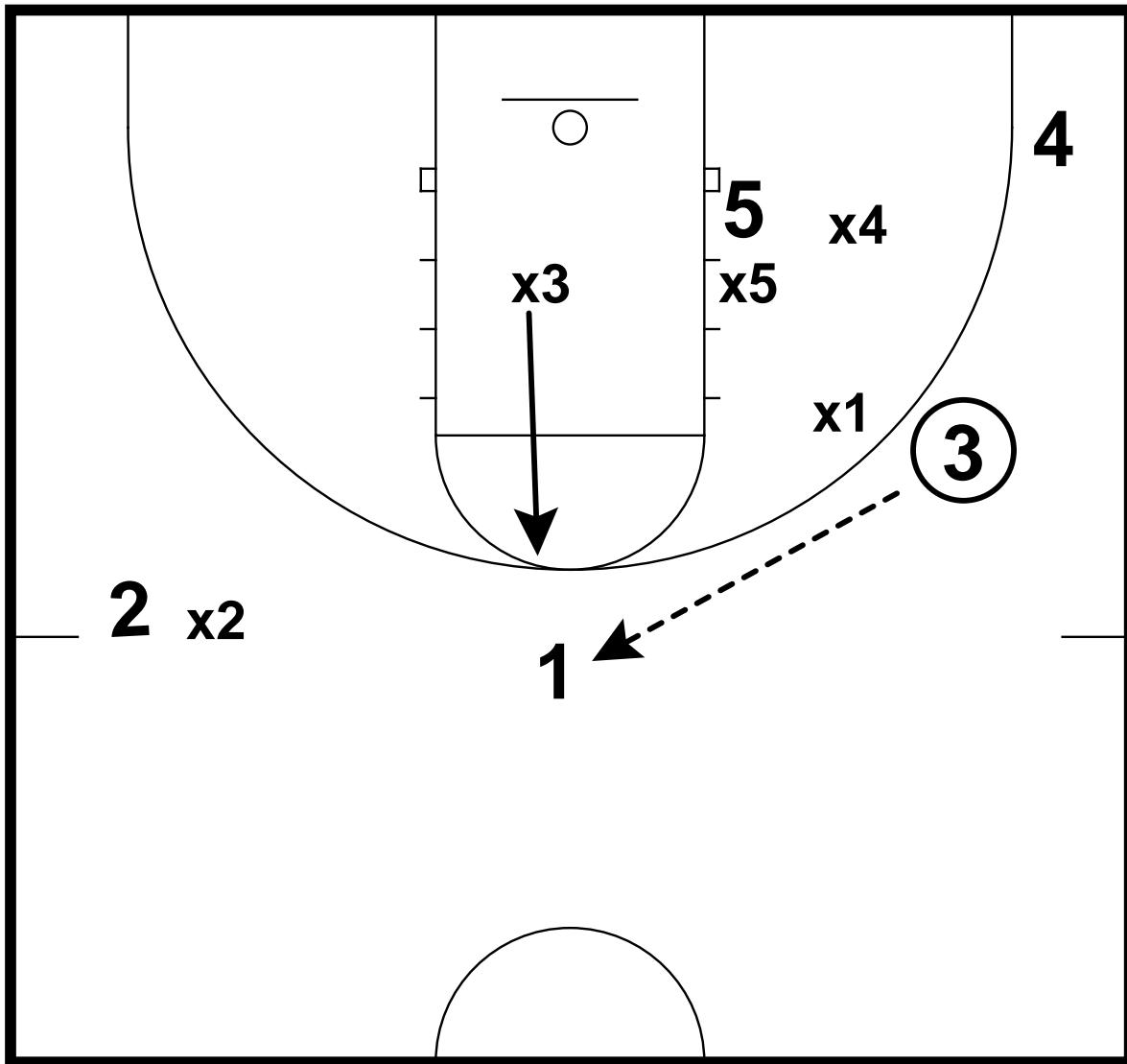


Player In Corner Overload - Backside Wing Has High Post

Anytime X1 comes out to guard the wing, the back side defender, X3 in this diagram, has high post responsibility should anyone cut in from the back side.

Jamie Angeli

Diamond and One Junk Defenses

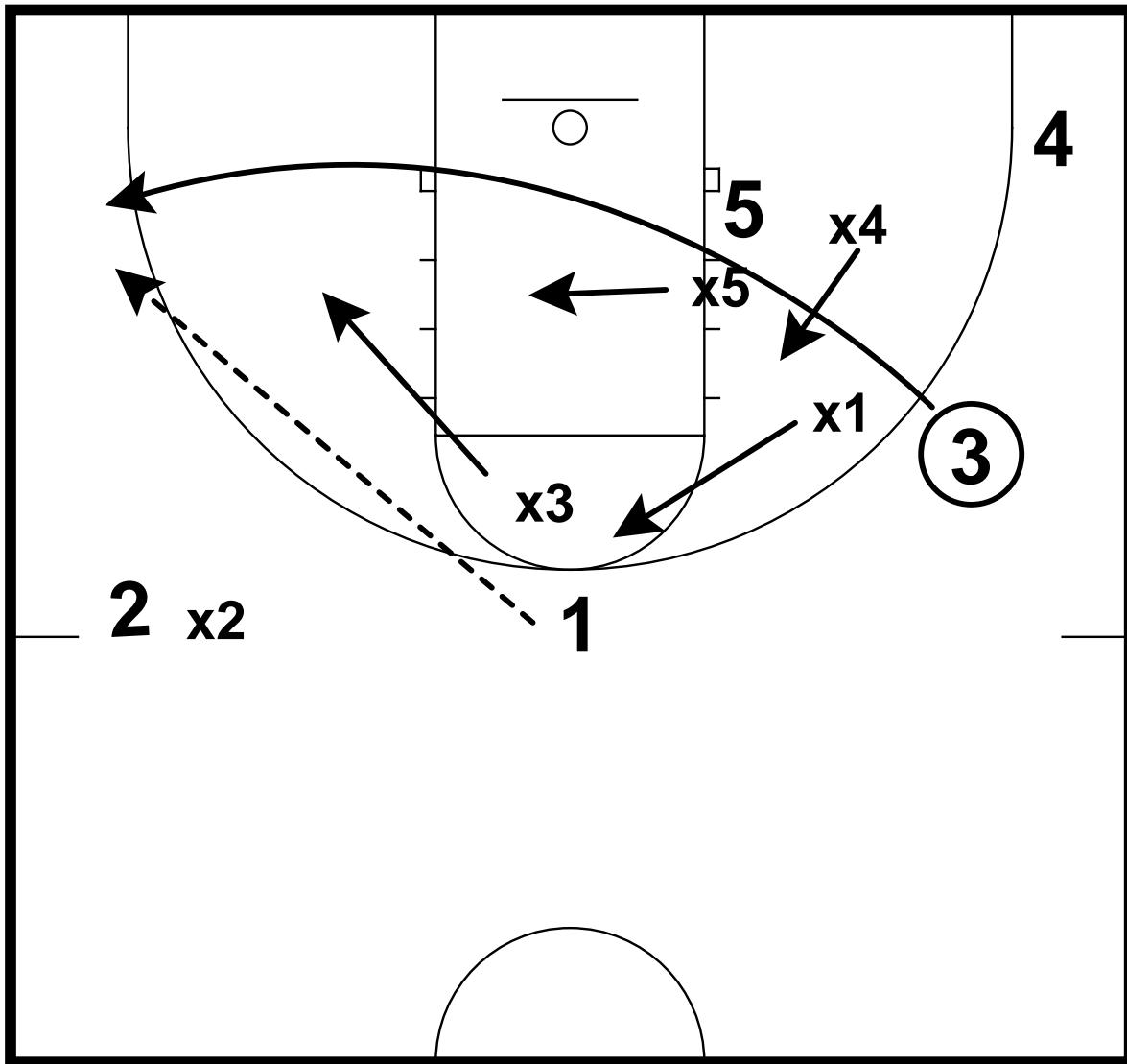


Player In Corner Overload - Backside Wing Has Top of Key

If the ball is passed to the top, X3 has this defensive responsibility as well.

Jamie Angeli

Diamond and One Junk Defenses

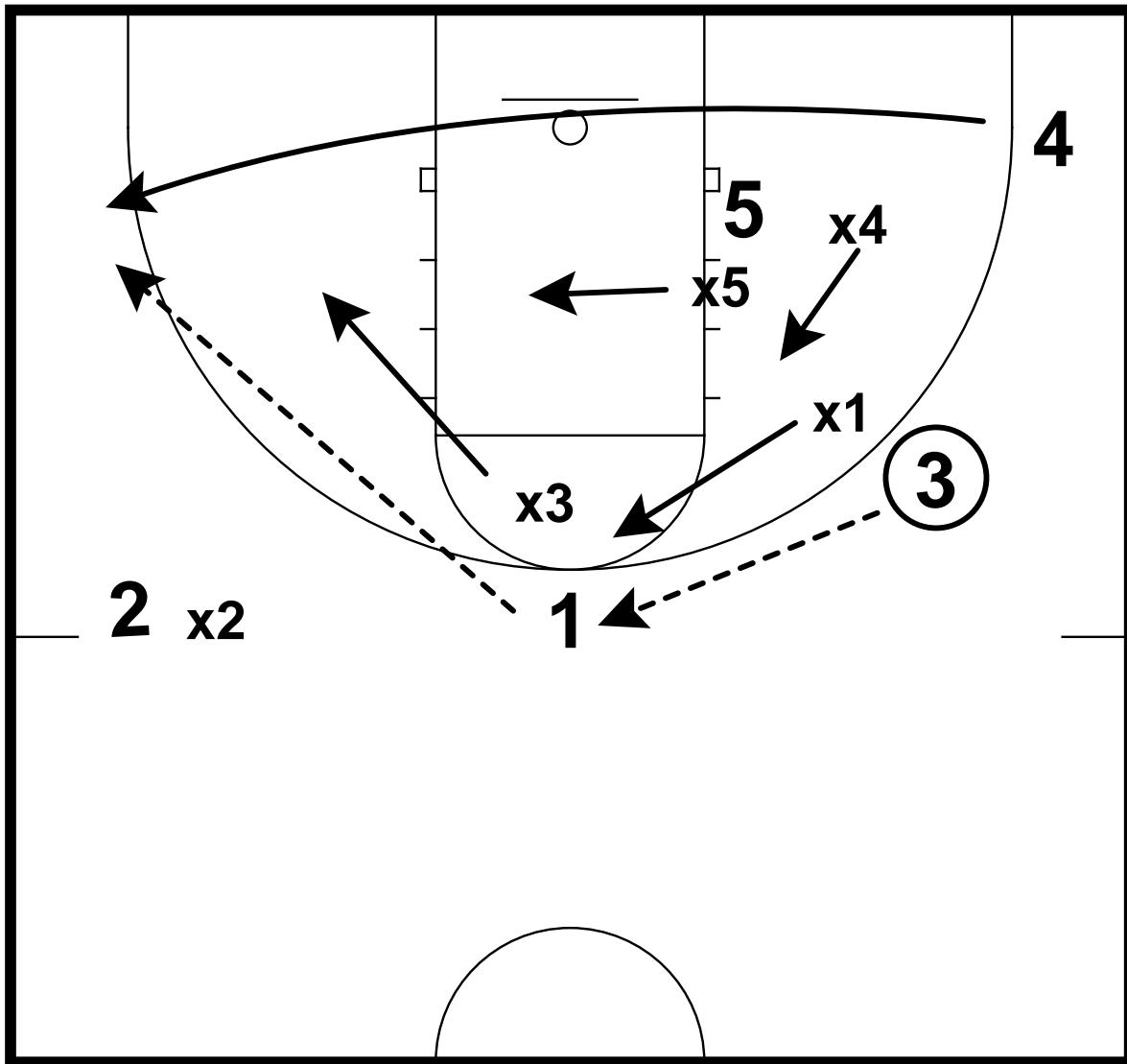


Ball Reversal and Cutter From Overload - Bump Wing Back

On ball reversal in this situation, X1 sprints back to the top and bumps X3 back to his original wing defensive position.

Jamie Angeli

Diamond and One Junk Defenses

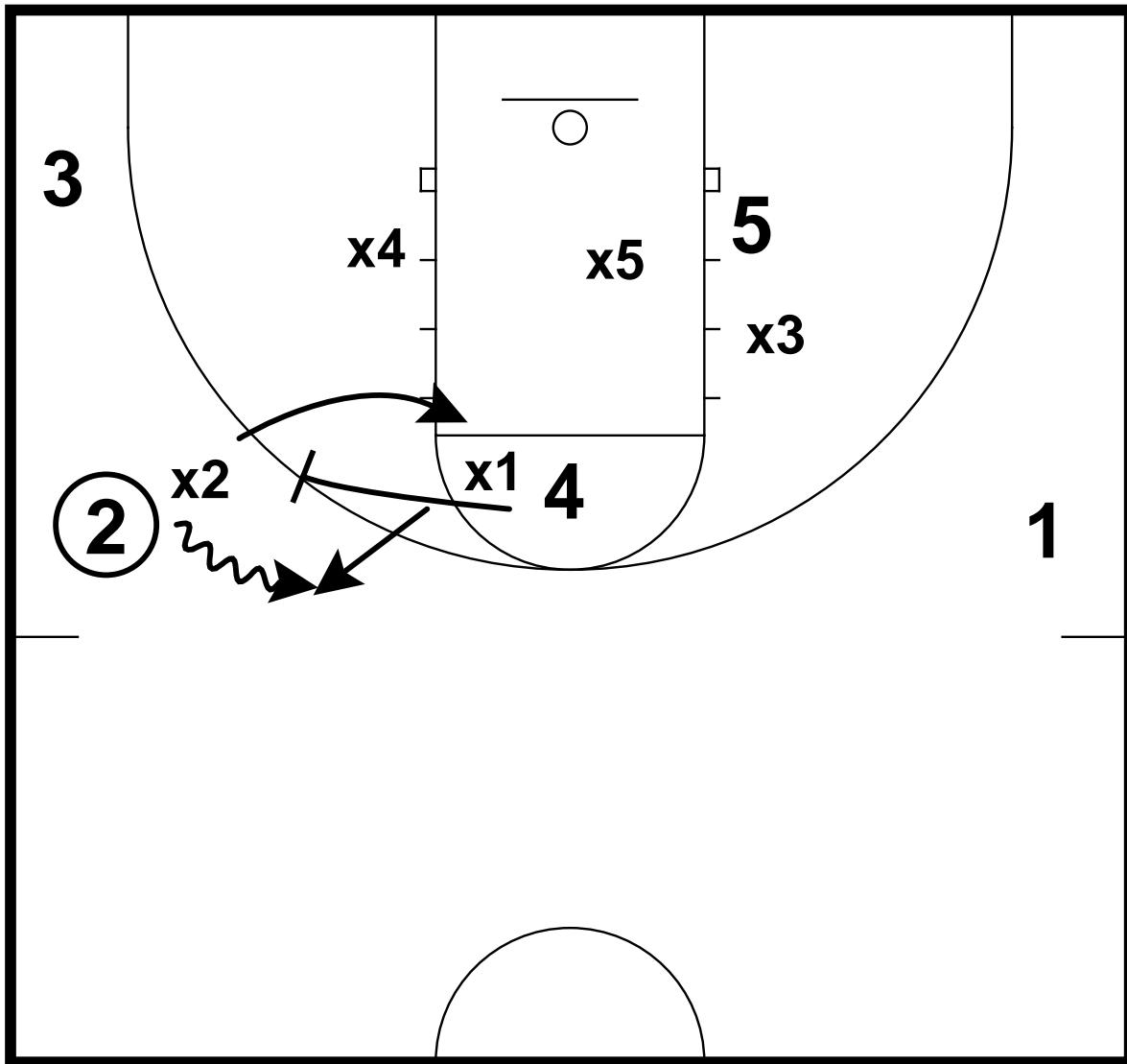


Ball Reversal and Cutter From Overload - Bump Wing Back

The same bump down action would take place in this scenario as well.

