

2-2-1 Full Ct. Press 1-1-3 Half Ct. Match-Up
Trapping out of the 1-1-3 Box and One out of the 1-1-3

Complete Zone Pressure Defensive System

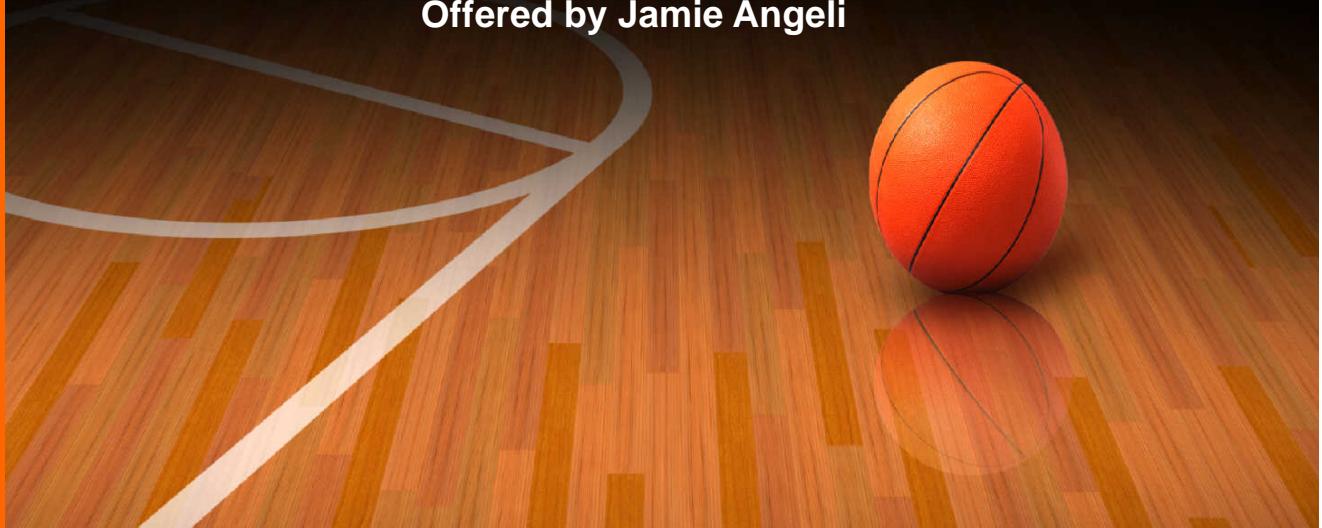
by
Jamie Angeli

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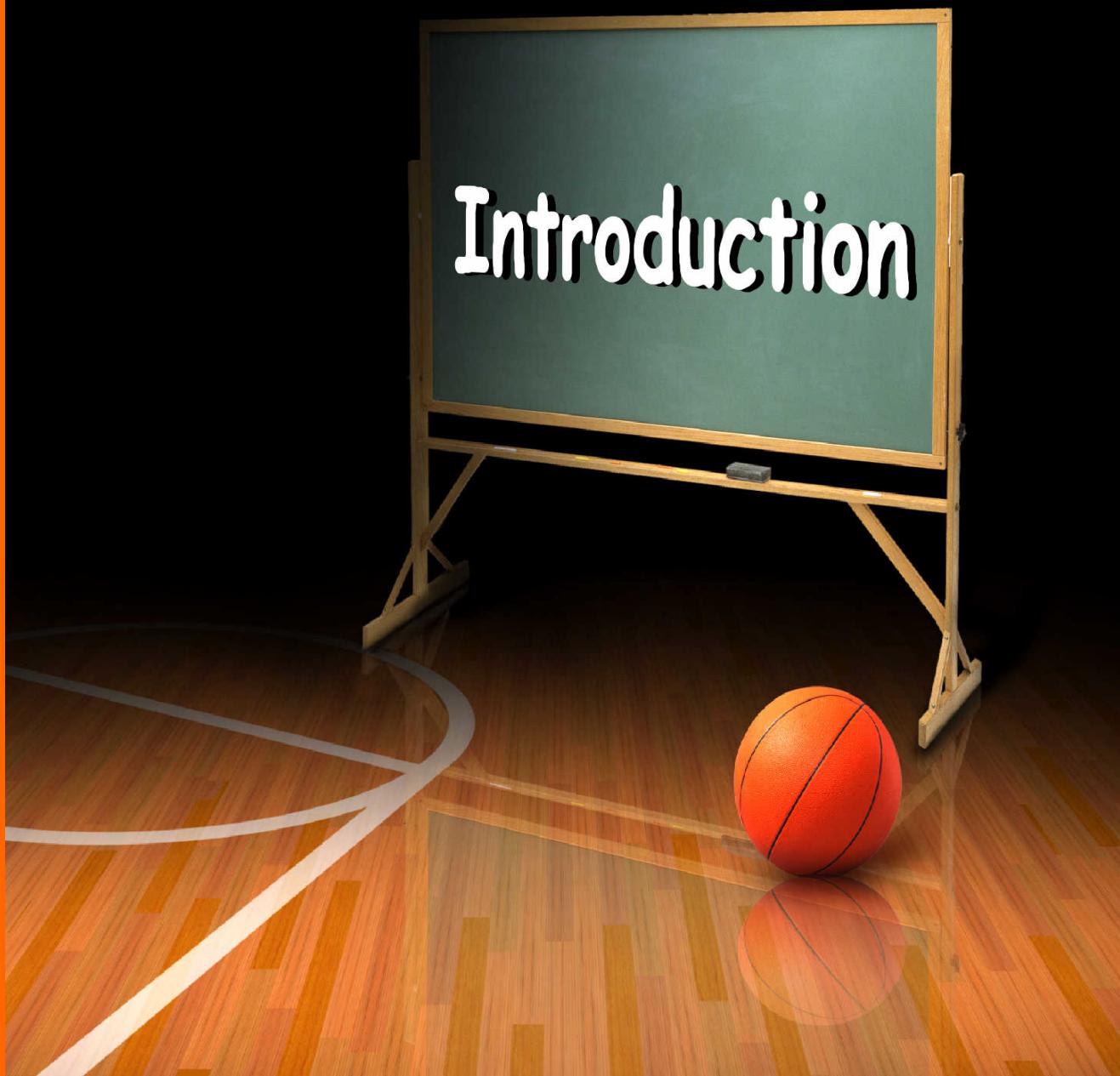
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Introduction

Almost 20 years ago, I was sitting at the NABC Awards Banquet at the Final Four with my best friend Dave. We noticed Bob Knight leave the dais and look as if he might be headed to the bathroom. Seizing a “teaching moment”, my buddy and I made a beeline to the bathroom, hoping to have a quick chat with the legendary coach. As we all “did our business”, my buddy Dave was the only one who could get up enough courage to say anything. In a nervous and soft voice, Dave asked, “Hey coach, do you have any advice for two young coaches just starting in this profession?” To this day, we have some argument as to what he actually said. My buddy thought he said, “*Get 'em to play hard.*” It is my contention that he said, “*Let 'em play hard.*” I thought my account gave a much deeper insight to the coaching profession. What I thought he was alluding to was that your kids *want* to play hard....*let them!* Don’t *pretzel them up* with too much information in their heads. Give them a simple plan and turn them loose! My buddy thought I was over-coaching the moment! Possibly...

One look around my coaches store you will notice one important distinction...I love to coach offense and I love to produce books, videos and DVD's pertaining to it! My apologies to Dick Bennett and to the many other defensive gurus' in our coaching profession. I'm an offensive coach, that's who I am. I firmly believe it is easier to teach defense than it is to teach offense.

Now, I'm not saying it is easier to get your players to “*play*” your defensive system over your offensive system; just that it is easier to “*teach*” it!

With all of that said, I still contend that my teams have always been tough defensively. I firmly believe the reason we have had success in our half and full court zone pressure is because of the way we have simplified our defensive system, allowing our players to THINK less and MOVE more.

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Introduction (con't)

The primary goal in teaching my defensive system is much the same as my offensive system... *Get (or let!) your players to play hard, smart and together, with a constant emphasis on communication.* Should anything else be more important?

My half court zone defense is much like my half court man-to-man defense. I will always have one guy on the ball with great pressure while my other four defenders are packed in the paint area in a “help” position, taking away passes inside and penetration.

I love to teach everything whole-part-whole, offense and defense. Show them what the whole is supposed to look like, have them demonstrate it, and then break it down and teach, teach, teach. I use a lot of controlled scrimmages, taking time to stop and correct when a *teachable moment* arises. We then work up to live scrimmages where they will be exposed to making adjustments on the fly, without as many stops in the action.

I love everything about this Zone Pressure System. I enjoy it's simplicity and it's effectiveness at both the full and half court level.

To be quite honest, I just added the “22” or 2-2-1 full court zone last season, reluctant to extend my defense past half court. I've always been one of those coaches who hates to give up lay-ups (I know, not a good mindset if you want to press) and felt pressing full court exposed us all to frequently to easy baskets from overaggressive defenders. The 2-2-1 full court press has allowed me to increase the amount of possessions we will press and I believe it will grow even more this season. Presently, I use the “13” or 1-1-3 half court zone match-up, “41” or Box and One zone defense, and the “13 down” or trapping zone defense the majority of the time, using the 2-2-1 full court press after made free throws only. As I said, I look to increase those full court press possessions this season.

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Introduction (con't)

I used to hate coaches who would speak at coaching clinics and give you three or four different ways to do something. I paid good money at those clinics, I don't want a bunch of options! I want to know what option *you* use and *what works!* In the following pages I will show you *exactly* what we do and how we *teach* it.

There are six common threads running throughout each of these defensive systems; some nonnegotiable items that must be emphasized each and every day when teaching this system. *They are:*

- 1) Pressure on the basketball**
- 2) Stance — be ready to move**
- 3) Sprint to close-outs with hands high**
- 4) Communication**
- 5) Contest all shooters**
- 6) Rebound**

I promise you, after looking over this material, you are going to think to yourself, "Hey, this system is easy enough to install in just a couple of practices!". I'm not insulted by that comment. In fact, I'm flattered. Thank you! Your players will love it! Enjoy and Good Luck!