Jamie Angeli

Diamond and One Junk Defenses



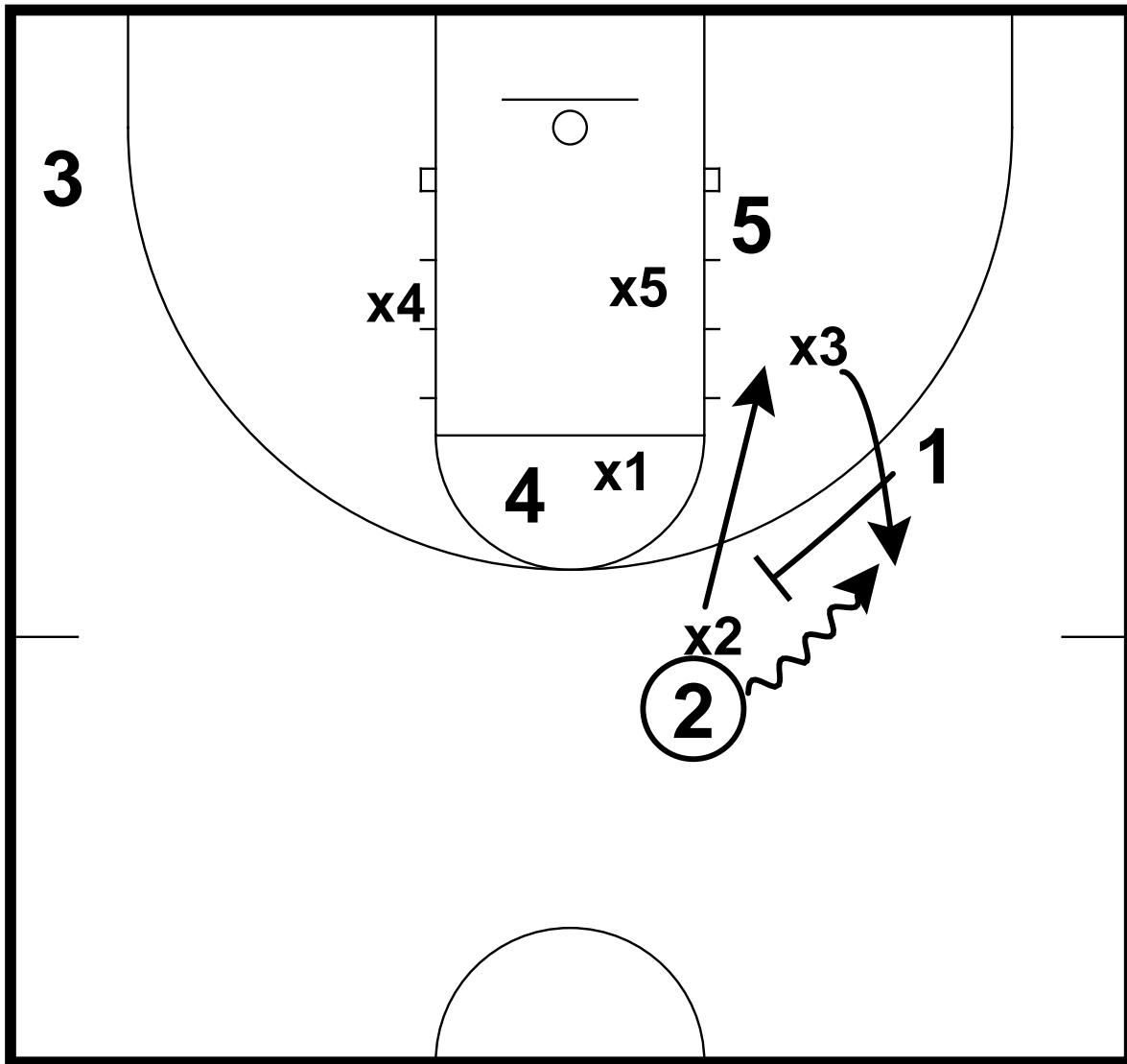
Guarding Ball Screens

Anytime teams try and ball screen for the player being denied in the Diamond, we will automatically "jump switch" with the top defender, X1.

Here we see X1 jumping out to pick up #2 coming off the ball screen. X2 sprints back into the high post and will now assume all responsibilities for the top of the Diamond. X1 now has the responsibility of denying the ball back to #2 once #2 passes the ball.

Jamie Angeli

Diamond and One Junk Defenses



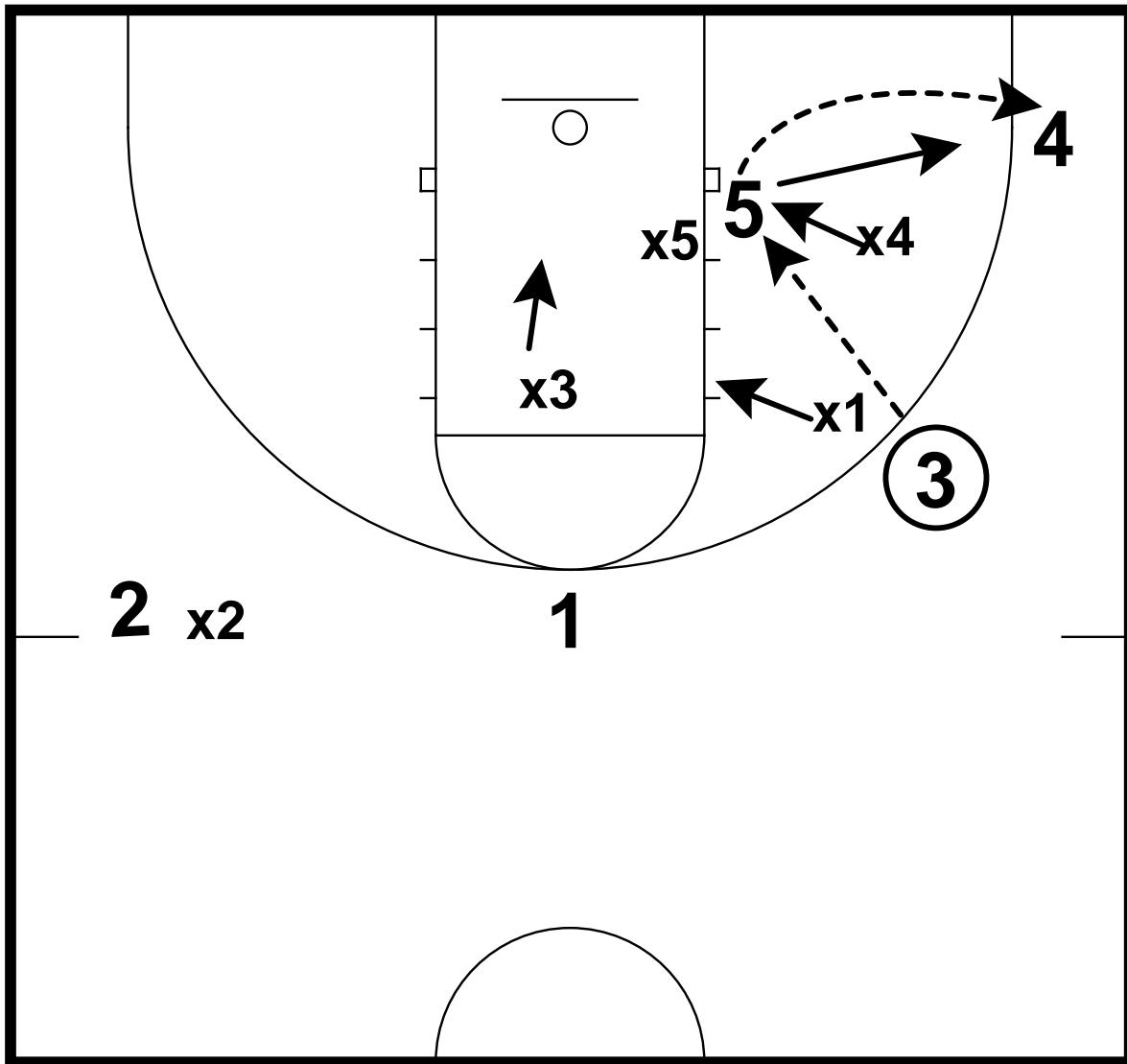
Guarding Ball Screens

If the screen comes from the wing to the top, again we will "jump switch".

Here we see X3 jumping out to pick up #2 coming off the ball screen. X2 sprints to the wing and will now assume all responsibilities for the wing defender in the Diamond. X3 now has the responsibility of denying the ball back to #2 once #2 passes the ball.

Jamie Angeli

Diamond and One Junk Defenses

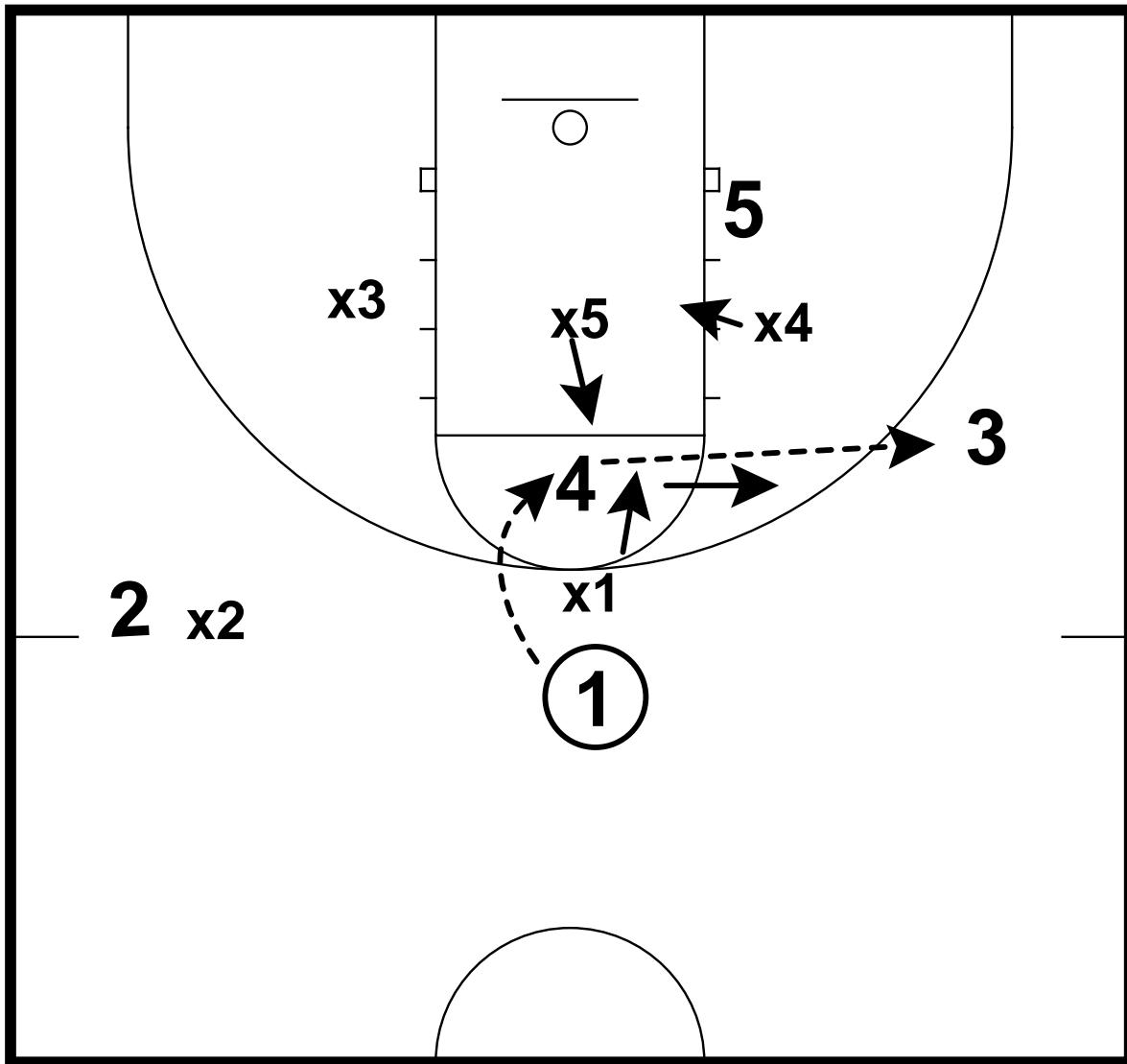


Ball Into Post - Choke It Out From Wing Defender

As we mentioned previously, the wing defender, X4, is in a great position to help inside on the post, but is also ready to close out on the shooter in the corner when passed back out.

Jamie Angeli

Diamond and One Junk Defenses



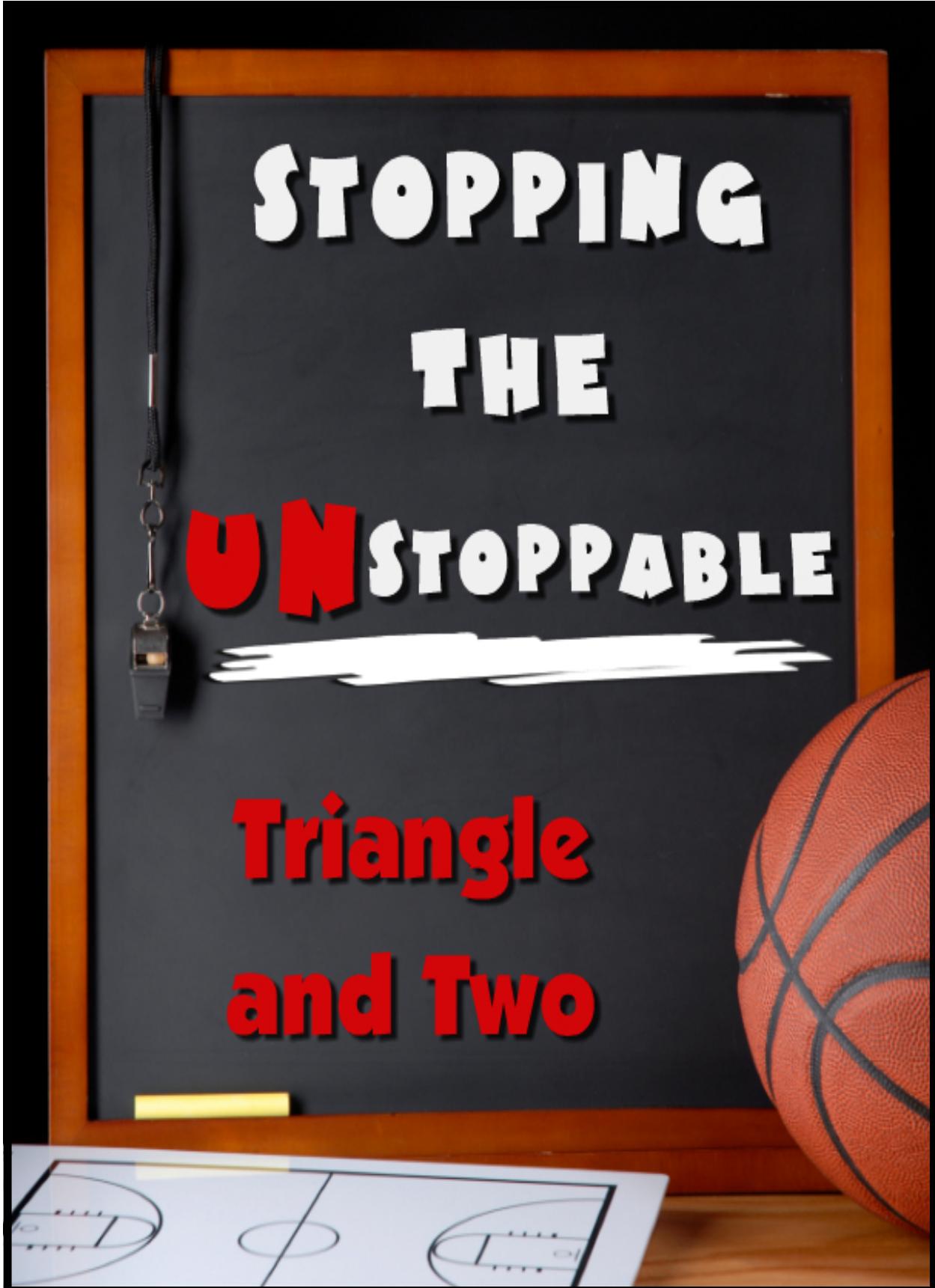
Ball Into High Post - X5 Takes It

Anytime the ball gets into the high post, and this is certainly an area we would like to keep the ball out of, X5 would come up and play the ball.

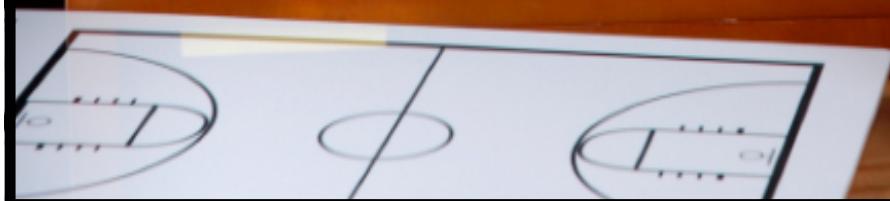
X3 and X4 would drop and cover the low blocks if there is an offensive player present.

X1 can try and dig the ball out if #4 puts it down or they can also look to take the next pass out to the wing player.

STOPPING THE **UNSTOPPABLE**

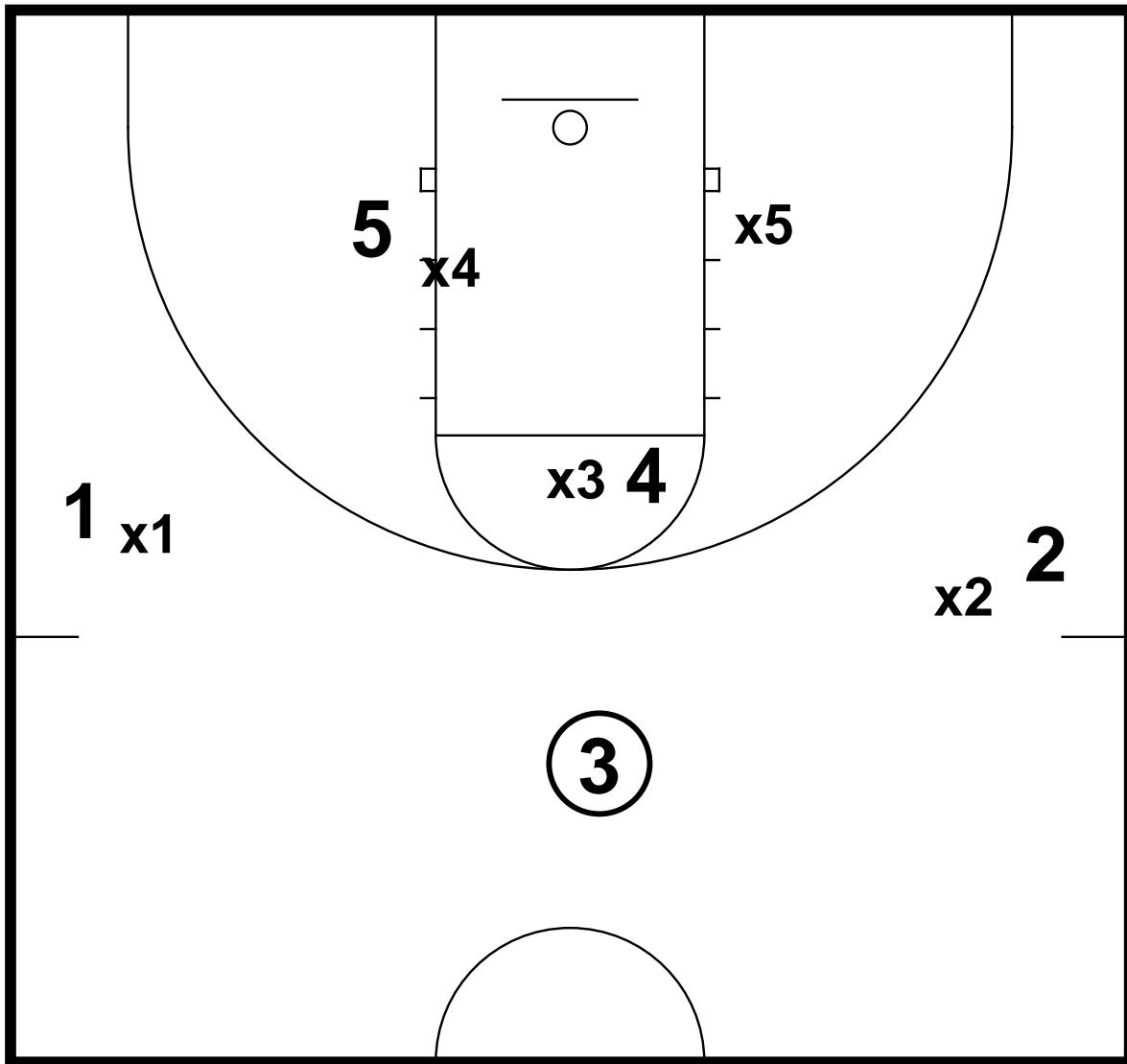


Triangle and Two



Jamie Angeli

Triangle and Two Junk Defenses



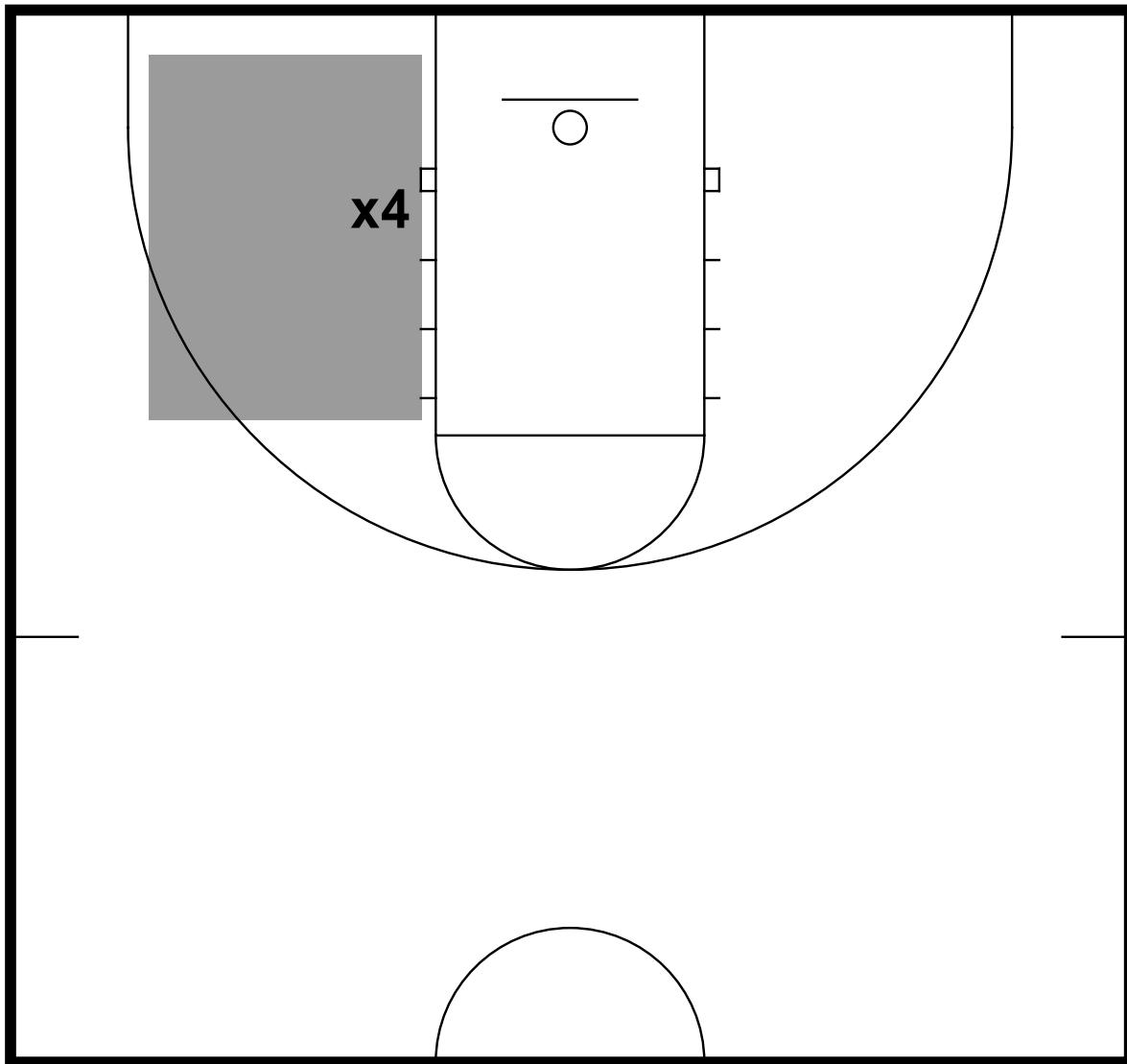
Initial Alignment

X1 and X2 are in lock-down on their players, not allowing them to touch the ball. They will full front either player if they decide to post up on the block or the high post.

X4 and X5 will play on top of the low post player and will front when the ball is on the wing or corner. The only time they will not front the post is when one low post defender is pulled out to guard the wing or corner area and the other post has to come over and play the strong side block - then they will play behind (as there is now no backside help).

Jamie Angeli

Triangle and Two Junk Defenses

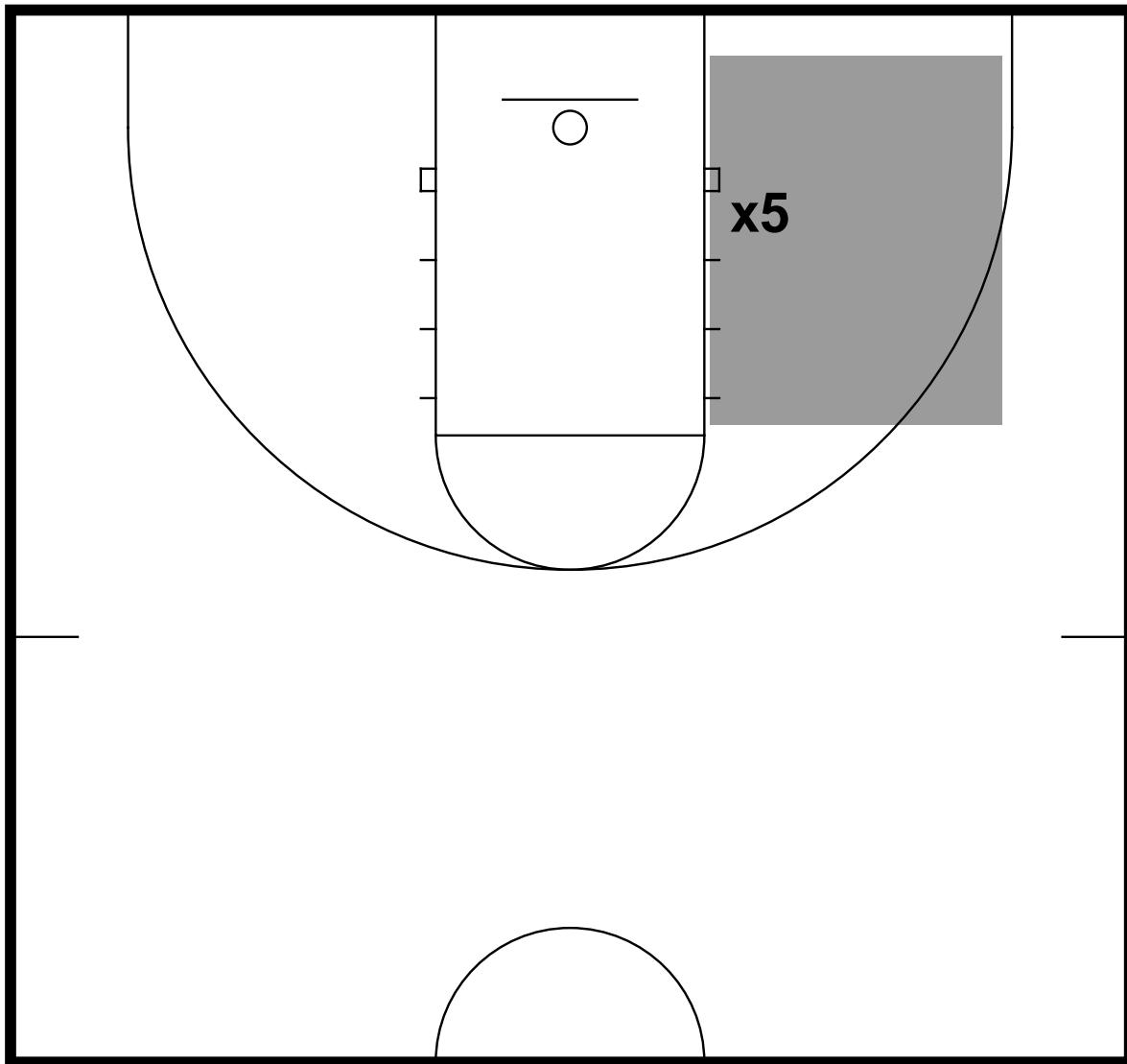


X4 Left Low Block Defensive Responsibility

We do not want our X4 defender going out any farther than the 3 point line. If the player in their zone is a good three point shooter, than they should come out and defend. If there is another great three point threat, than this defense is probably NOT the defense you should be running.