Sincerely,

Jamie Angeli
Head Professional Basketball Coach
Al-Rayyan Basketball Club
Doha, Qatar

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Teaching Points for the 2-2-1 or “22” Full Court Press

It will not take a lot of time to implement this full-court pressure system. This system will: ***dictate tempo; create more possessions; speed up your opponent; make your opponent prepare; and will keep your opponent off balance.***

Frontline Players (Guards):

The guards act in tandem in the front of this press. They will hold in the middle for a second to deny the direct pass to the middle and then will close-out on the ball. The guards can deny entry, force players to catch as far up in the frontcourt as possible or can allow entry...mix it up...keep your opponent guessing. One guard is pressuring the ball hard (called the “on ball” defensive position) while the other guard is taking away the middle, called the “short middle” defensive position. You **must** keep the ball out of the middle, either on the pass or dribble. Try and force ball up the sideline. Your guards cannot lose sight of the basketball when the ball is passed from sideline to top to sideline.

Backline Players (Forwards):

Your backline players cannot allow a direct pass up the sideline. They must force a lob pass over extended hands. When the ball is on the sideline, they should be about two-thirds of the way between the player behind them and the ball in front of them, closer to the receiver than the ball, playing cat and mouse with the dribbler, always making them think. This ball side sideline forward is called the “wall” defensive position. The weak side forward defends the deep middle of the floor, called the “long middle” defensive position. The pass backwards to the other guard will not hurt you, but direct passes to the middle or up the sideline will destroy you! The forward is always looking for a trap opportunity with the guard on an out-of-control dribbler or a dribbler that turns his back. You should trap the ball just before or after the half court line. You can allow only one direct pass — the pass from guard to guard on top. All passes to the middle should be denied and any passes up the sideline or long diagonal should be high and slow over the defensive hands, taking time to reach the intended player. In certain trapping situations on the sideline, the back side forward must be ready to become the “goalie”.

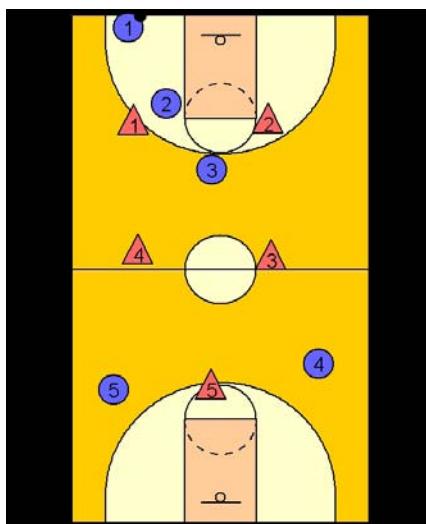
Goalie (Center):

The back defender, usually your center, is called the “Goalie” defensive position. This player guards the basket, communicating with players in front of him. Talking on cutters / flashers. He must be as deep as the player deepest on the floor. He must be absolutely certain if he is going to leave the basket for a steal.

Complete Zone Match-up System



22



"22" Full Court Zone Press (A)

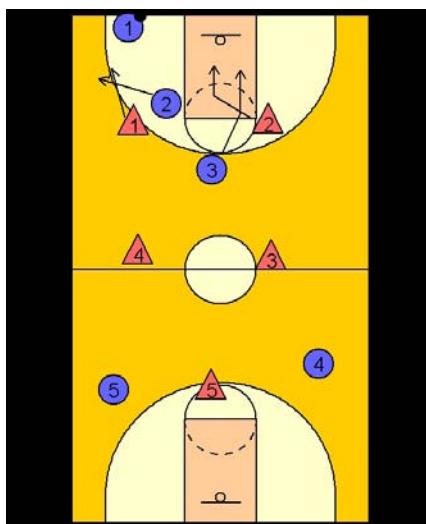
Let's take a look at our initial line-up for the 2-2-1 full court zone press.

You will normally pick up the ball at or near the free throw line area. However, at times you may want to have a "22 Red" signal where your frontline players (#1 and #2) work to deny the ball to players #2 and #3.

This option keeps the offense out of rhythm and allows you to dictate tempo.

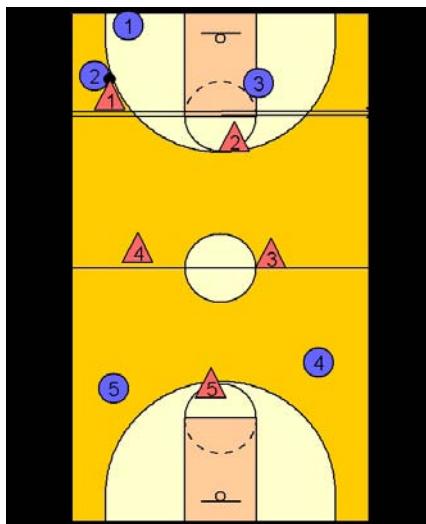
It is important that defenders #3 and #4 match-up with any players in their area on the initial inbounds pass as not to allow any direct inbounds passes into the middle.

NOTHING GETS IN THE MIDDLE...not on the DRIVE or the PASS!



"22" Full Court Zone Press (B)

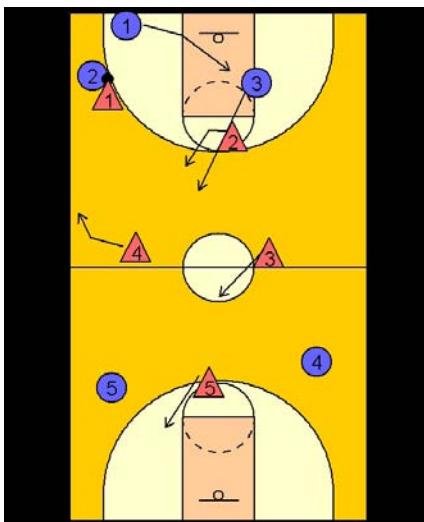
Here we see defenders #1 and #2 working hard to make it difficult for offensive players #2 and #3 to catch the ball.



"22" Full Court Zone Press (C)

However you decide to guard the inbounds pass, it is imperative that they catch the inbounds pass **BELOW THE FREE THROW LINE**.

You do not want the offense to catch the ball "on the move" past the free throw line where they can penetrate up the floor with your #1 and #2 defenders BEHIND them. You have not just created a 4 on 3 offensive advantage. That will be trouble!



"22" Full Court Zone Press (D)

We will assume you accomplished your goal of making sure they caught the ball below the free throw line.

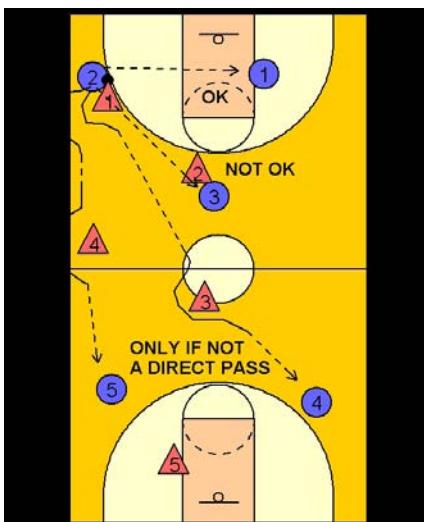
Here we see #2 catch the inbounds pass with #1 in a good, athletic, defensive stance, closed out on the basketball with hands high. He is our "on ball" defender.

Defender #2 moves to what we call the "short middle" defensive position. He cannot allow anyone to catch the ball in that area.

Defender #3 moves to what we call the "long middle" defensive position.

Defender #4 moves to what we call "the wall" defensive position.

Defender #5 is the "goalie". He guards the basket and has one simple rule. Stay as deep as the deepest offensive player.



"22" Full Court Zone Press (E)

Let's talk briefly about what we want to accomplish, what is "OK" and what is "NOT OK".

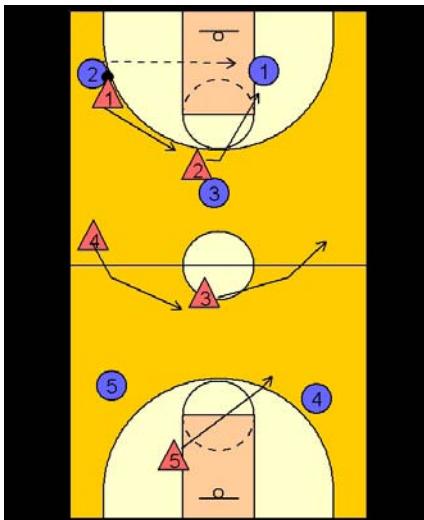
Remember now, one of the common threads in this entire system starts with good ball pressure. Defensive player #1 is pressuring offensive player #2, who has the ball.

The ONLY direct pass that is acceptable, is the pass from offensive player #2 to offensive player #1. We can live with that pass.

We CANNOT allow a pass to the middle of the floor. Those passes will kill not only your full court zone pressure, but your half court zone pressure as well.

If they are to make a pass up the sideline or a diagonal pass to the deep

offensive player #4 it CANNOT be a direct pass. It MUST be over high hands and MUST be a slower, lob pass...one that your players can adjust to while the ball is in flight.



"22" Full Court Zone Press (F)

Let's assume you did your job and they took the only easy pass available. The pass from offensive player #2 to offensive player #1.

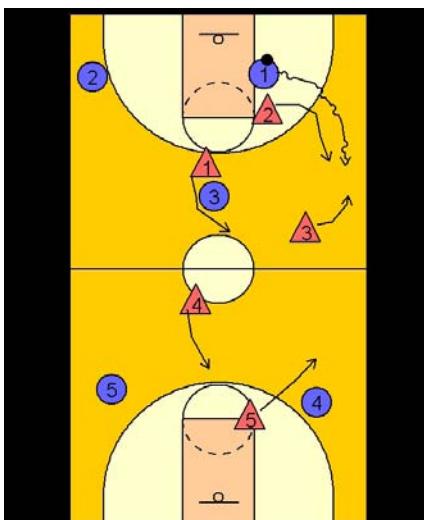
The "short middle" defender, #2, will hold for a moment while the ball is in flight, and then attack the ball, becoming now the "on ball" defensive player guarding offensive player #1.

Defensive player #1 will turn and open up seeing the basketball and sprint to the "short middle" defensive position.

#3 will now slide up to become the "wall" defensive player on the right sideline.

#4 hustles back to the "long middle" defensive position.

#5 moves across and continues to guard the basket as your "goalie".



"22" Full Court Zone Press (G)

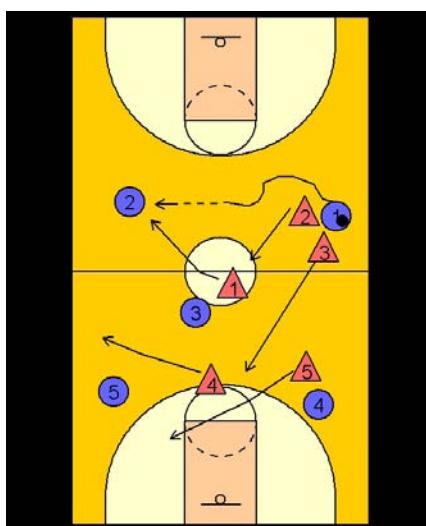
If the ball is penetrated up the sideline, your "wall" defensive player, in this diagram #3, must be ready to trap the basketball with your "on ball" defensive player #2.

When this happens, defensive player #1 continues to follow the basketball in his "short middle" defensive role, doing everything he can to keep the ball from entering the middle on the pass.

Whenever there is penetration up the sideline, your "goalie" has to be ready to make a steal along the sideline when available, AND, he has to be confident that your present "long middle" defensive player is ready to become "goalie".

You see in this diagram the "goalie", #5, moving up for the steal while your "long middle" defensive player, #4, slides back to the "goalie" position.

Asking #4 to make this slide to the sideline to make the steal might work for you from time to time, but when the ball is quickly reversed out of the trap, you will have a difficult time getting people back to the other side of the floor in time.



"22" Full Court Zone Press (H)

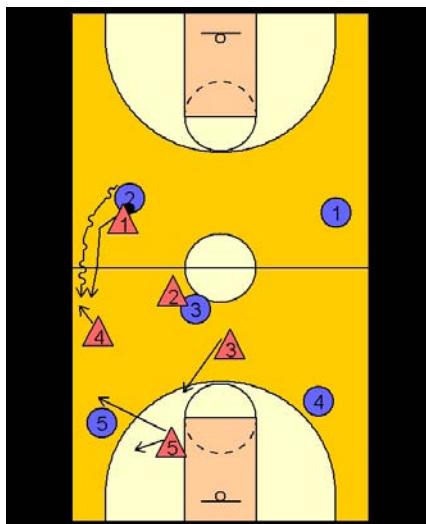
If the ball is passed out of the trap, to the ONLY pass we will accept, the pass from offensive player #1 to offensive player #2, you can now see the rotations.

The "short middle" defensive player, #1, will hold for a moment and then attack the ball.

The "on ball" defensive player, #2, will open up and sprint back to the "short middle" defensive position.

#3 opens and sprints back to the "long middle" defensive position.

#4 moves up to the "wall" defensive position while #5 returns to his "goalie" position near the basket.



"22" Full Court Zone Press (I)

If offensive player decides to put the ball down and attack the sideline on the catch, again we will have a trapping situation.

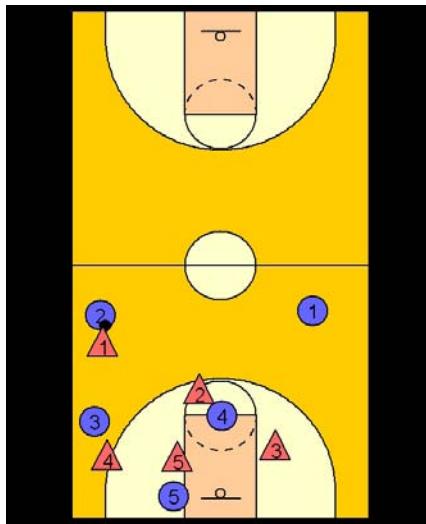
This trapping opportunity is better simply because the offensive player has just crossed the half court line, and cannot dribble back very far with the ball. In essence, you have another defender helping you with the half court line.

The "wall" defensive player, #4, moves up and traps with defensive player #1.

The "short middle" defensive player, #2, stays in the middle and will move down the floor in relation to where the ball is, trying to keep it out of the center of the floor.

#5, the "goalie" again moves up to see if he can make a steal along the sideline

while #3 now covers his teammate and becomes the "goalie".



"22" Full Court Zone Press (J)

If a steal was not made or a trapping opportunity did not present itself, we will quickly slide to our half court zone match-up, our "13" defense.

#1 stays with the ball while the other guard takes away the high post.

Your backline defenders (#3, #4 and #5) are in their positions to guard the wing, low post and backside low post respectively.

We could obviously just as easily retreat to our trapping "13 down" defense or our Box and One "41" defense.

I have found at times it is effective to use the "13" down after pressing, as teams tend to "relax" after beating the press. You may catch them off guard by trapping again on the first entry pass in the half court offense.

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Complete Zone Match-up System

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Teaching Points for the 1-1-3 or “13” Half Court Zone Match-Up

This system will: *help to equalize the talent and athleticism, keep team and individual player fouls down, limit inside scoring—forcing contested jump shots, keep pressure on the basketball, change rhythm and flow of the game, and will combine the best of both man and zone defensive concepts.*

Frontline (Guards):

The guards will work in tandem, as if “connected by a pole” and using the “push / pull” method (one is out, other is in). Pick up the ball at or near half court, but is certainly your preference. The guards stay with the dribbler on perimeter, they will not change positions unless screened. The guards will never leave the basketball unless communicated to do so. An automatic switch will occur with the high post guard on ball screens on top. The guards will ALWAYS guard the pass out of the corner. Guards should be taught to cover the high post area with back hand across chest of high post player. Help in lane area while backline players are executing “short slide” or “long slide”

Backline (Forwards / Center):

The backline players will take the pass near FT line extended and down. On the pass to the corner, they will execute what we call a “short slide” or a “long slide”. We have had most of our success using the “short slide”, but have provided both options for you in this book. Wing players should ALWAYS open up and sprint to guard low post player without turning their back and losing sight of the basketball. Backside forward will show momentary help on the low post baseline side as “short slide” is being executed. It is important to note that we ALWAYS front the low post. This is a nonnegotiable item. The backline players are in constant communication with the frontline players, (the guards), about players cutting in behind them to the high post area.

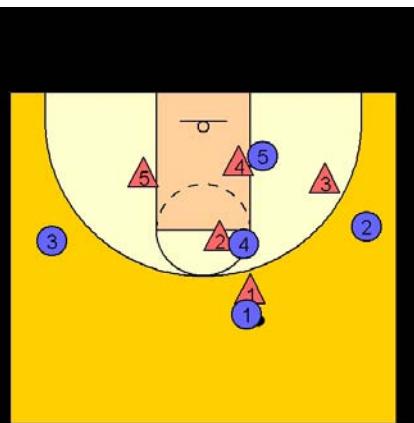
Keys for Success:

Your players should always be anticipating the next pass and be ready to move. The success of this defense is based primarily on your player’s ability to “move while the ball is in flight...and move quickly!”. Another nonnegotiable item is how quickly and aggressively your players close-out. They have to be aggressive, sprinting two-thirds of the way, breaking down into a good athletic stance, then closing out with hands high. They MUST take away jump shots, looks inside, and dribble penetration. Moving quickly on every pass and great close-outs, combined with constant and never-ending hustle and communication will lead to success in this system.

Complete Zone Match-up System



13

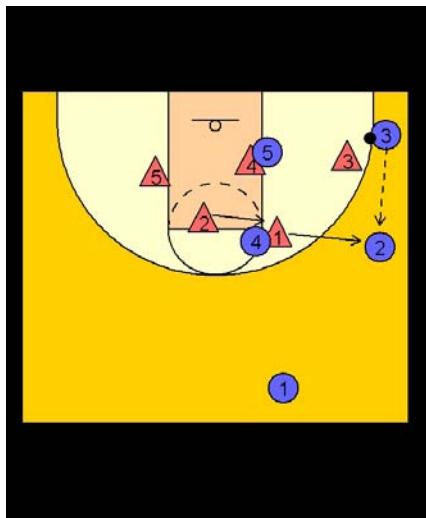


"13" Zone Match-Up Defense (A)

We call this our "13" defense simply because it is much easier to yell "13" than it is "1-1-3". We do not incorporate a 1-3-1 defense, so there is never any confusion calling it "13".

The front guard, #1, picks up the basketball. Where the point of pick-up is entirely up to you. I usually pick up at half court or just below the half court circle. If you find that the perimeter quickness is too difficult to contain picking up at half court, try picking up the ball just outside the three point line.

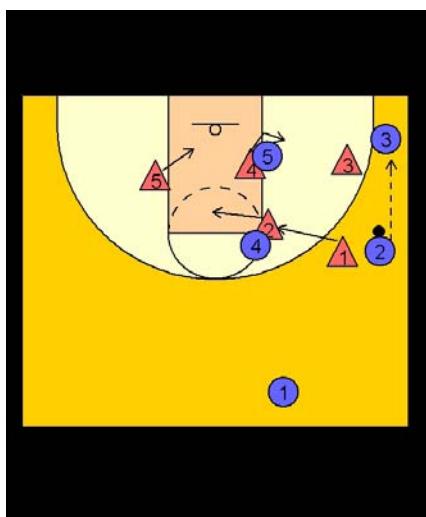
The second guard, #2, guards the high post area and makes every effort to keep the ball out of the high post. We tell him to keep one hand in the chest area of any player in the high post. He also has the responsibility of making sure the ball does not get into the lane from penetration on the wing into the high post area.