Jamie Angeli

Triangle and Two Junk Defenses

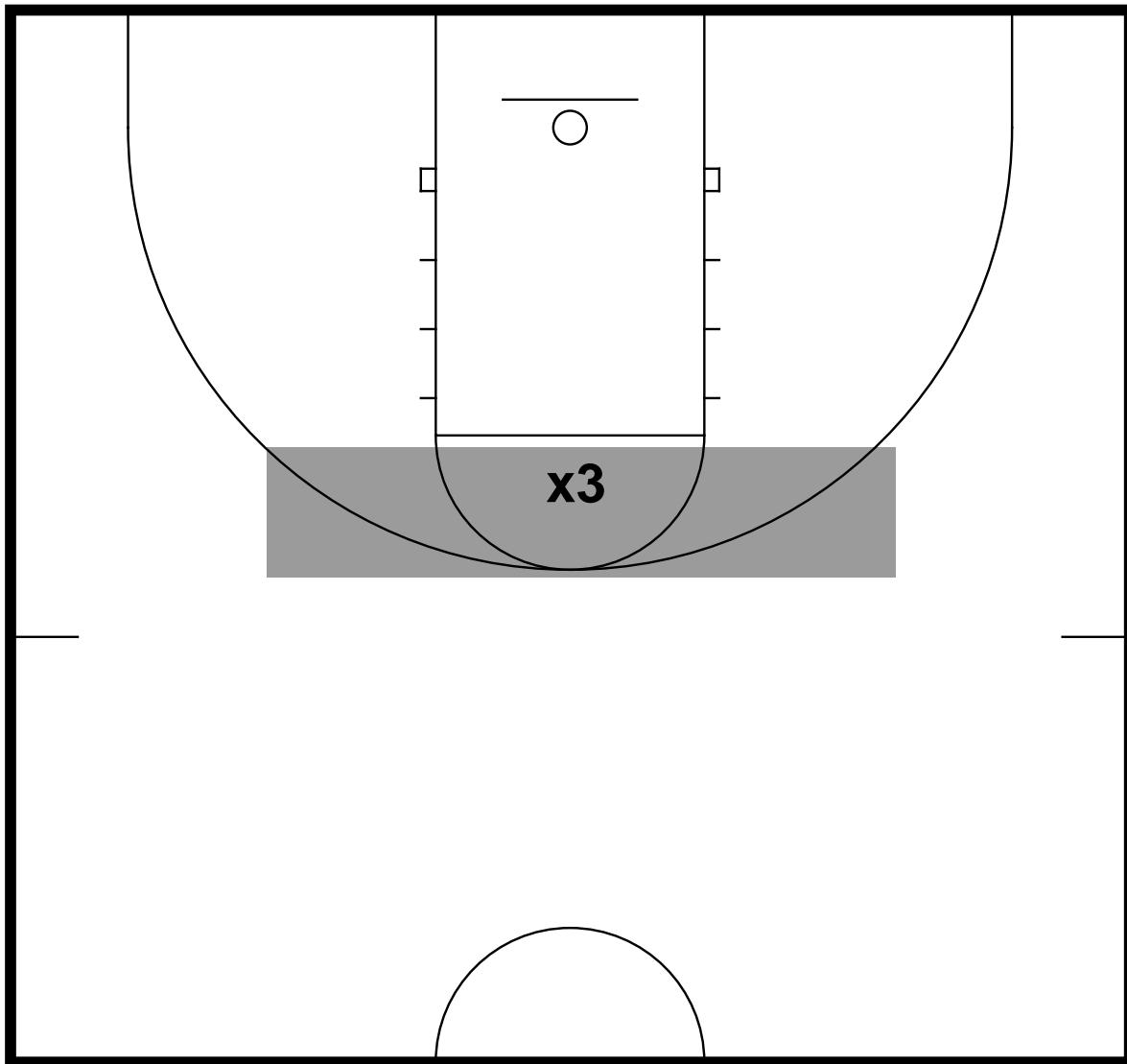


X5 Right Low Block Defensive Responsibility

Same rules apply for X5. We do not want our X5 defender going out any farther than the 3 point line. If the player in their zone is a good three point shooter, than they should come out and defend. If the player is NOT a shooter, they should come out about 3/4 of the way with hands up.

Jamie Angeli

Triangle and Two Junk Defenses



X3 Top Defensive Responsibility

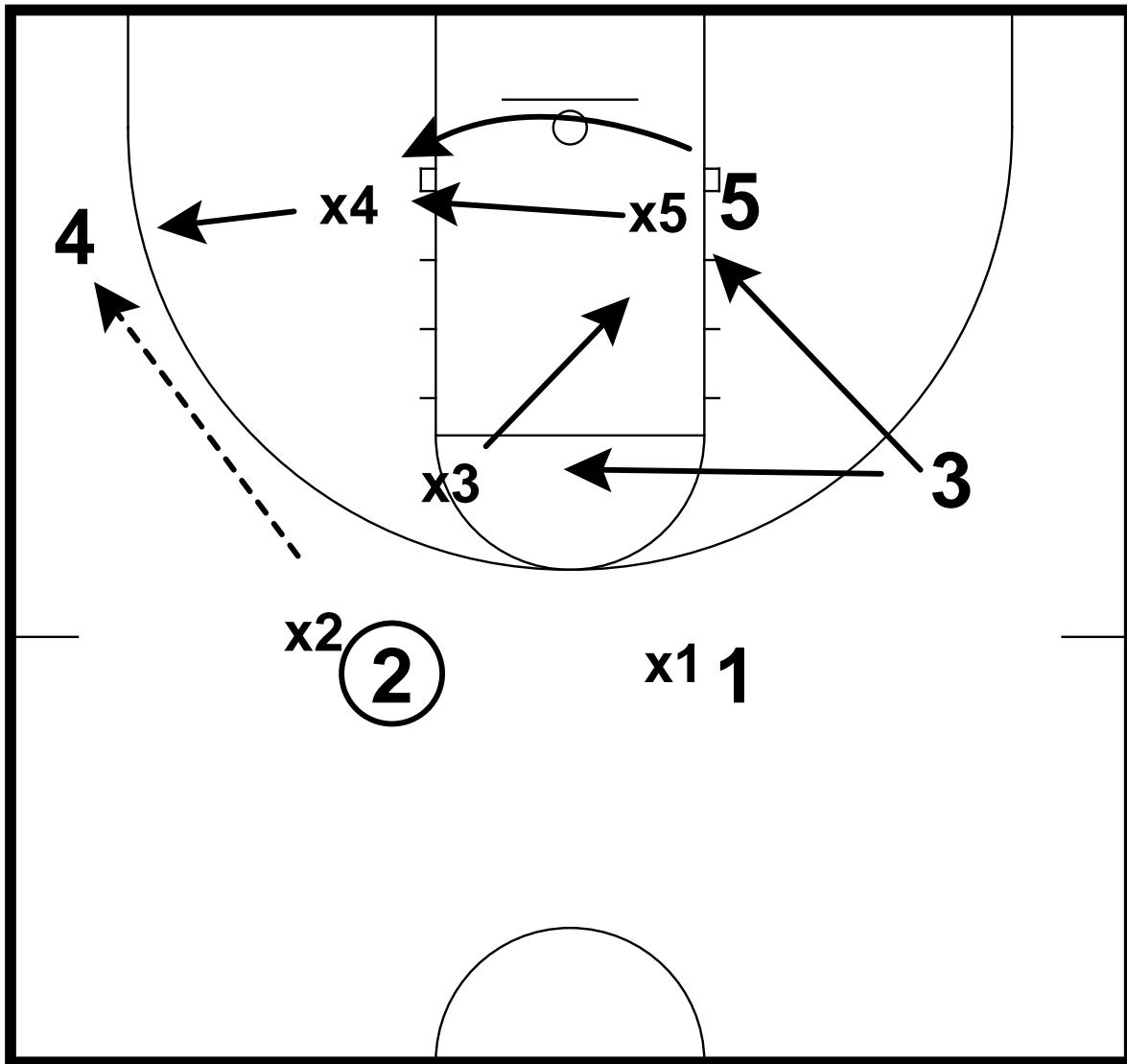
X3 has the FT line extended area. If there are more than one player on top, we will invert the Triangle defenders (which we will explain later).

X3 is always looking to help on dribble penetration from either X1 and X2, should they get the ball. X3 will also switch out should there be any screens on the denial defenders.

X3 can help in the post on the dribble, but must be aware of any high post players cutting or spotting up.

Jamie Angeli

Triangle and Two Junk Defenses



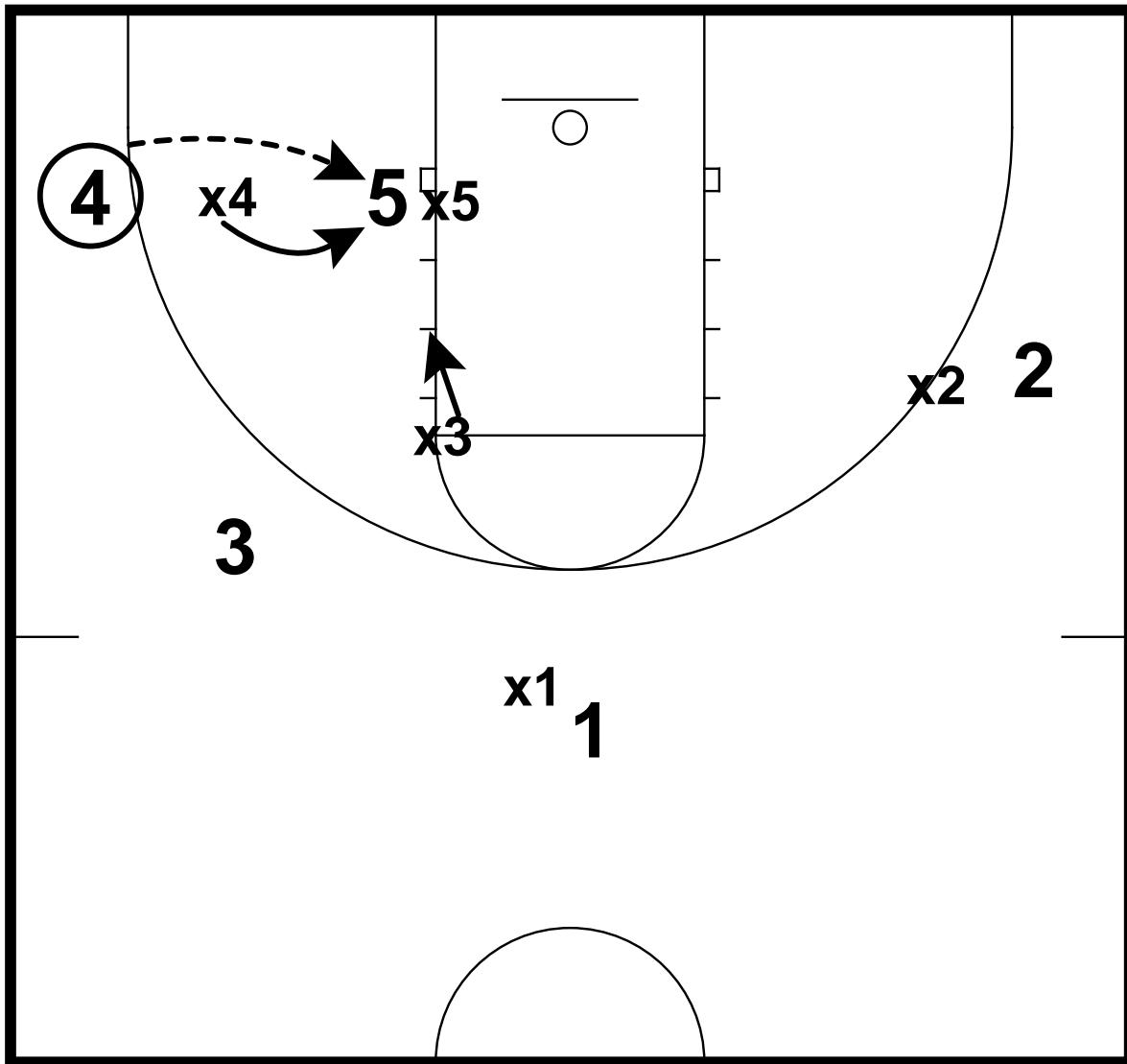
Post Out / Guard Down Responsibility

When the ball is passed to the wing area (below the FT line extended), the wing defender, X4, must come out. As X4 comes out, X5 will guard the ball side low block. X5 will play behind in this scenario as the other post defender, X4, is out in the wing / corner area.

Anytime the wing defender comes out, it is the responsibility of the high post defender, X3, to immediately check the back side block. If there is a player there, they will need to drop down and defend. If there's only one offensive player on the block, X5 will defend and X3 will remain in the high post, guarding any cutters into this area.

Jamie Angeli

Triangle and Two Junk Defenses



Choke The Post From Corner / Wing Defender

X5 cannot front the low post when the other post player, X4 is out on the perimeter. Knowing that, we can look to double the post on the entry pass with the on-ball defender. It is too dangerous for the high post defender to drop down and double, as the high post cutter would be open on the dive to the basket.

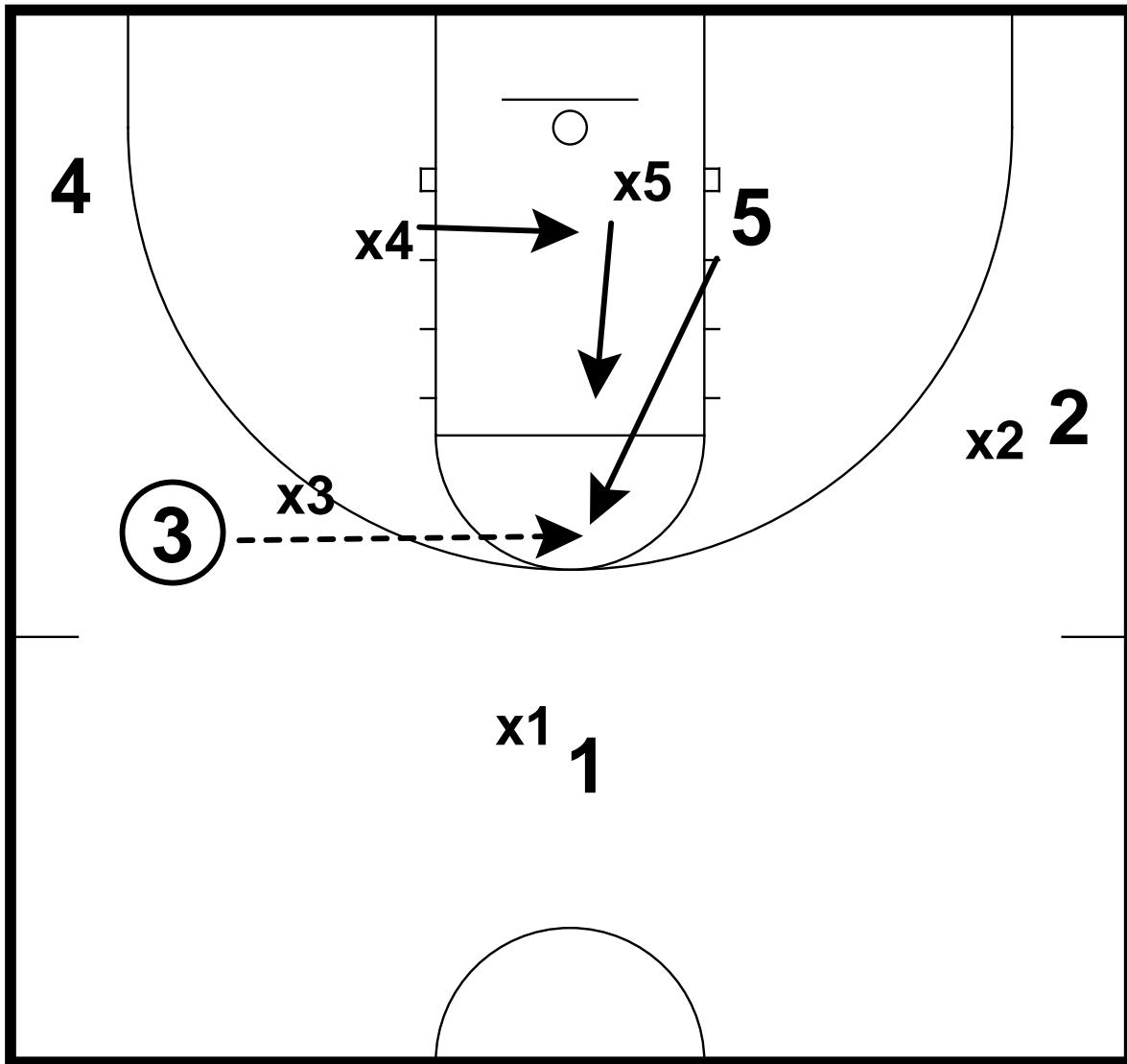
The best option is for the defender on the passer, X4, to drop and "choke" the post, forcing them to throw it out. Hopefully, #4 is not a GREAT shooter, so you can afford to help inside on the post in this manner. If #4 is a good shooter, then again, maybe NOT the defense to be playing.