"13" Zone Match-Up Defense (B)

#1 and #2 must imagine they are connected by an imaginary pole. If #1 moves out to guard the pass from the corner, #2 moves up to guard the high post elbow area, as if he is being "pulled" out by #1's imaginary pole connecting the two.

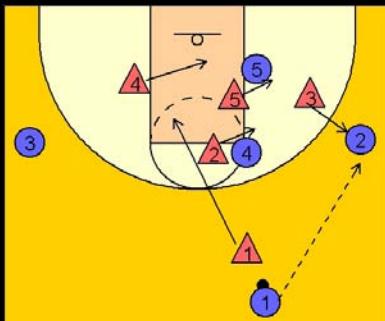
TEACHING POINT: Just like your man-to-man defense, your players should be instructed to "jump in the direction" of the pass. This will get them moving in the right direction and ultimately get them to the next pass more efficiently.



"13" Zone Match-Up Defense (C)

If #1 is on the wing and #2 is at the high post elbow area and #1 moves back into the high post elbow on the pass to the corner, #2 then is pushed back into the mid-lane area because of the "imaginary pole".

They always want to keep this tandem, or "push / pull" relationship, working together as they hustle and scramble to guard the perimeter shooters and ballhandlers.



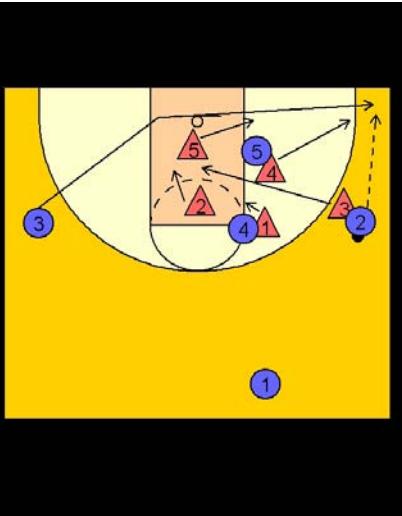
"13" Zone Match-Up Defense (D)

On the pass to the wing, it is important to note where the wing player is standing when he catches the ball. If he is anywhere near the FT line extended or below, the ball will be guarded by the wing player, in this diagram #3. Anything above the FT line extended, will be covered by the guards. This is not an ABSOLUTE rule, but again, communication will clear up any problems about who has the ball when it is close to the FT line extended.

Here we see the wing defender (#3) guarding the first pass.

#1 sprints back into the lane behind #2 while #2 fronts the high post player (if there is one).

#5 comes over and fronts the ball side low post player while #4 slides back into the lane to help on any lob passes into the post.

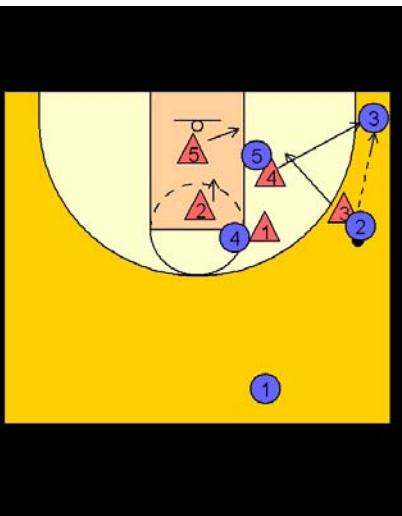


"13" Zone Match-Up Defense (E)

When the wing player passes to the corner man there are a couple of different ways you can cover this pass.

We will cover it first by using our "long slide".

The wing player passes to the corner. #4 moves out quickly with hands high to cover the corner man. #5 hustles underneath the low post player and fights around to full front him. #3 opens up towards the ball and sprints back into the lane ready to help inside on any lob pass. #2 will momentarily help #3 with the lob pass responsibility until he can get in the helpside position.

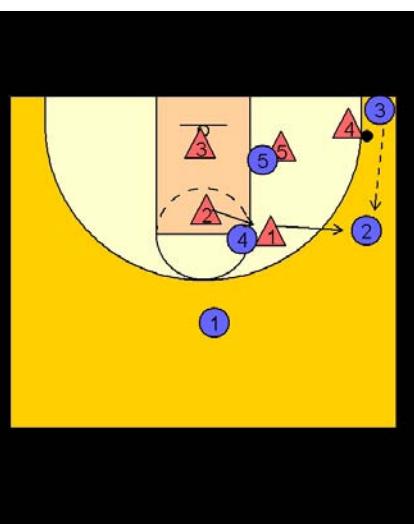


"13" Zone Match-Up Defense (F)

The other way you can defend the corner pass is with the "short slide". I have found this option to be the most effective, but to be very honest, we have used both successfully.

The big key for making either of these slides work is having that back guard, #2 in this diagram, ready to help inside near the basket.

Here we see #4 sprinting out to cover the corner while #5 gives momentary help on the low side of the post player on the blocks while #3 opens up and sprints back into the low post fronting position. Again, #2 can sink and help inside momentarily while this "short slide" action is taking place.

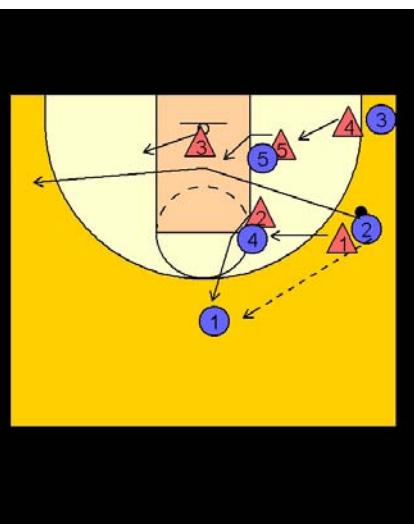


"13" Zone Match-Up Defense (G)

When the ball is passed out of the corner to the wing player, it is ALWAYS the responsibility of the high post guard #1 to come out and guard the wing player who now has the ball.

#2, because he is connected to #1 with that imaginary pole, now moves up to guard the high post.

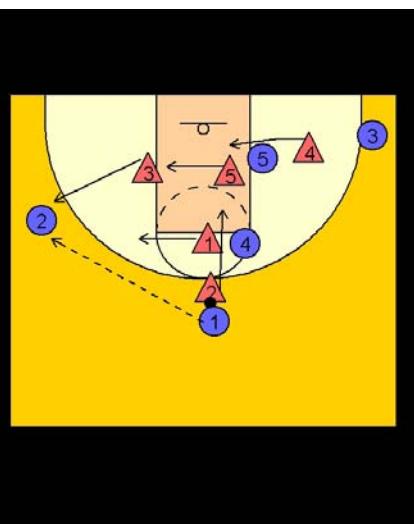
As a reminder, #1's closeout starts with a sprint two-thirds of the way and then breaks down into a stance with shuffling feet the last one-third of the way. He is in a stance ready to guard the dribble drive and has his hands high taking away any looks inside or open jump shots.



"13" Zone Match-Up Defense (H)

When the wing player reverses the ball on top, #2 hustles out to guard the top while #1 opens up to the ball and sprints back into the high post.

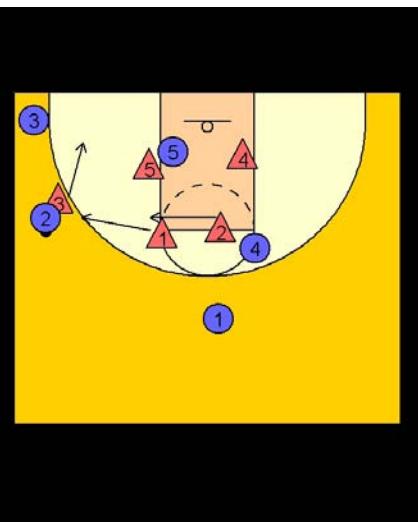
#3, #4, and #5 begin their slides over to follow the basketball, prepared to guard the next pass.



"13" Zone Match-Up Defense (I)

When the top player passes the ball to the left wing player, the "closest man" rule applies if it is near the FT line extended. If #3 is closer he will take it. If #1 is closer he will take it. Again, back to one of the six "constants" or nonnegotiable items...constant and neverending communication.

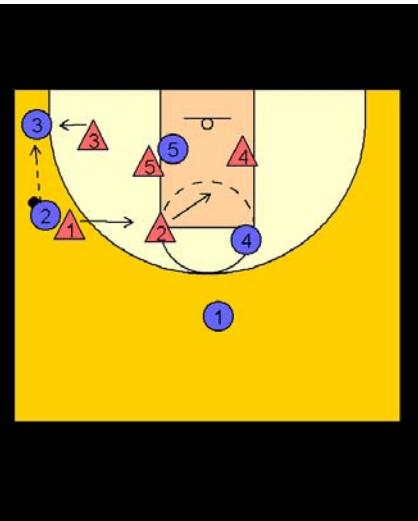
Here we see #3 sprinting out to guard the basketball with hands high while #1 moves over to front the high post area and #2 sprints back into the mid-post area. #5 is sliding over to front the low post and #4 is moving in for helpside position.



"13" Zone Match-Up Defense (J)

When you encounter a team that likes to run a player along the baseline and look for shots in the corner, I recommend having your guards come out and "push" the wing defender down when he (#1 in this diagram) sees there is a player in the corner. This will make it much easier to rotate and guard the corner without having to use your "short slide" or "long slide" manuevers.

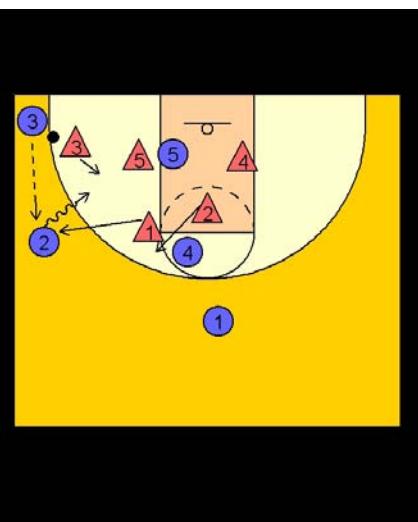
This is a simple adjustment to make when you find a team is getting quick, open shots in the corner.



"13" Zone Match-Up Defense (K)

If the guard has the wing because he pushed #3 down, when the ball is passed to the corner #3 would then guard the corner while #1 would slide back into the high post and #2 would be pushed back into the mid-post area.

REMINDER: Your players are always in a "ready" position, anticipating the next pass. They should be prepared to FLY on the flight of the basketball....NOT after the ball is catched. ANTICIPATE and MOVE.

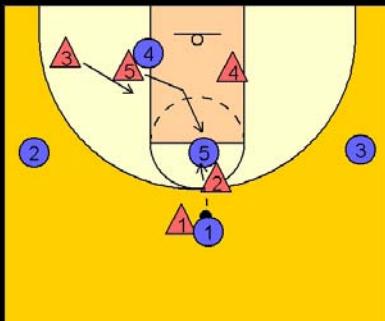


"13" Zone Match-Up Defense (L)

When the ball comes out of the corner, your rule remains the same and the guard takes all passes out of the corner.

Here we see the ball coming out of the corner with #1 sprinting out to take the ball while #2 is "pulled" to the high post area.

#3 jumps in the direction of the pass and looks to help on any penetration either on the dribble from offensive player #2 or a pass inside from offensive player #2.



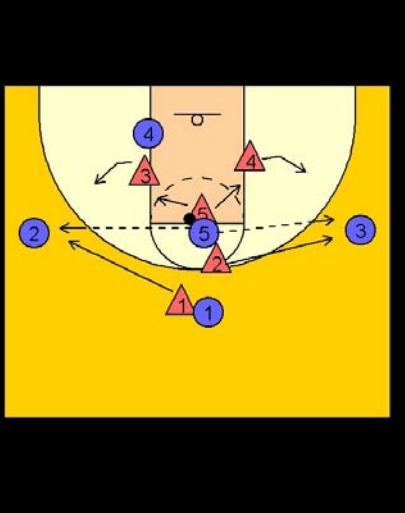
"13" Zone Match-Up Defense (M)

What happens when the ball does get into the high post?

Your ultimate goal is to keep the ball out of the high post. Allowing an opponent to get the ball in the high post frequently will result in a breakdown of your zone defense.

It is imperative that the forwards and center constantly communicate with the guards, letting them know about cutters and high post flashes.

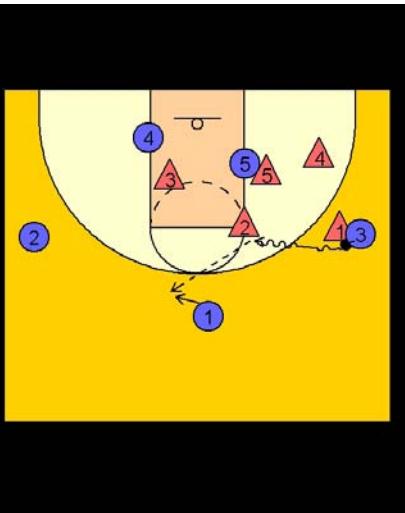
If the ball does get inside to the high post, the middle defender, #5 in this diagram will move up and guard the ball while #3 and #4 "pinch in" and guard the low block areas.



"13" Zone Match-Up Defense (N)

It would be the responsibility of the perimeter players, #1 and #2, to take any passes out of the high post either on top or to the wing.

Not an ideal situation by any means. Certainly one of the reasons it is so important to keep the ball out of the middle of the floor in this entire system.



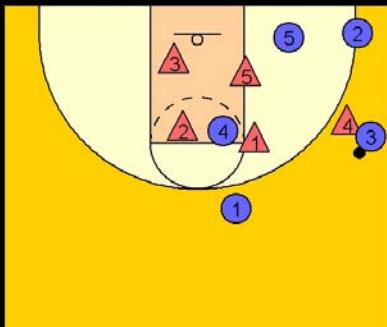
"13" Zone Match-Up Defense (O)

How can you beat this defense?

I have found the Achilles heel of this defense to be penetration to the elbow area.

With #2 in position to stop penetration, you would be asking a lot of #2 to then hustle out and guard the perimeter three point shot. And it is certainly too long of a run for #3.

SO....it is imperative that you teach your wing defenders (whoever is guarding the ball) to push the basketball towards the baseline. You have plenty of help waiting and your rotations are MUCH easier.



"13" Zone Match-Up Defense (P)

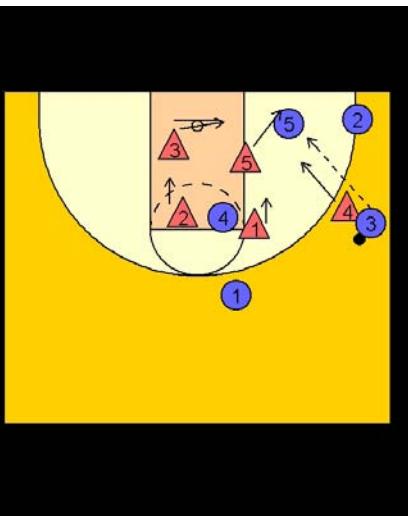
How do you cover an overload situation or perhaps a person in the short corner?

It is important to note in this entire "match-up" system that the only time the man is covered on the perimeter is when he has the ball. So, you will leave **EVERYONE** open until the ball is passed (and that **INCLUDES** the short corner player, #5 in this diagram). On flight, you are sprinting to closeouts with hands high...that rule does not change.

The only areas you will cover directly with a man BEFORE the ball is thrown is the high post and the low post.

So in other words, no matter how many players they have on one side, the only person you concern yourself in guarding is the man with the ball. You will be

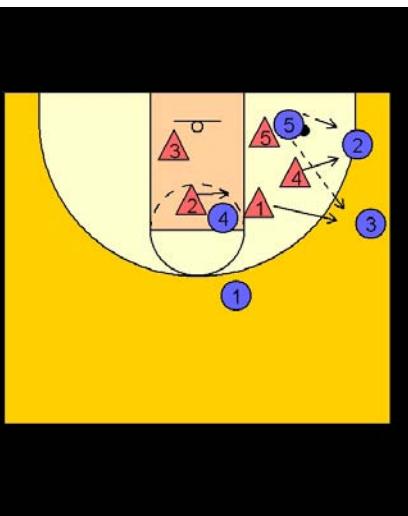
ready, however, to guard the next player with the proper rotation outlined in this section on the flight of the ball.



"13" Zone Match-Up Defense (Q)

On the pass to the short corner, #5 now hustles out with hands high to defend #5. #4 could execute the "short slide" or "long slide" if #5 was out far enough on the wing, but usually, he can just sink to about halfway to the lane and the three point line to help.

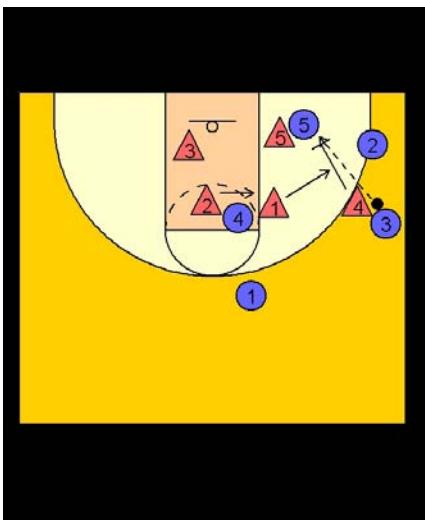
#1 and #2, as with all passes to the corner area, will sink and help inside.



"13" Zone Match-Up Defense (R)

On the pass out of the corner, your rules remain the same, #1 takes any passes out of the corner while #4 is already in a position to guard the corner player, #2, in this diagram.

If you did execute a "short or long" slide on the pass to the short corner, then #1 would be responsible for all passes out of the corner as usual.



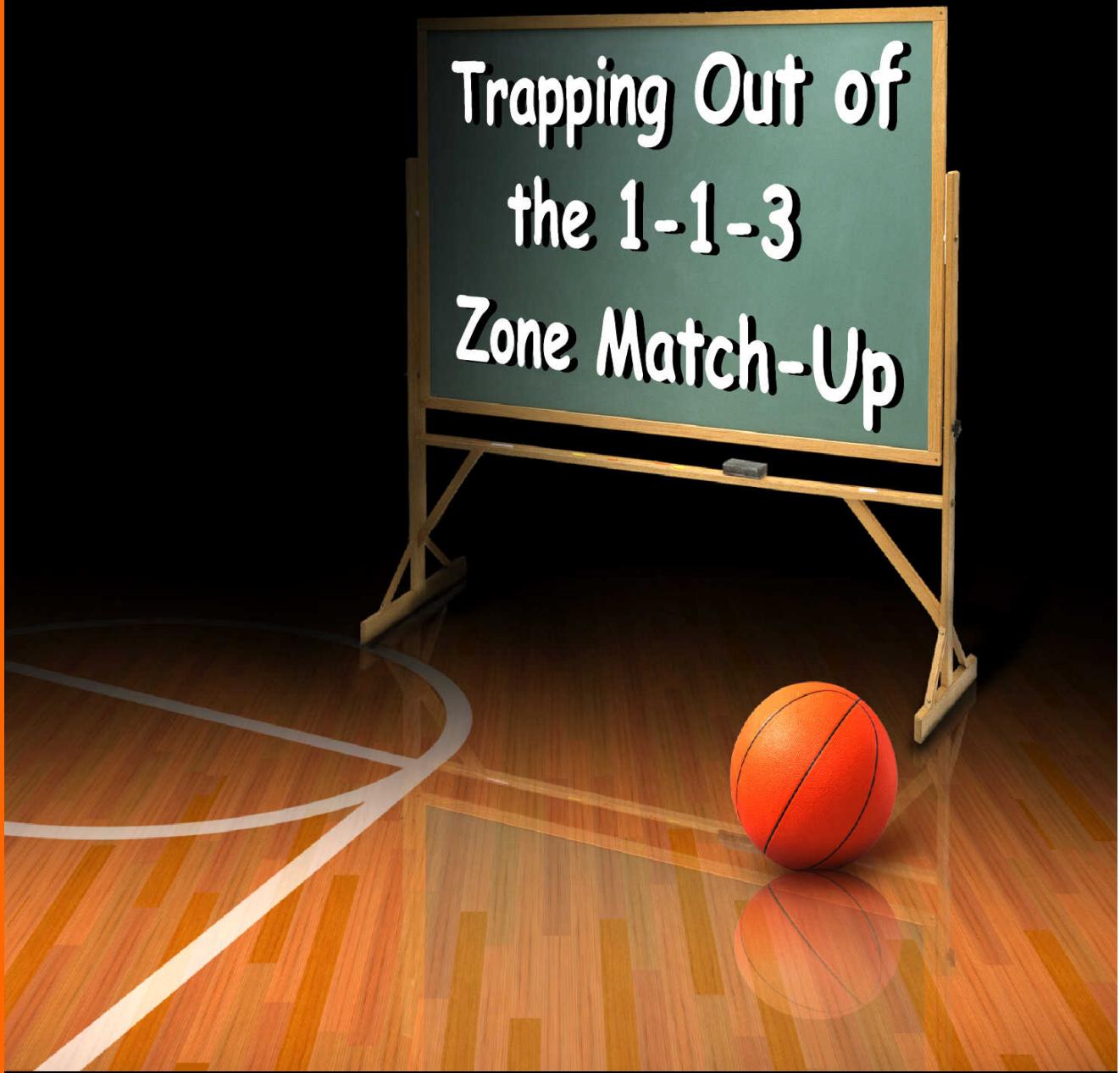
"13" Zone Match-Up Defense (S)