If #5 is not a scoring post, then let your post guard it alone.

#4 would guard the pass out back to the wing / corner area.

Jamie Angeli

Triangle and Two Junk Defenses



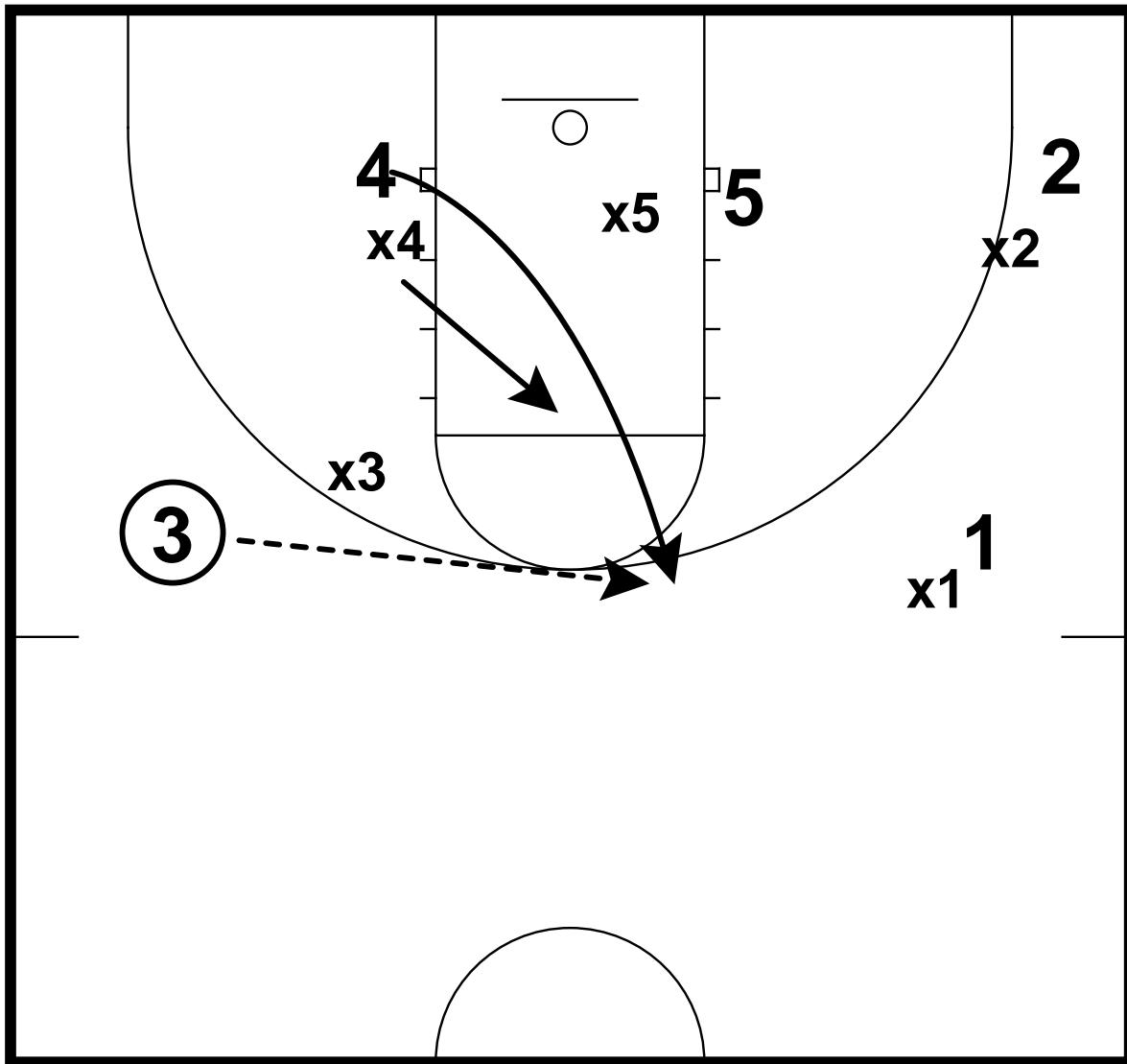
Guard Out / Post Up Responsibility

Whenever the top defender, X3, is out on the ball, it is the responsibility of the back defenders to guard anyone cutting up to the high post.

In this situation, we would "invert" the Triangle and X5 would slide up with the cutter.

Jamie Angeli

Triangle and Two Junk Defenses

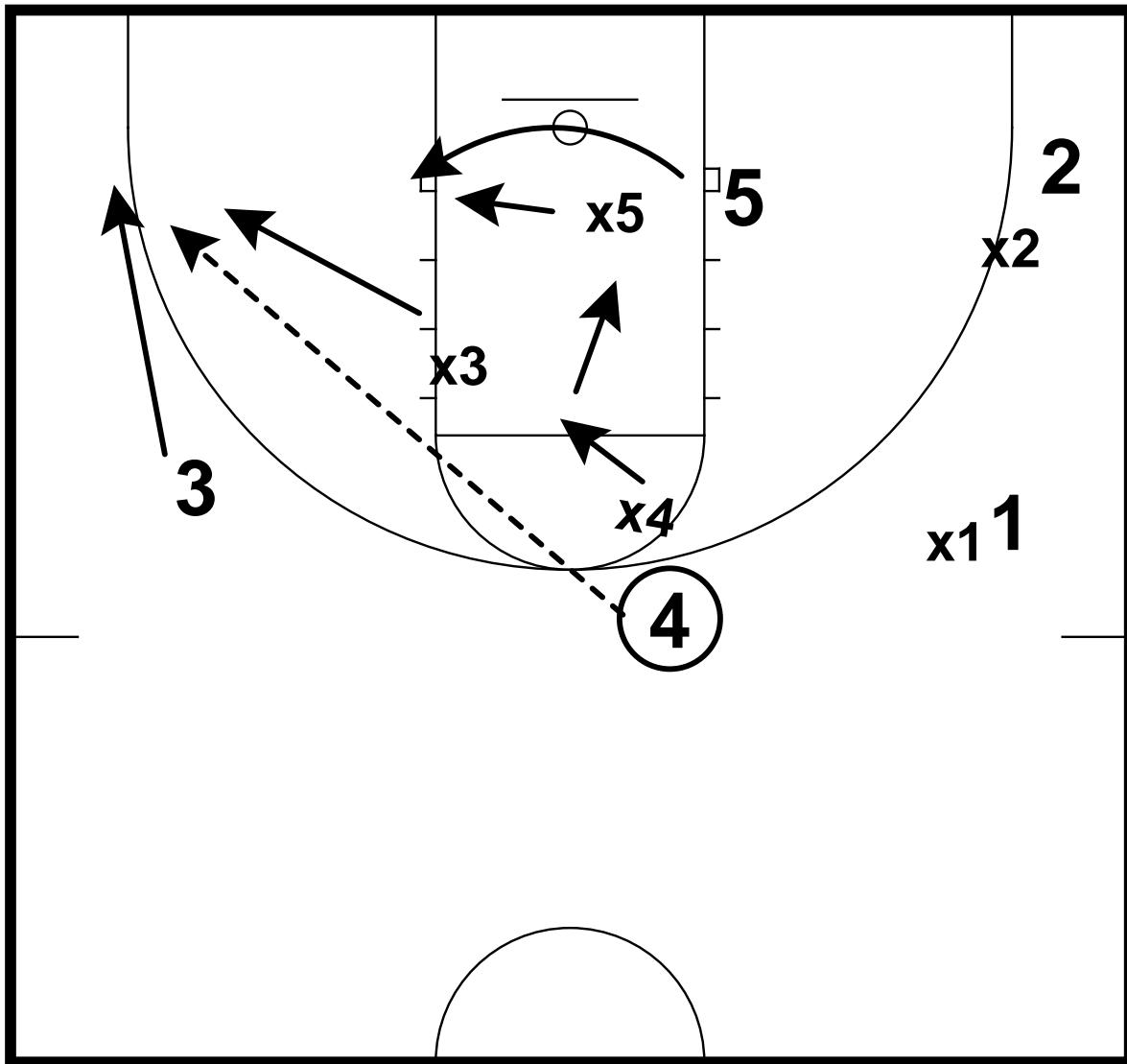


Guard Out / Post Up Responsibility

In this situation, X4 would simply follow the cutter up.

Jamie Angeli

Triangle and Two Junk Defenses

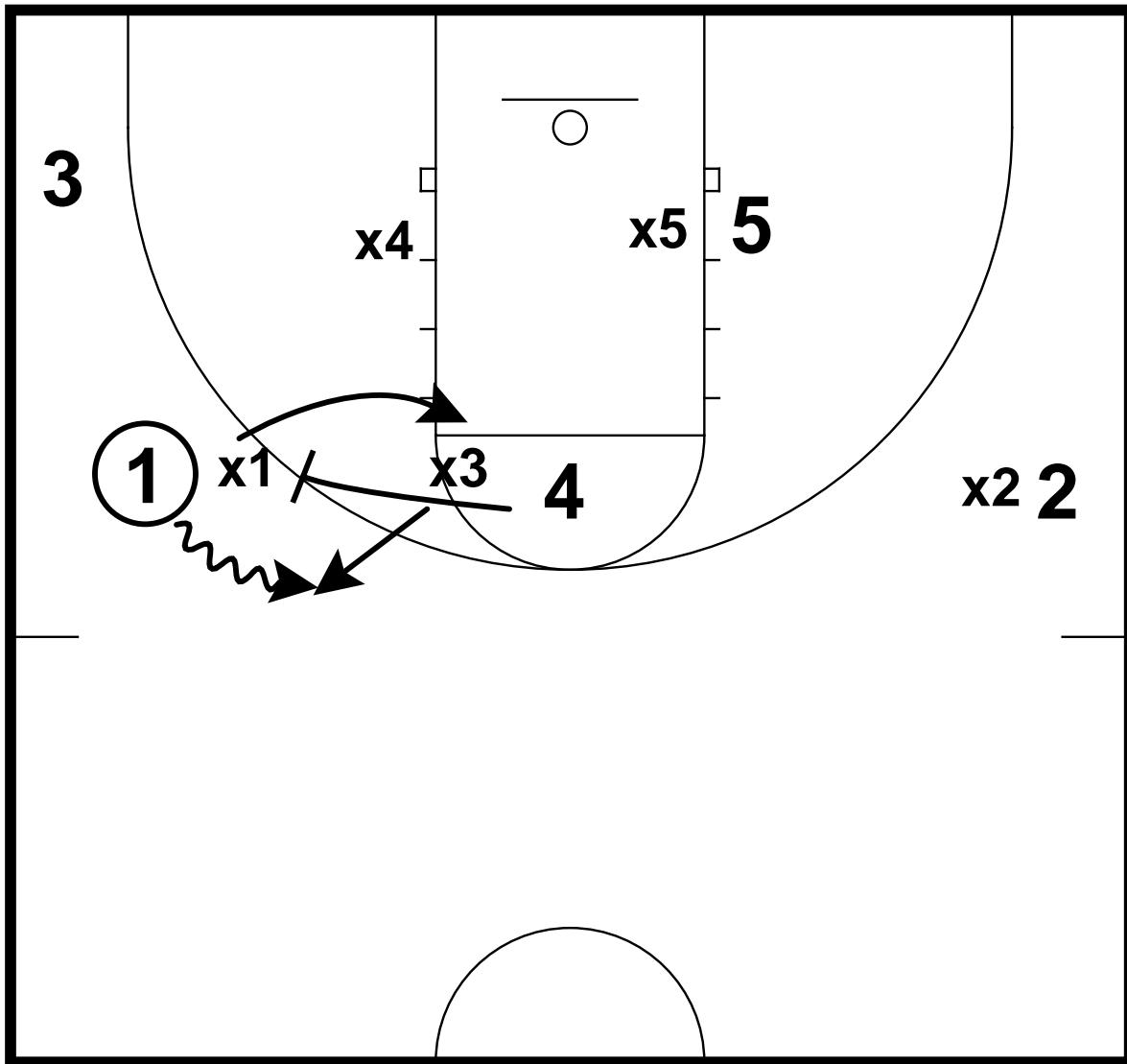


Triangle Responsibilities Rotate On Next Pass

If the ball was passed to the wing or corner area from this high post cutter, X3 would take it, no matter where it was thrown to this side of the floor. In this scenario, X3 and X4 would now switch responsibilities. X3 becomes the low defender guarding everything below the FT line extended while X4 takes the high post and top defensive responsibilities.

Jamie Angeli

Triangle and Two Junk Defenses



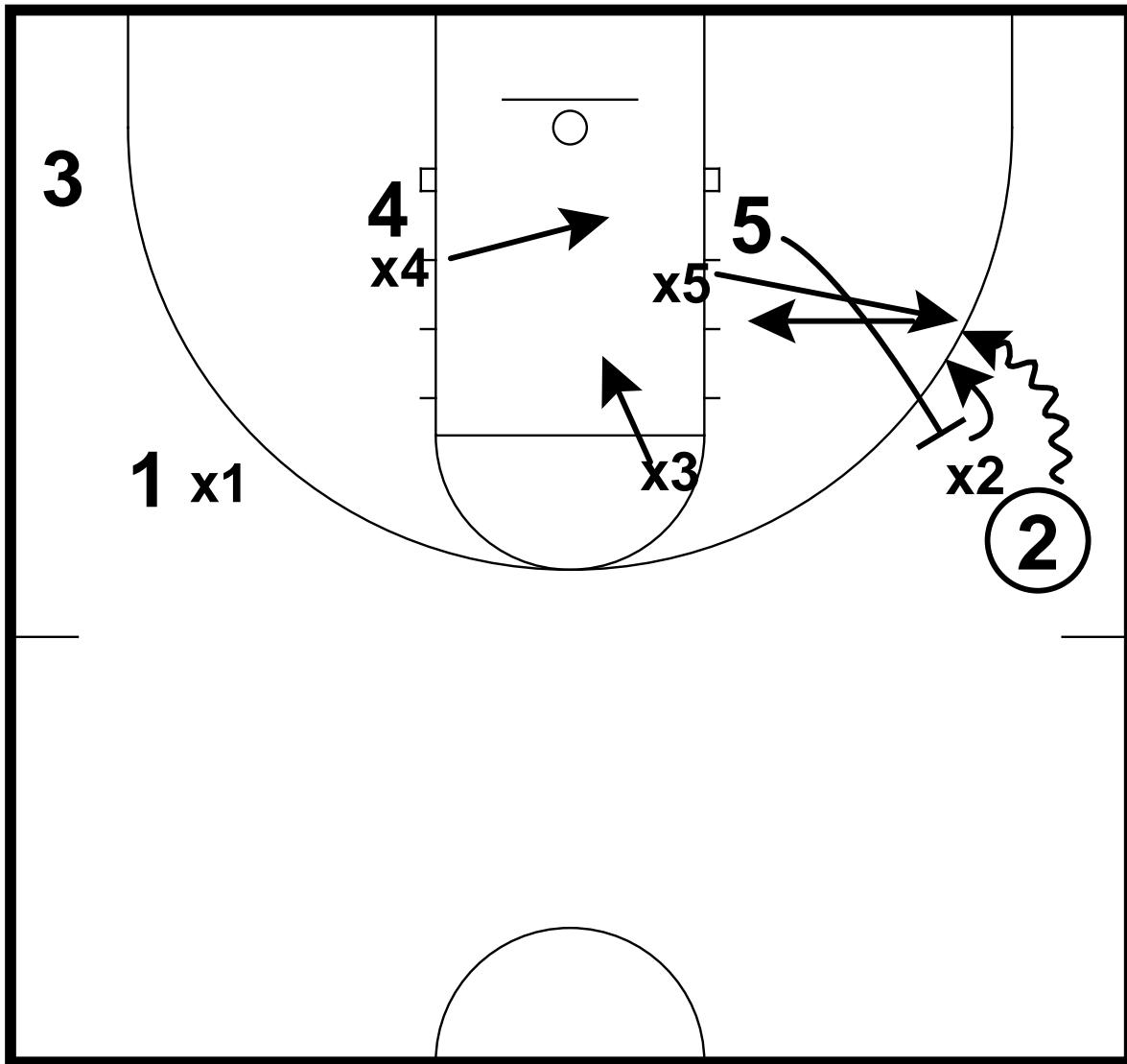
Guarding Ball Screens

Anytime teams try and ball screen for the player's being denied in the Triangle, we will automatically "jump switch" with the high post defender, X3.