Consider trapping the short corner pass, especially early, with the post defender #5 and wing defender #4.

#1 will move out in the middle looking to steal the pass out while #2 slides over and covers the high post.

Having success early at disrupting the pass in and out of the short corner area will discourage future attempts to get the ball in this area.

Simplified – Efficient – Effective



Trapping Out of
the 1-1-3
Zone Match-Up

Complete Zone Match-up System

Simplified – Efficient – Effective

Teaching Points for trapping out of the “13” Zone Match-Up

Special time should be donated to working on your traps and containing the basketball. When your opponents split traps and get inside your defense, you've just created a 5 on 3 offensive advantage. Nothing good can happen then! Get your players to close their traps hard, crossing their outside legs so offensive players cannot split the middle. They should also understand the aggressiveness of the trap depending on whether or not the player with the ball still has his dribble. Work on 2 vs. 1 traps, trying to contain the dribbler and / or deflecting the pass out of the trap to the coach.

This system, when used in its entirety, offers you the ability to really mix things up against your opponent. At no time in the game should your opponent feel comfortable with what you are doing. You have the ability to press full court in our “22” zone press that moves seamlessly back into our “13” half court match-up zone defense. Now you have another weapon in your arsenal - “13 Down”- trapping out of your “13” defense.

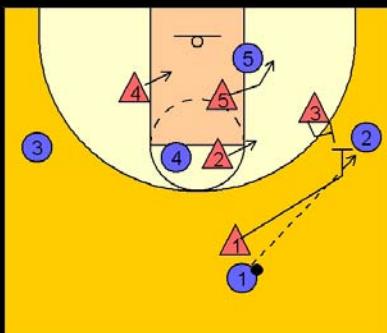
You have to be able to pick your spots when implementing this trapping defense. After time-outs is always a good time, but there is never really a bad time to use it. The amount of times you use it will be the tough call. When to take it off and put it back on again, those are the questions you will need to answer before the game starts and as it progresses. What I have found is that when we have made a decision to start the game in our “13” zone defense, we sometimes tend to be a bit lethargic. So, what we have done is start in the “13 down” and that gets our feet (and mind) going and creates an aggressive mentality early in the game.

I would say on the average we use this trapping defense about 10 to 15 possessions per game, and I am happy to report I could not be more happy with its effectiveness.

Complete Zone Match-up System



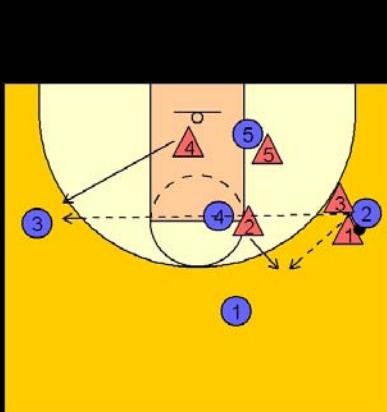
13 down



"13 Down" Zone Match-Up Trapping (A)

When we want to mix up our zone attack and apply some trapping, we use what we call "13 Down". This is essentially our 1-1-3 zone defense with a initial trap only on the first wing entry pass and then subsequent traps each time the ball enters the corner.

We will only trap the first wing pass with the player on the ball, #1, and the wing defender from which the side the ball was entered, #3. It is important that #2 not be the trapper as we do not want to leave the high post open for a quick pass and attack. When we are in "13 Down" we will always front the post no matter who we are playing. Allowing the perimeter players to bail themselves out of a trap by throwing the ball inside would waste the effort and element of surprise on the offense.



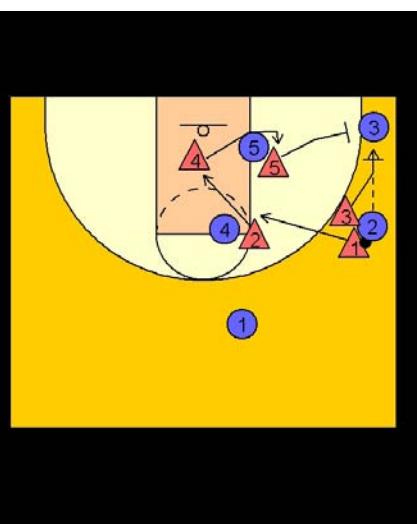
"13 Down" Zone Match-Up Trapping (B)

#2 guards the high post and watches the "eyes" of the person in the trap with #1 and #3. Not many players can throw a lookaway pass when being trapped. Teach your players to read the passer's eyes in the trap and make the appropriate read.

#1 and #3 apply the trap forcing the person with the ball to drive to the corner. If this happens, the trappers will continue to trap and follow the dribbler as he penetrates. It is important that #1 and #3 do not let the dribbler to split the trap to the middle of the lane or to dribble the ball back out.

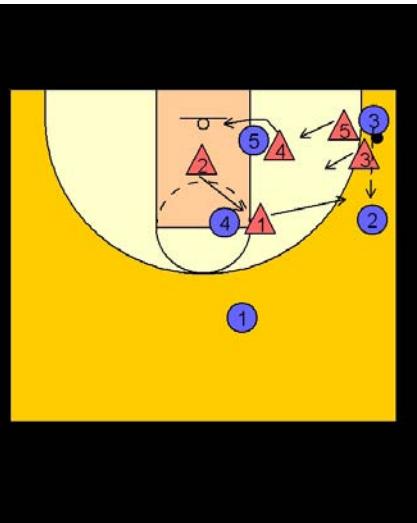
Here we see #2 throwing the ball out of the trap. #2 can make a quick lunge at the ball as it is passed out, especially if #1 and #3 apply good pressure without fouling and can tip the ball as it is being passed. #2 is in great position to steal and score on the other end.

If the ball is skipped out of the trap, #4 is "on his horse" and flying at the weakside offensive player. Again, if #1 and #3 are applying a good hands-up trap, it will be difficult for the person in the trap to throw a sharp pass out of the trap and will most likely throw a pass up in the air that will give #4 time to get out and cover the wing.



"13 Down" Zone Match-Up Trapping (C)

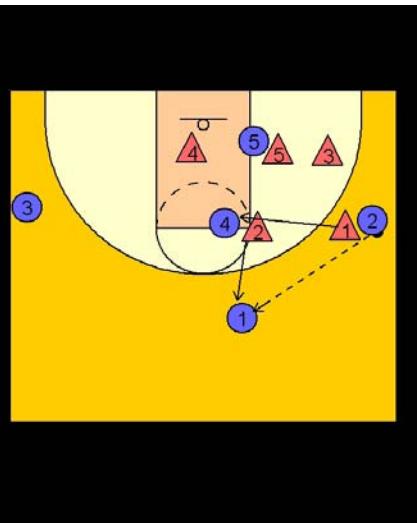
If the wing player decides to throw the ball to the corner, the post defender can again read the pass and try and make a steal as the ball is thrown, but it is important that he not leave the post early giving the wing player an option to pass inside. #5 and #3 would now trap the corner player while #4 moves over to front the post, #2 slides to the backside post to cover the lob pass and #1 is sprinting back into the high post area.



"13 Down" Zone Match-Up Trapping (D)

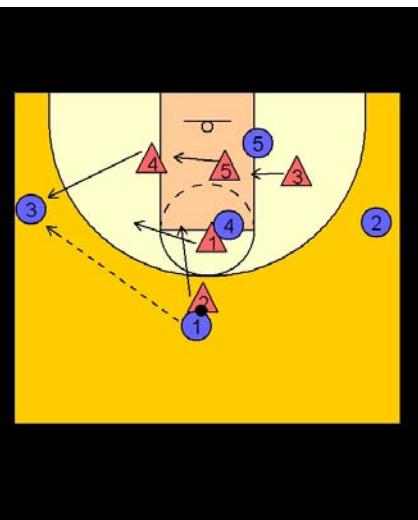
When the ball is passed out of the corner, the same rules apply as our basic 1-1-3 zone defense, and that is the high post guard, #1 in this case, **ALWAYS** guards the pass out of the corner. Again, he can read the trap situation and try and make a steal as the ball is passed out, hopefully a deflected pass and one that he can intercept.

#4 slides back into the lane while #5 moves back into the low post front position. As with our original zone defense, when #1 moves out he "pulls" #2 with him to the high post area.



"13 Down" Zone Match-Up Trapping (E)

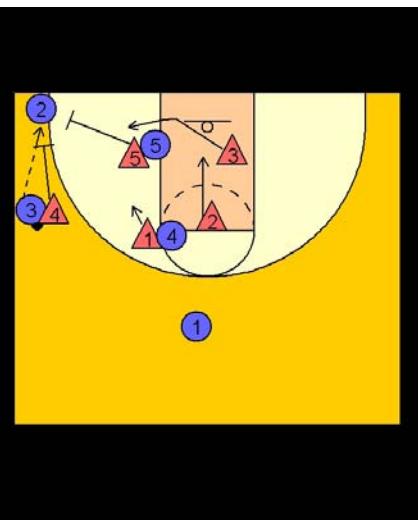
When the ball is passed to the top, #2 sprints out to cover while #1 sprints into the high post area.



"13 Down" Zone Match-Up Trapping (F)

As a reminder, we will only trap the first entry pass on the wing. It is certainly up to you if you would like to continue trapping the wing.

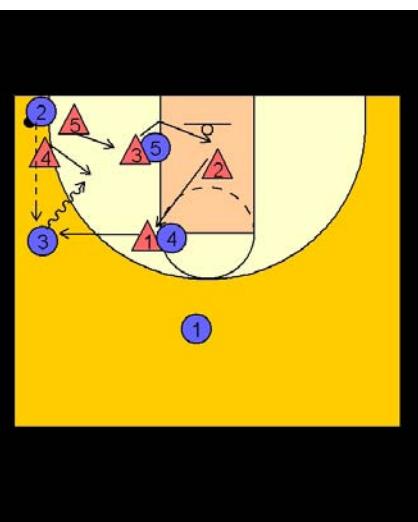
Here we see the ball reversed and entered to the opposite wing. The closest man rules applies and #4 moves out to guard the wing while #5 and #3 slide into position. #1 moves over and fronts the high post area while #2 moves back into the mid-post area.



"13 Down" Zone Match-Up Trapping (G)

Although we will not trap the wing player after the initial pass to the wing, we will however continue to trap the corners in "13 Down".

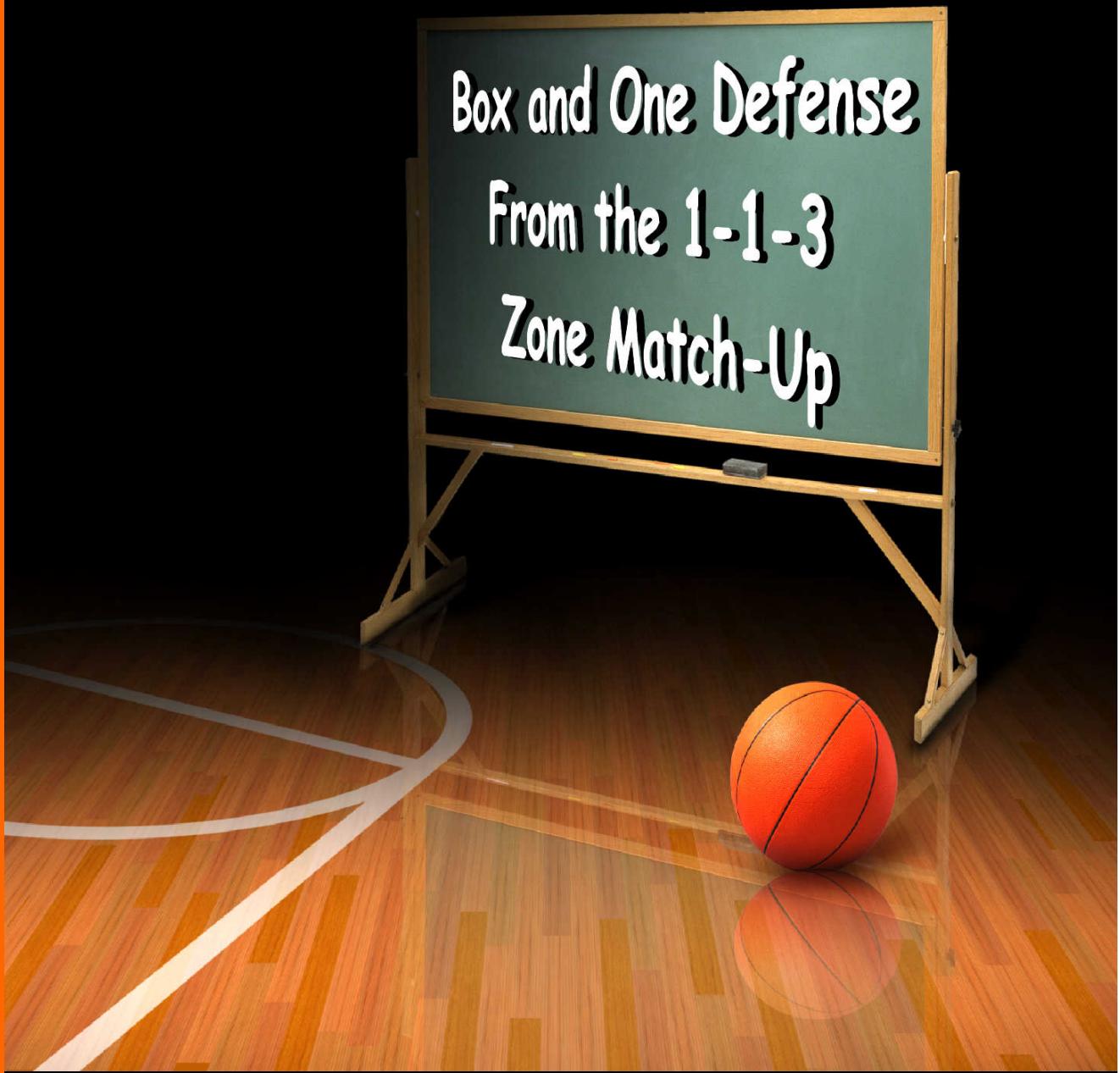
Here we see #3 passing into the corner man #2 while #5 moves out to trap with #4. #3 slides underneath to front the low post man and #2 moves down to cover the backside area for any lob passes. #1 fronts the high post area.



"13 Down" Zone Match-Up Trapping (H)

When the ball is passed out of the corner, #1 moves out to take the ball while #2 moves up to guard the high post area. #3 moves back into the backside lane area while #5 moves into the low post defender spot. #4 is sliding into an area on the wing that will help on penetration from #3 once he catches the ball.

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Box and One Defense
From the 1-1-3
Zone Match-Up

Complete Zone Match-up System

Simplified – Efficient – Effective

Teaching Points in the “41” Box and One Zone Defense

I would not be exaggerating if I told you that this “41” Box and One Defense has won me more than my fair share of games. It will completely “hand-cuff” your opponents, because I can assure you, most teams are not working on their “box and one offense”. There have been games where I was able to stay in this defense for almost half the game, and that is quite a testament to the effectiveness of this defense.

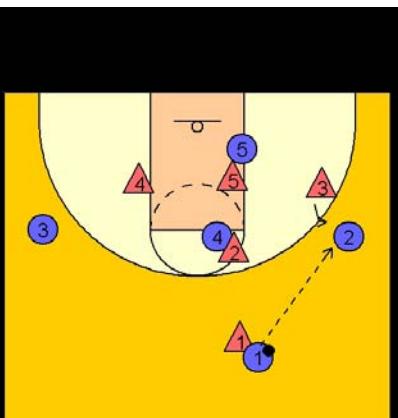
Once again, the learning curve with this defense is shortened immensely because of the prior teaching you have done with the “13” zone half court match-up defense. The slides and coverage areas remain almost identical. You just need to take your best perimeter defender and tell him to “lock down” the other team’s best perimeter player. I say “perimeter player” only because I have never really known anyone to employ a box and one defense effectively on a player who scores inside, that to me would be unnecessary. You can front the post and give early help behind to eliminate catches in the post, you don’t need a box and one defense to do that.

I will remind you that it will be much easier to teach this “41” box and one defense if you have already taught your players the “13” zone half court match-up.

Complete Zone Match-up System



41

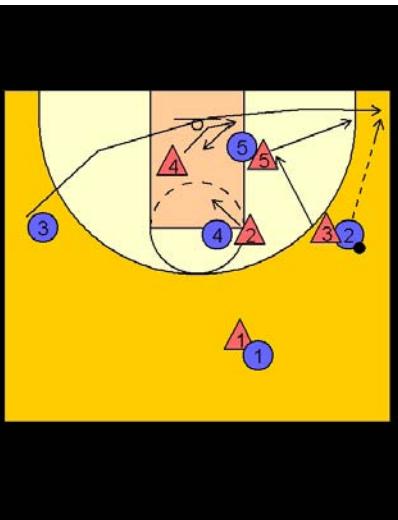


"41" Box and One Defense (A)

It is rather simple for us to apply the box and one defense (rather a diamond and one) at any given point in the game with little adjustment to our 1-1-3 or "13" basic zone match-up defense.

Here we see #1 being denied the basketball in the box and one zone defense. The wing defenders, #3 and #4 must cover ALL WING ENTRY PASSES, and we will not use the "closest man" rule as in the normal 1-1-3 zone defense. REPEATING: It will always be the wing defenders responsibility to guard the wing pass in the "41" Box and One Defense.

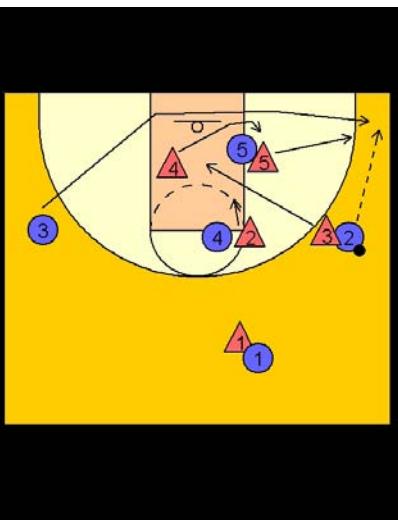
With that said, #3 takes the wing entry pass. #2 takes his normal spot in the high post while #5 fronts the low post and #4 moves in to guard the backside of the floor. #1 will continue to deny his man the ball all over the floor.