Here we see X3 jumping out to pick up #1 coming off the ball screen. X1 sprints back into the high post and will now assume all responsibilities of the high post defender. X3 now has the responsibility of denying the ball back to #1 once #1 passes the ball.

Jamie Angeli

Triangle and Two Junk Defenses



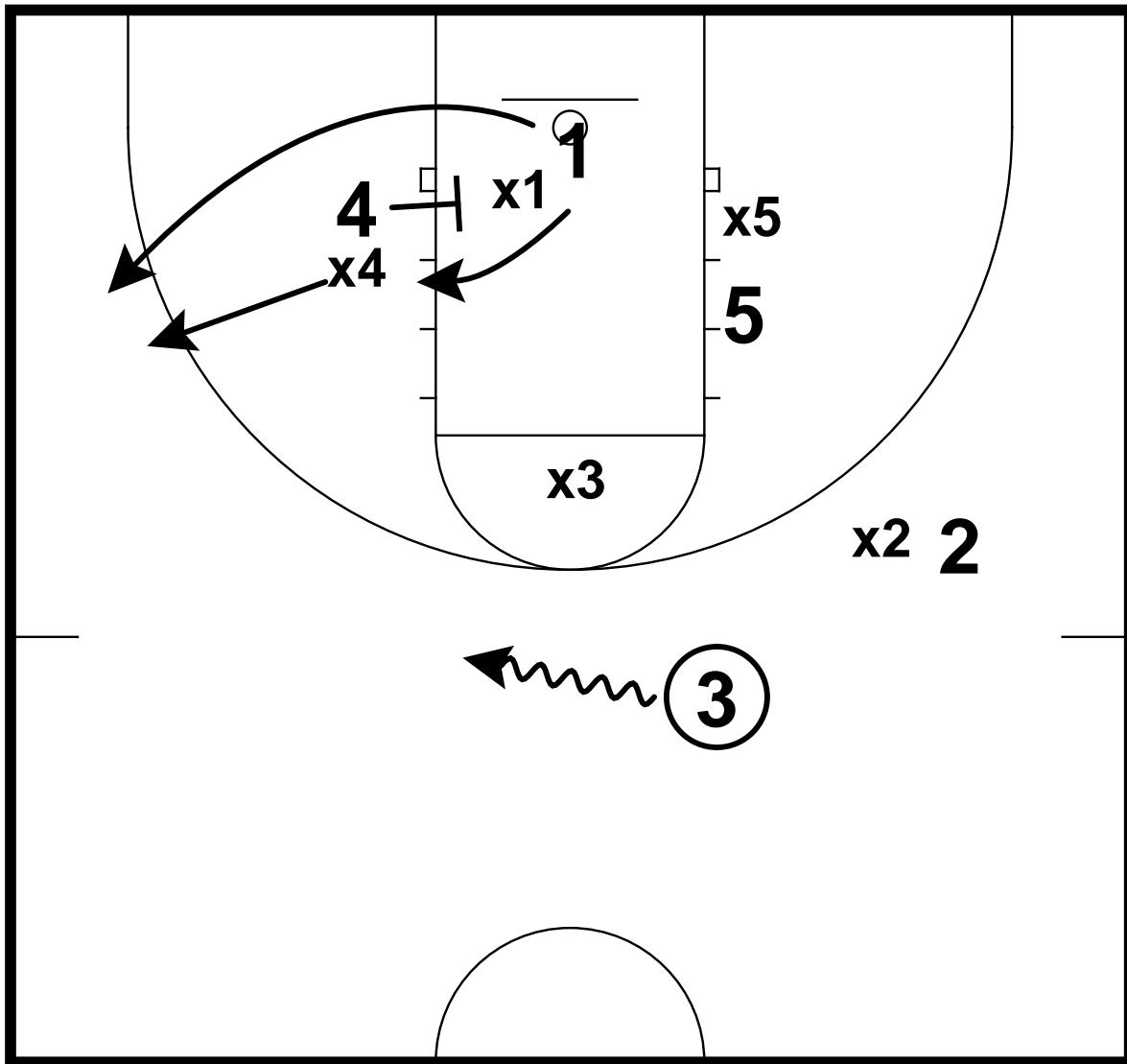
Guarding Ball Screens

If the screen should come from the block up, and at an angle other than towards the middle of the floor, the ball side post will come up and "hedge" hard as the ball handler comes off the screen. X5 will then recover to the ball side block area.

X3 and X4 are in their respective high and low lane positions to give help to X5 with the roller.

Jamie Angeli

Triangle and Two Junk Defenses



Switching Out on Baseline Screens Option

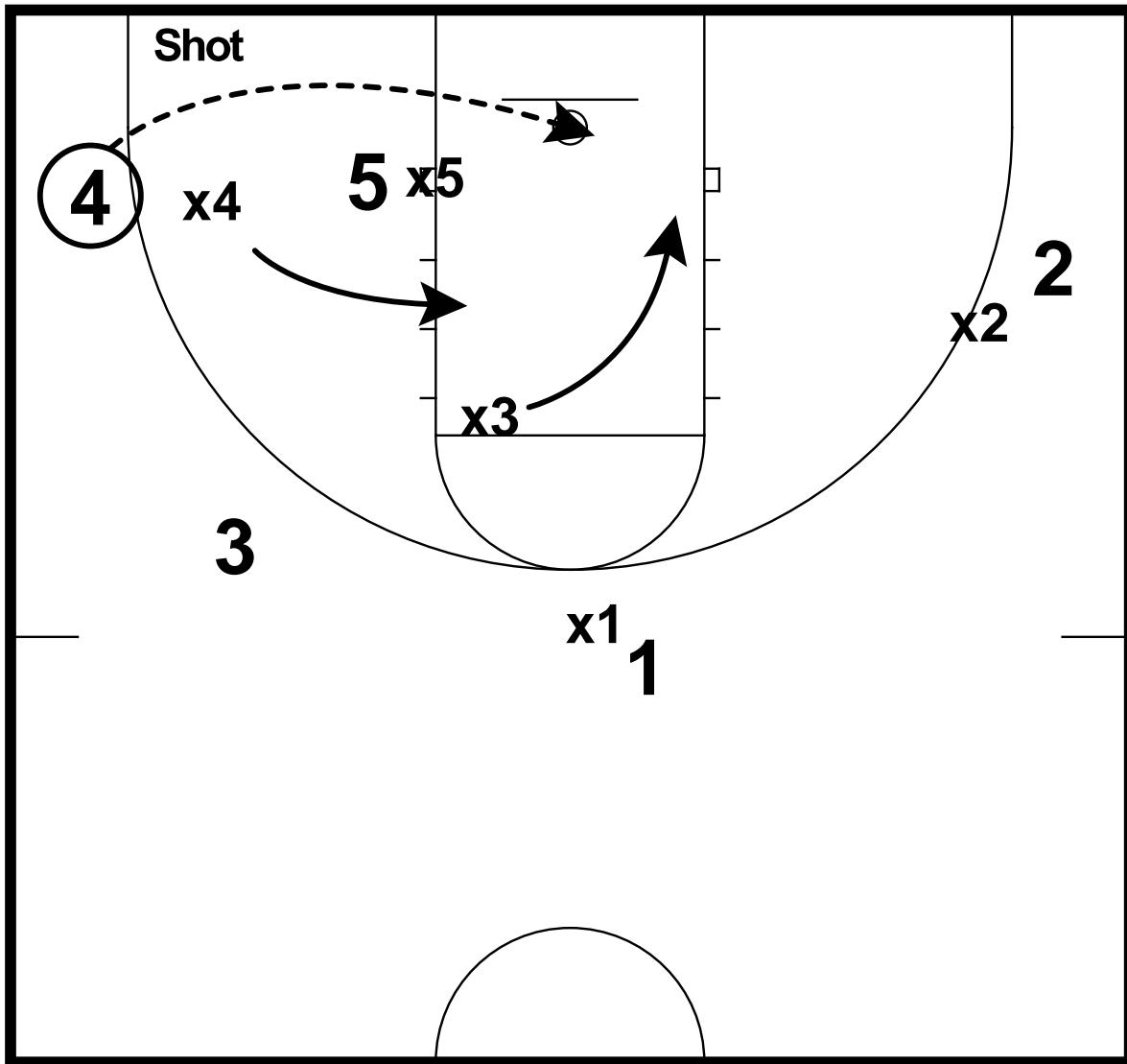
If you are having trouble with getting screened along the baseline, you can consider switching out with the wing defender. Although of course the negatives are having a bigger player now denying on the perimeter and your smaller player inside. Because of this, we don't encourage this adjustment.

Here we see X1 getting screened by #4. X4 reads the screens and switches out on the wing and denies #1 the ball.

X1 slides over to #4's original low post defensive position.

Jamie Angeli

Triangle and Two Junk Defenses



Triangle Rebounding Responsibility (Shot From Corner)

It's important that X1 and X2 block out and help rebound. The other three defenders work to get into the Triangle rebounding positions.

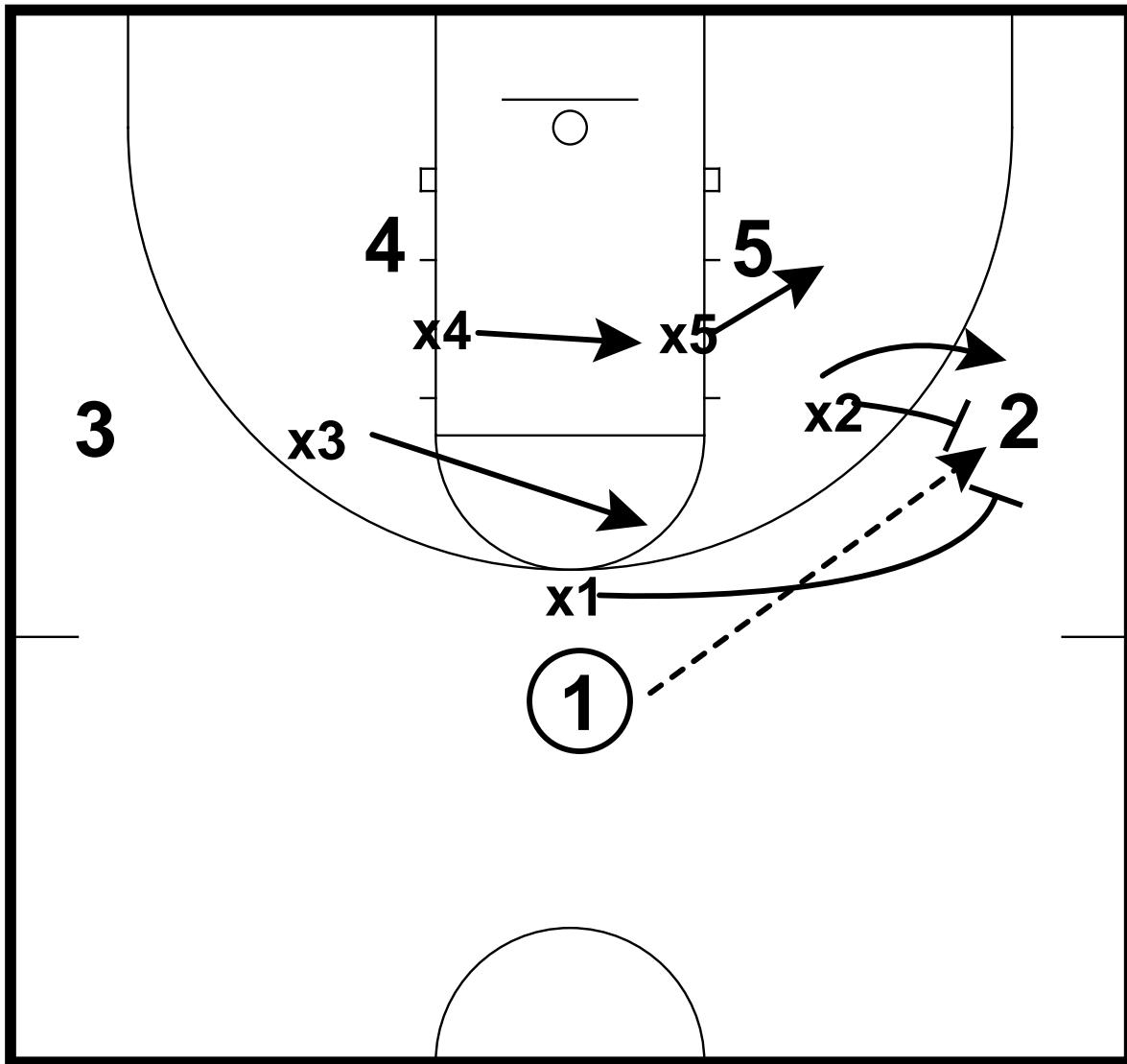
STOPPING THE **UNSTOPPABLE**

**Other
"Specials"**



Jamie Angeli

Specials: Trapping Key Player(s); The "DH" and "Flood" Concept
Junk Defenses



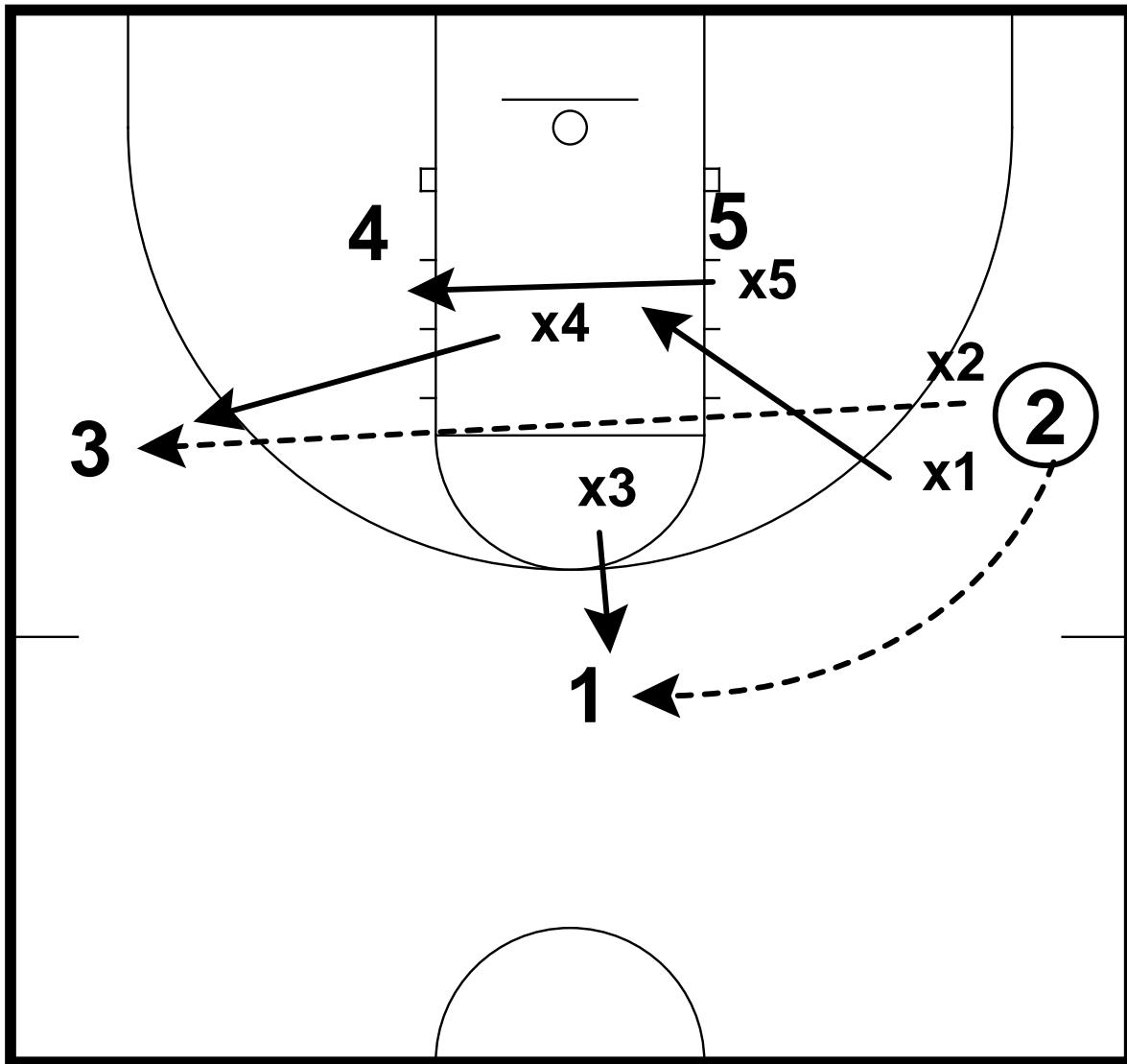
Our "Special" Defense involves simply trapping the KEY player or players each time they touch the ball.

#2 in the above diagram is the key player we want to give the ball up. We will show you a sample trap from a 3 out, 2 in alignment.

Unlike other trapping systems, you are not necessarily trapping here to steal the ball...only to get the ball out of the best player's hands.

Jamie Angeli

Specials: Trapping Key Player(s); The "DH" and "Flood" Concept
Junk Defenses

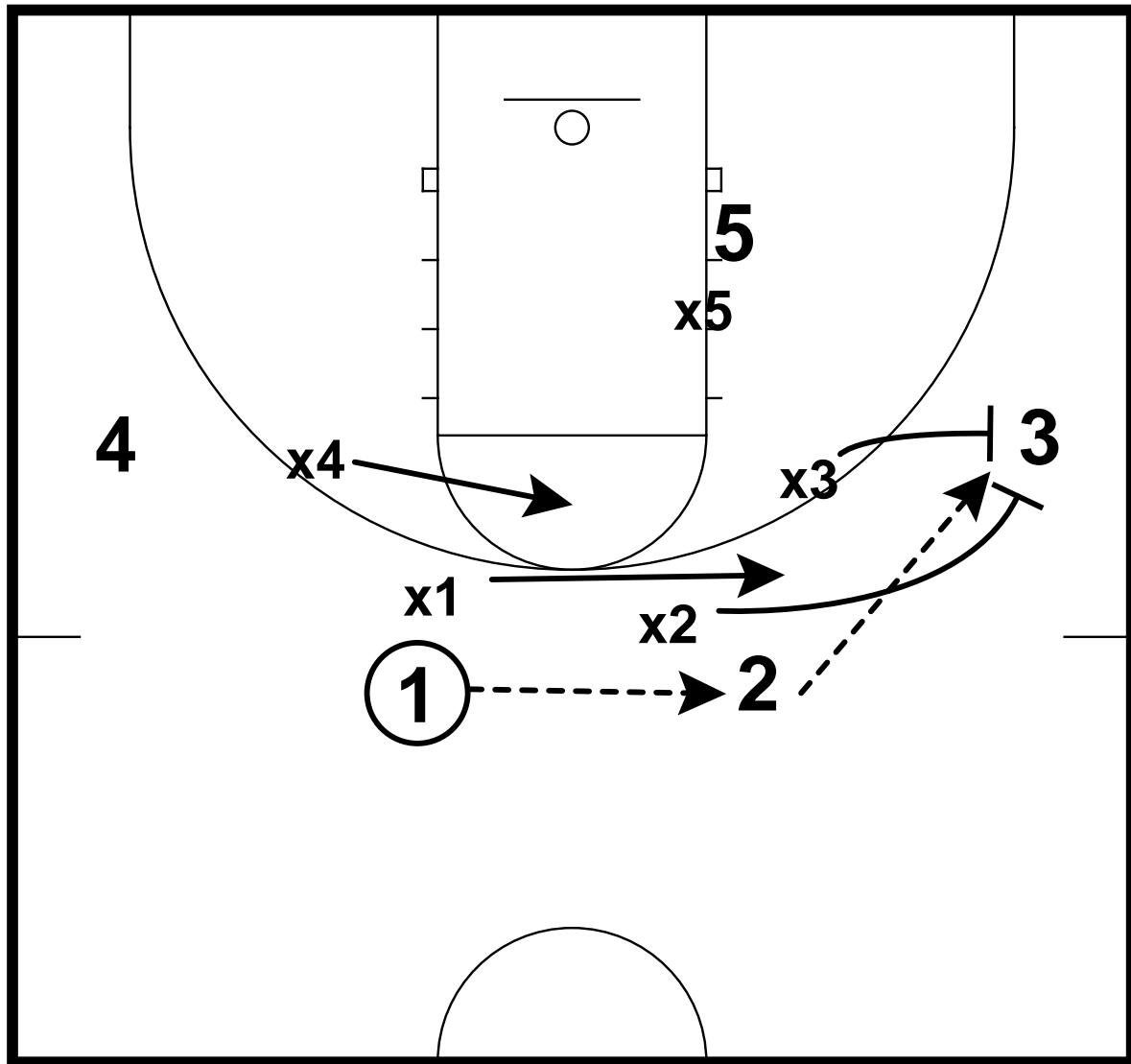


You can use your own rotation system coming out of the trap, but certainly the keys have to involve the "closest man" rule regarding who gets the next pass. Everyone else needs to be sprinting out of the traps and getting back to your man to man defense.

Ball out of the hands of their KEY player....mission accomplished!

Jamie Angeli

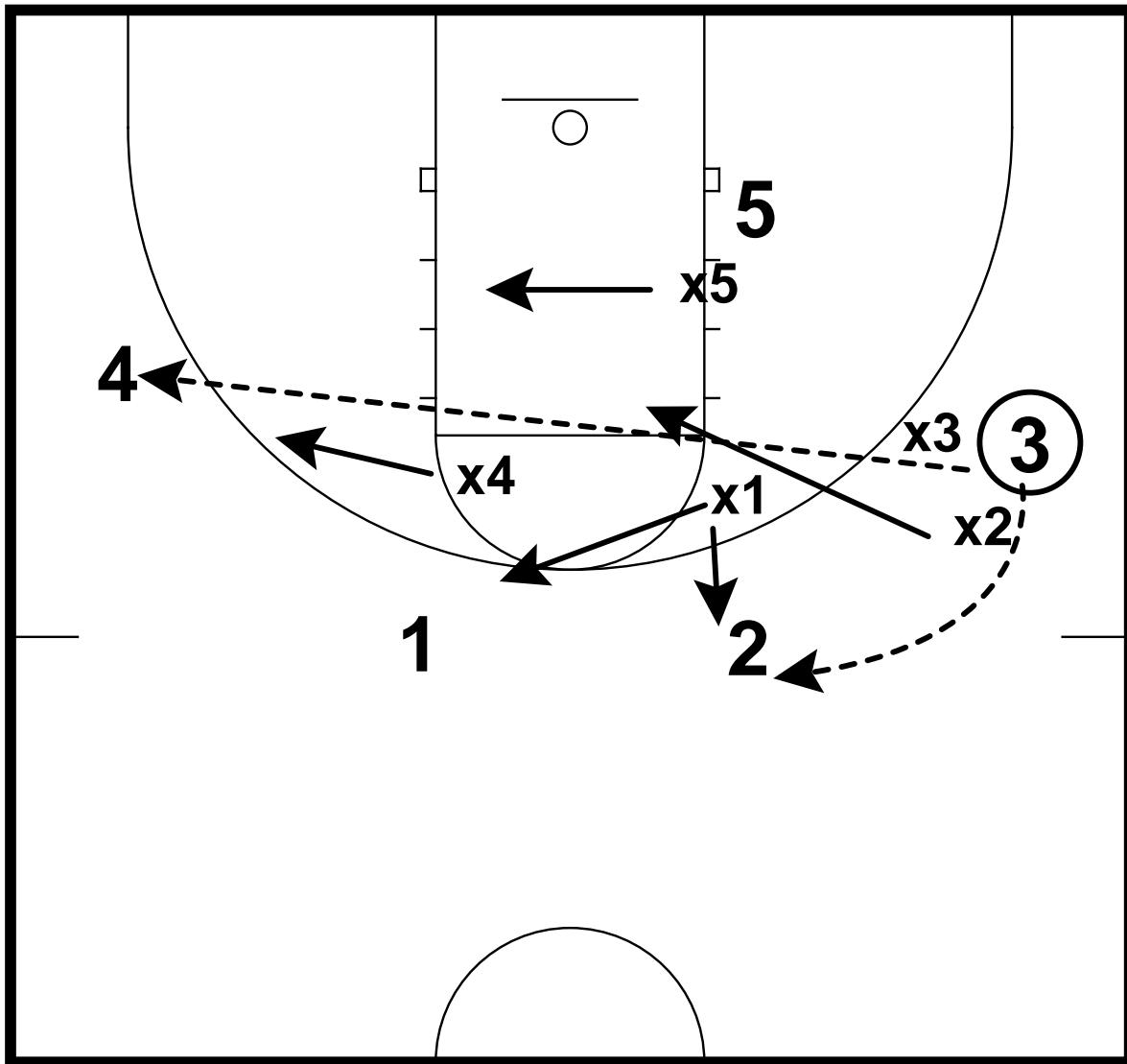
Specials: Trapping Key Player(s); The "DH" and "Flood" Concept
Junk Defenses



Now #3 is the KEY player in a 4 out, 1 in alignment.

Jamie Angeli

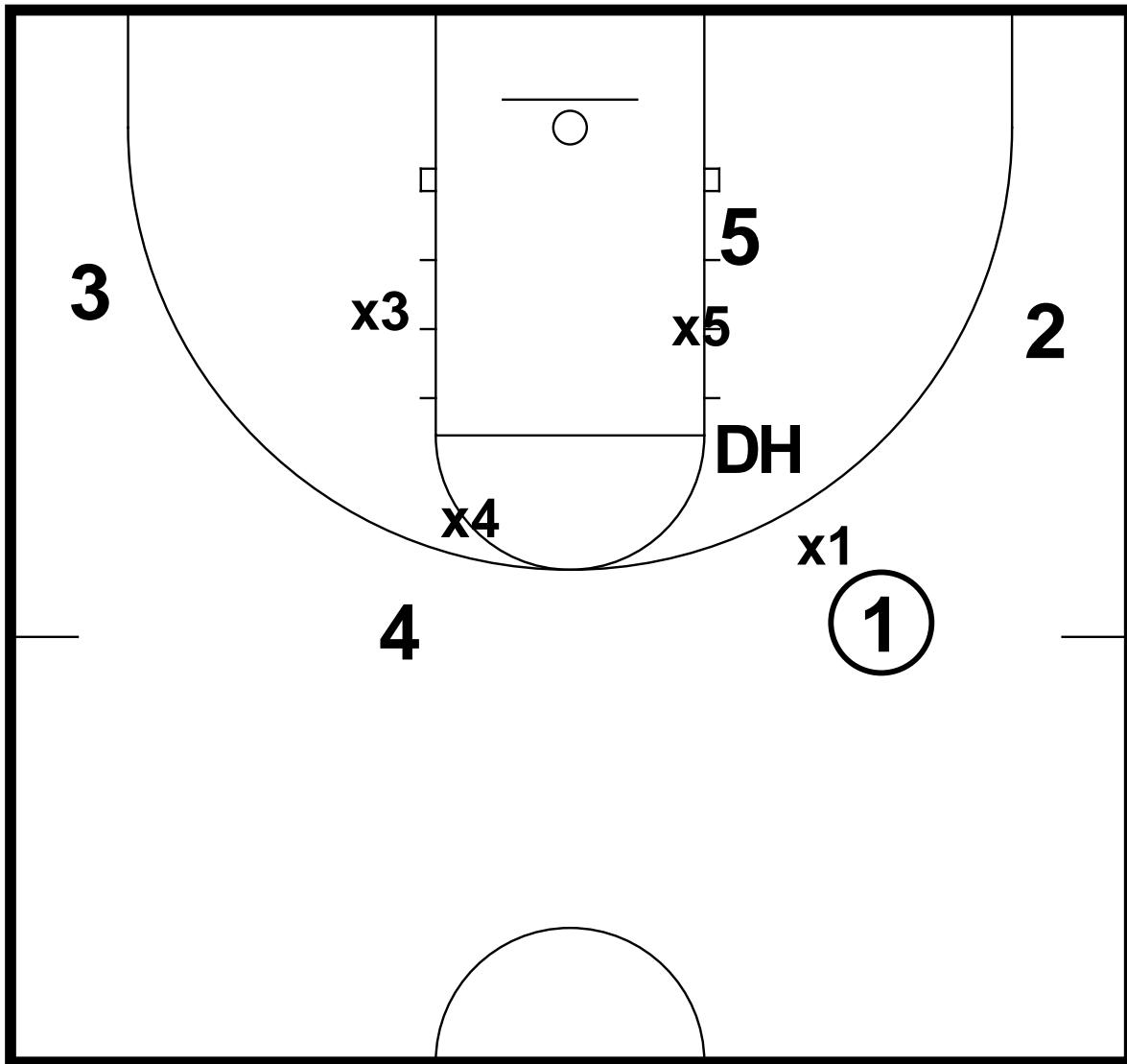
Specials: Trapping Key Player(s); The "DH" and "Flood" Concept
Junk Defenses



Ball out of the hands of their KEY player....mission accomplished!

Jamie Angeli

Specials: Trapping Key Player(s); The "DH" and "Flood" Concept
Junk Defenses



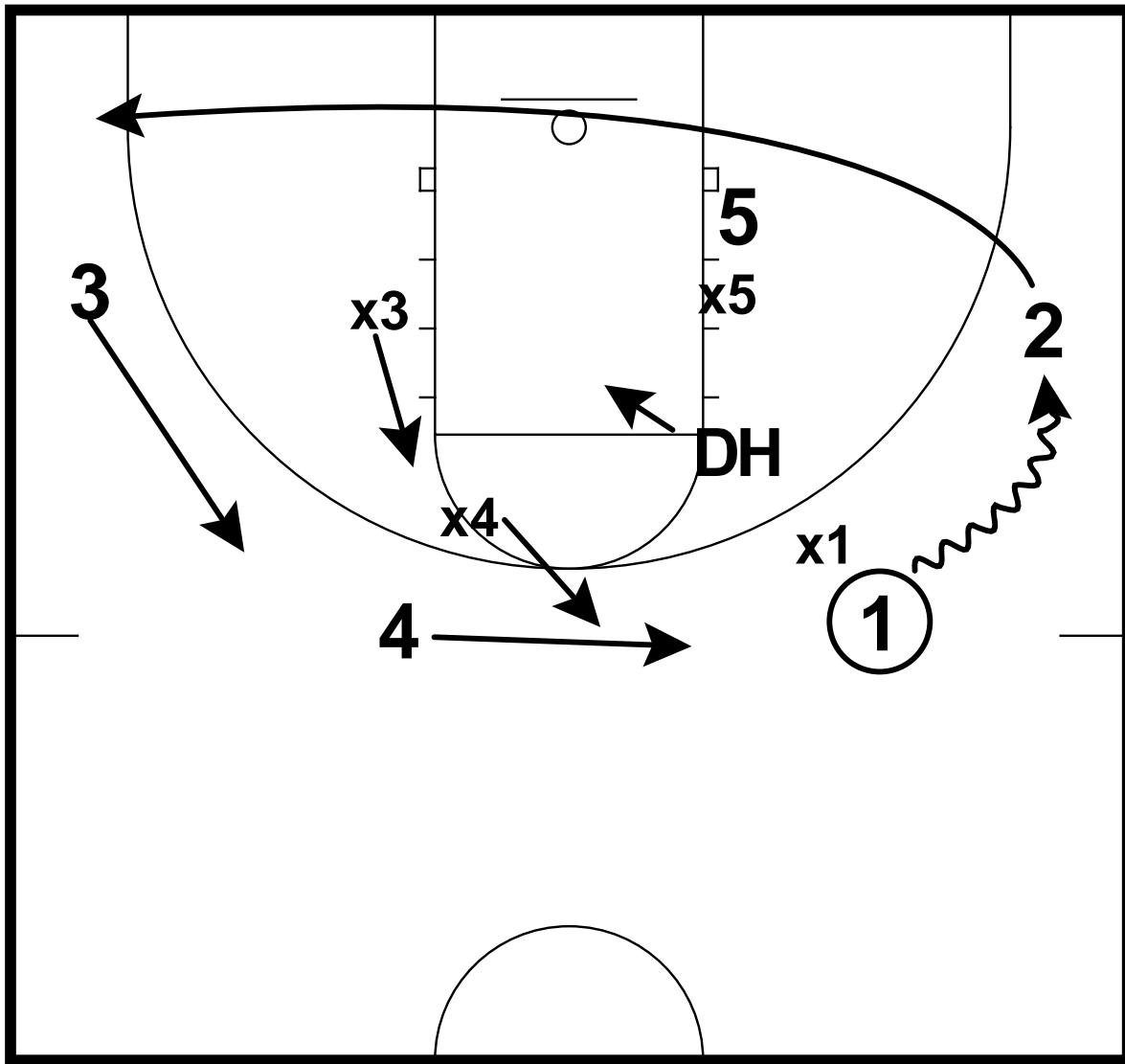
The DH Concept

The DH Concept stands for "Designated Helper". Often times every team will have a player who just doesn't look to score that much. A player who just helps them stay in offense, preferably someone who is not a good perimeter shooter either.

We will take this person's defender and leave them in the high post area, ALWAYS looking to help on the other team's best player. X1 can now play much tighter on their player, knowing they will always have some ready to help when #1 tries to drive. So it becomes a delayed "double team", this time on dribble penetration.

Jamie Angeli

Specials: Trapping Key Player(s); The "DH" and "Flood" Concept
Junk Defenses



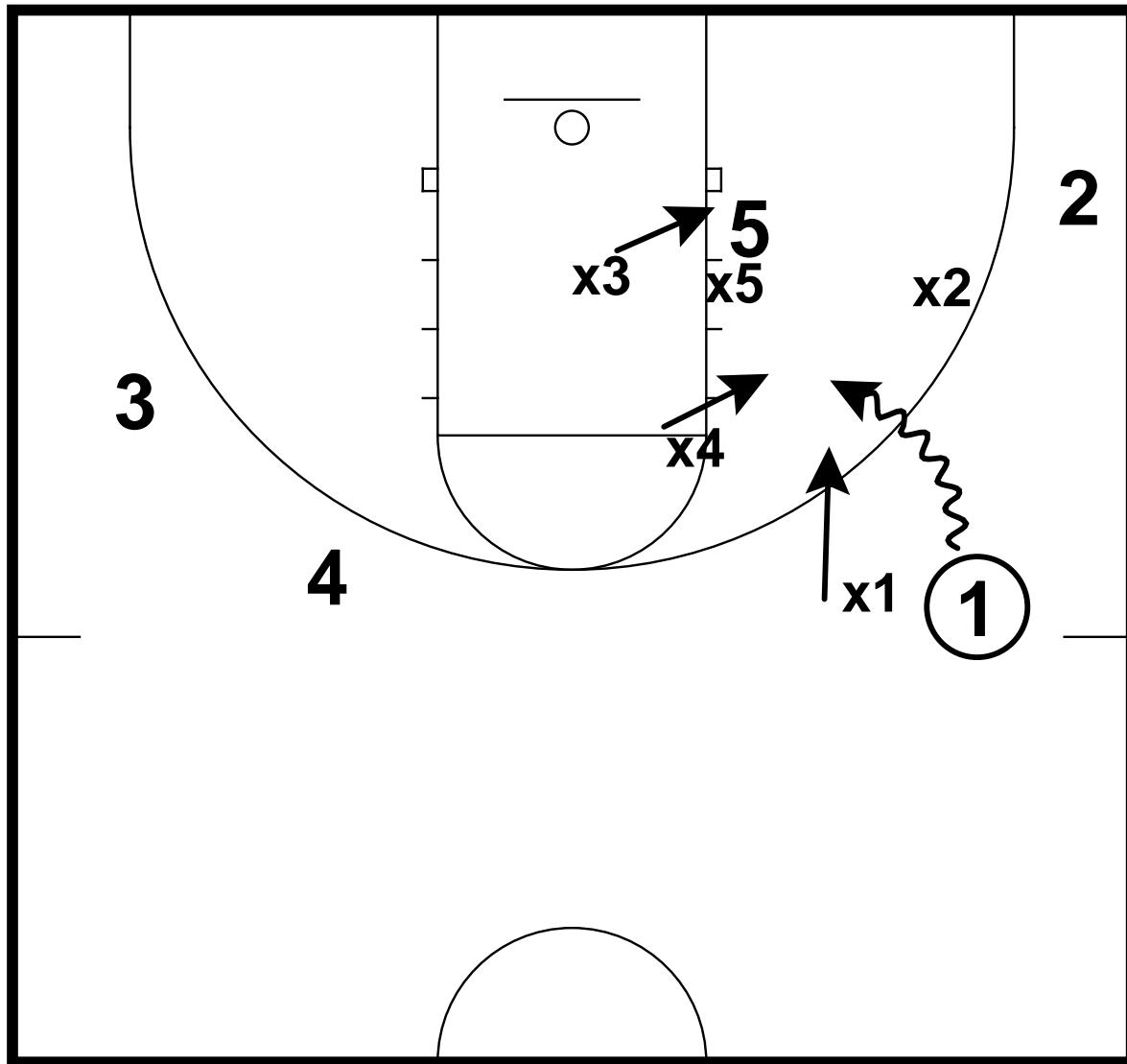
Regardless of what area of the floor #2 cuts to, the DH stays "at home" ready to help on the other team's best player (#1 in this diagram).

If the opposing team's best player was a post player, we would use the DH as a constant double teamer inside.

This defense not only helps you shut down the other team's best player, but it also forces the other team's worst offensive player to step up and score. This is NOT easy for the other team and puts them in an uncomfortable situation (having to rely on a non-scorer to score!).

Jamie Angeli

Specials: Trapping Key Player(s); The "DH" and "Flood" Concept
Junk Defenses

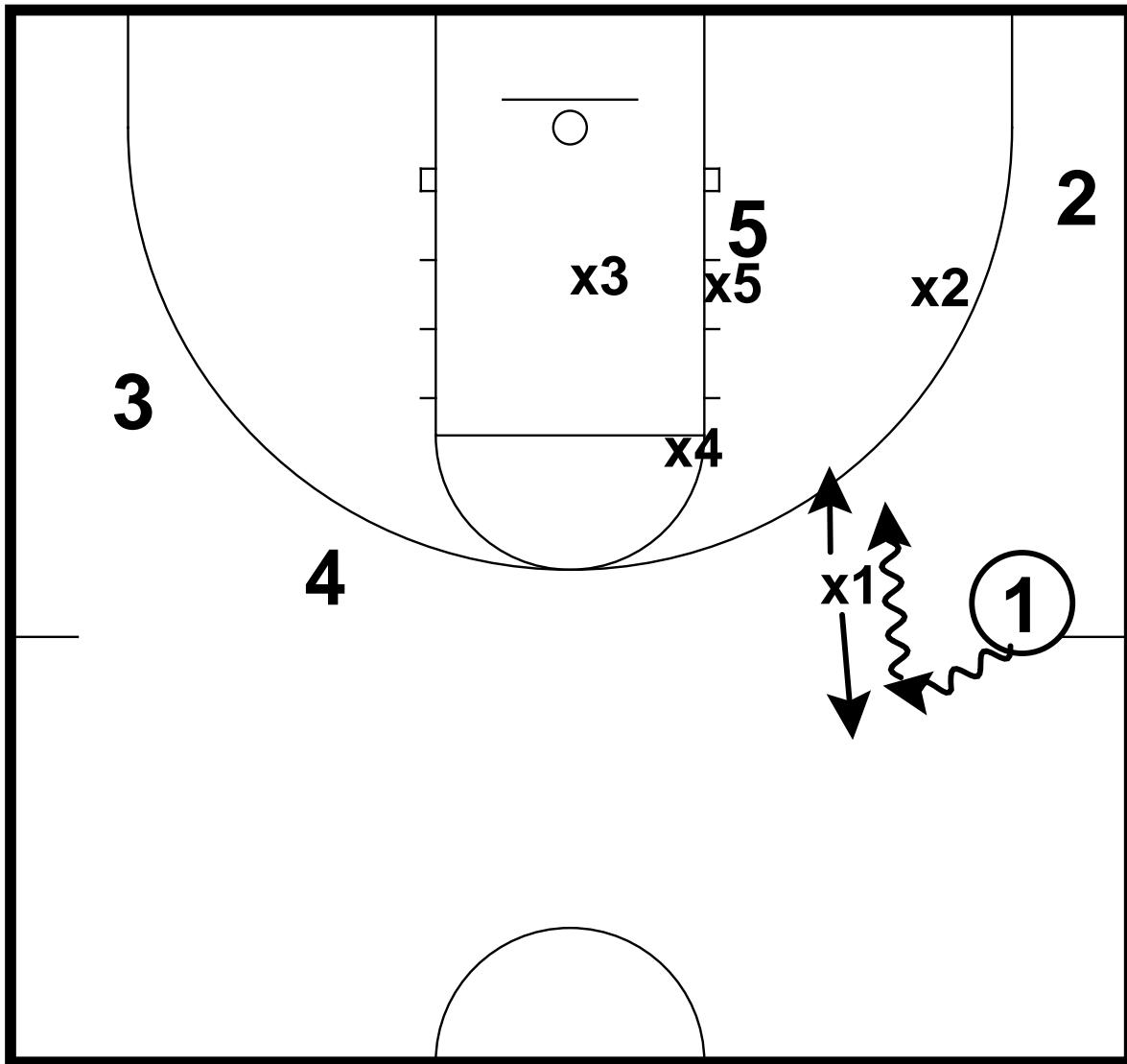


The FLOOD Concept

The other concept you can use to stop the opposing team's best player is to "FLOOD" one side of the floor with defenders and force their best player to drive into the defense.

Jamie Angeli

Specials: Trapping Key Player(s); The "DH" and "Flood" Concept
Junk Defenses



You **CANNOT** allow their best player to bring the ball to the other side of the floor. You must really overplay and force the ballhandler back into the defenders who have "flooded" the ball side of the floor.

We understand that the skip pass is available, but understand this concept. 1) You've just got the ball out of the best player's hands and 2) you have time to sprint and close out on what we hope will be secondary scorers and perhaps not the best 3 point shooters. I think it is a risk worth taking to get the ball out of the opponent's best player's hands.



Mail-in Order Form
(Products Listed On Next Page)

Jamie Angeli, 277 E. 207th Street, #4F, Bronx, NY 10467

Phone: (646) 385-9393 / Fax: (413) 803-8941 / E-mail: support@uptola.com

Ship To:

Name_____

Address_____

Address_____

City_____ ST_____ Zip_____

Phone_____

E-mail_____

Ordering Procedure

- 1) Complete "Ship To" Information Above
- 2) Complete Product Order Form on Next Page
- 3) Mail Order Form / "Ship To" Page / Money Order or Check to:

Jamie Angeli
277 E. 207th Street, #4F
Bronx, NY 10467

All money orders or checks should be made out to:

Jamie Angeli

BOOK / DVD / CD-ROM / SUBSCRIPTION ORDER FORM

Quantity	Item Name	Category	Price	Total
	3000+ Coaching Clinic Notes (CD-Rom)	All Areas	39.95	
	Assembly Line Skill Builders (Book / DVD)	Team Drills	27.95 / 24.95	
	Attacking Junk Defenses (Book / DVD)	Zone / Man Offense	27.95 / 24.95	
	Backdoor Buckets (Book / DVD)	Man Set Plays	23.95 / 21.95	
	Double / Triple Post Zone Motion Offense (Book / DVD)	Zone Offense	22.95 / 24.95	
	Euro Ball Screen Offense (Book / DVD)	Man Offense	27.95 / 24.95	
	Flexible Dribble Drive Offense (Book / DVD)	Man Offense	21.95 / 24.95	
	Game Time! (Book / DVD)	Pregame Warm-up	22.95 / 24.95	
	Jim Saia 1-4 High Offense (Book / DVD)	Man Offense	26.95 / 24.95	
	Princeton Series Continuity Offense (Book and DVD)	Man Offense	27.95 / 24.95	
	The Fusion Offense (Book and DVD)	Man Offense	27.95 / 24.95	
	Pass Option Offense (Version 1) (Book / DVD)	Man Offense	25.95 / 22.95	
	Pass Option Offense (Version 2) (Book Only)	Man Offense	25.95	
	Olympic Gold–World’s Best Sets & OB Plays (Book Only)	Man Offense	29.95	
	Implementing the Dribble Motion Offense (Book Only)	Man Offense	29.95	
	Zone Pressure Match-Up System (Book Only)	Zone Defense	20.95	
	Scouting America’s Top Basketball Programs (Vol. 1 Book)	Man / Zone Sets	39.95	
	Scouting America’s Top Basketball Programs (Vol. 2 Book)	Man / Zone Sets	39.95	
	Scouting America’s Top Basketball Programs (Vol. 3 Book)	Man / Zone Sets	39.95	
	Scouting America’s Top Basketball Programs (Vol. 4 Book)	Man / Zone Sets	39.95	
	Scouting America’s Top Basketball Programs (Vol. 1 - 4 Book)	Man / Zone Sets	139.95	
	Scouting America’s Top Basketball Programs (Vol. 1 - 4 Binder Pack)	Man / Zone Sets	129.95	
	Jamie Angeli Complete (19) Book Package (E-book and Book)	All Areas	147.00 / 275.00	
	Scouting Hoops LIFETIME Online Membership	Man / Zone Sets	77.00	
	Hooptube.org LIFETIME Online Membership	Coaching DVD Previews	57.00	
			Total	