"41" Box and One Defense (B)

If the pass goes to the corner, #5 hustles out with hands up to defend. #4 slides over and "shows" himself momentarily on the bottom side of the low post player while #3 sprints back into the low post front position. #4 then retreats to his help position on the backside once #3 has reached the low post player (this action you may remember is call our "short x" action from "13" defense).

#2 will also move down for a moment to "show" help inside, but is always aware of keeping the ball out of the high post.

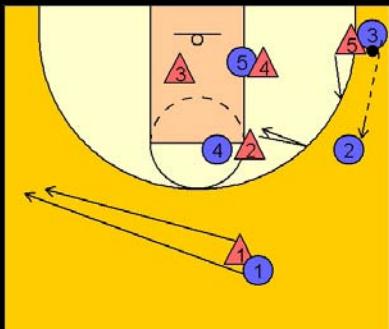


"41" Box and One Defense (C)

You may also execute the "long x" if you prefer, although I have found it more effective for us to use the "short x". Let's look again at how we would cover the pass to the corner in "41" using the "long x".

If the pass goes to the corner, #5 hustles out with hands up to defend. #4 slides over underneath to front the low post while #3 sprints back into the helpside position. #2 may also move down for a moment to "show" help inside, but is always aware of keeping the ball out of the high post.

This action, again, is called the "long x" option of guarding the low post when the ball is passed to the corner, taken from our "13" defense.

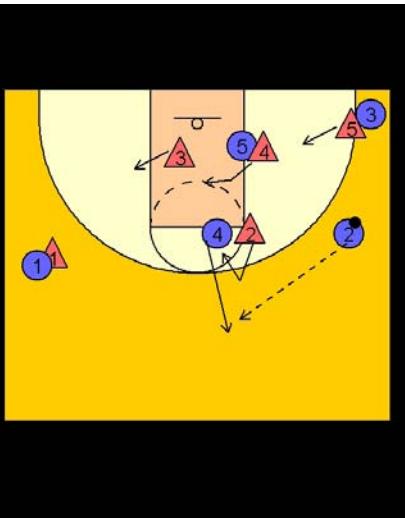


"41" Box and One Defense (D)

When the ball is passed out of the corner and any other subsequent passes on the top, the guard in the high post must be creative. I call it "cat and mouse". He always wants to make the perimeter player think he is coming out but will then fake at him and move back inside. If the perimeter player starts to line-up his shot, #2 will make a move at him on the perimeter with hands up. #2 is always more concerned about stopping penetration and keeping the ball out of the high post. He can only accomplish both by staying near the high post area.

When the ball is passed out from the corner, #5 would move up slightly trying to split both defenders while moving up on the perimeter player.

REMEMBER: You are in this defense because ONE of their players has the ability to beat you. If they have other players, then this is probably not a defense you should stay in for long.

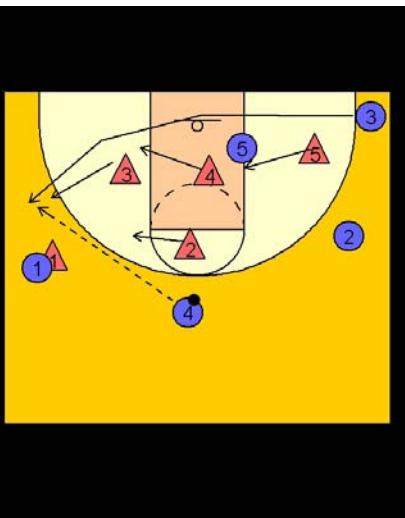


"41" Box and One Defense (E)

Here we see #4 stepping out to receive the reverse pass on top. Again, #2 plays "cat and mouse" and quickly attacks #4 then retreats to the high post with hands up.

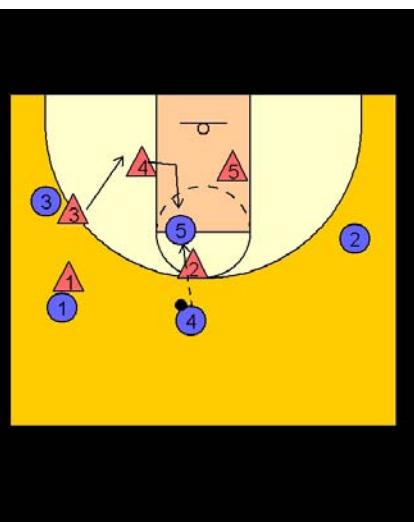
#3 starts his movement over to the wing, knowing he is responsible for ALL WING ENTRY PASSES in this defense.

#4 moves across the lane and will look to front anyone on the ball side low post. #5 now moves into the back side zone defensive position.



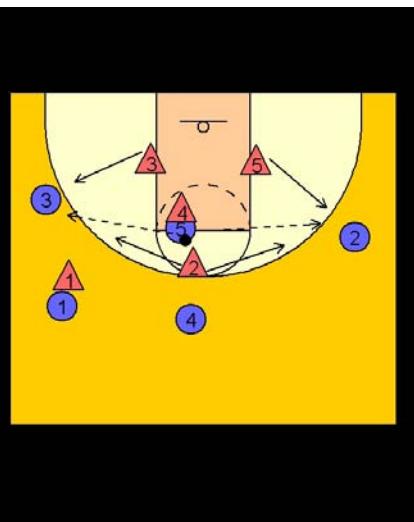
"41" Box and One Defense (F)

The ball is now passed to the wing and #3 is ready to cover the ball with hands up. #4 fronts low post and #5 has the back side low post area. #2 moves over to cover the high post elbow area.



"41" Box and One Defense (G)

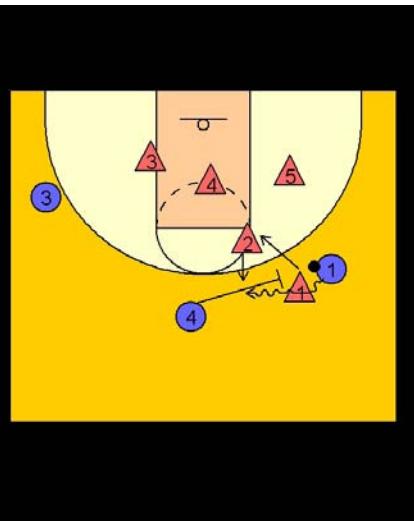
As with the basic 1-1-3 or "13" zone defense, anytime the ball enters the high post player, the middle defender must move up and cover the ball while the other two low post defenders drop down to cover the low blocks.



"41" Box and One Defense (H)

When the ball is passed out of the high post, #3 and #5 must be ready to fly out to their respective wing areas while #2 continues his "cat and mouse" routine and starts to move out with hands up and then retreats to the high post.

From time to time you are going to give up some open looks in this defense. I have not seen a Box and One Defense that did not give up some open looks. You must remember, the open look will rarely be their best shooter as you have taken him out of the game.

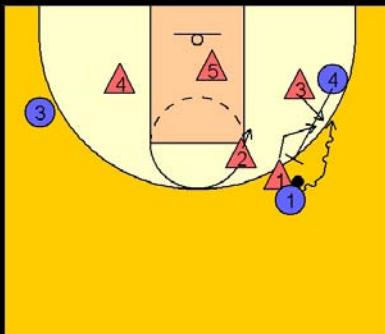


"41" Box and One Defense (H)

When the offensive team tries to screen for the player being denied the ball, here is how you should cover it.

If they set a ball screen on top, the high post defender can jump out and switch with #1. #1 then would fly back into the high post and take over #2's responsibility.

This is the same way you would handle screening in our "13" defense, so the teaching and concepts remain the same.

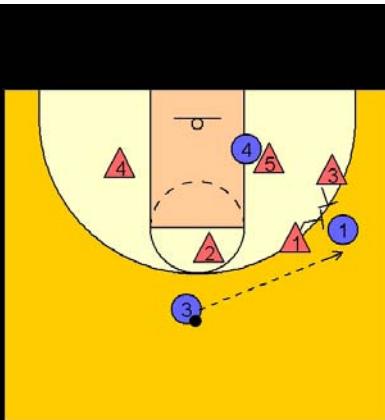


"41" Box and One Defense (I)

If they screen on the wing for #1, it will be an automatic trap between defenders #3 and #1.

IMPORTANT NOTE: If #1 were to catch the ball on the wing, (the player you were denying in this "41"), it would also be a natural and automatic trap between the wing defender and the person responsible for denying #1 the ball.

#3 does not say, "ok, someone has him..." and then leaves him alone on the wing. He plays the man on the wing the same throughout this defense no matter who he is. If someone is already guarding him, then he helps him! Trap the guy you are denying. A great move to get the ball out of the dangerous player's hands should he catch it.



"41" Box and One Defense (J)

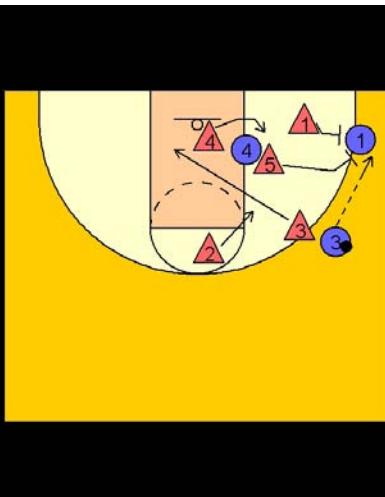
IMPORTANT NOTE: If #1 were to catch the ball on the wing, (the player you were denying in this "41"), it would also be a natural and automatic trap between the wing defender and the person responsible for denying #1 the ball.

#3 does not say, "ok, someone has him..." and then leaves him alone on the wing. He plays the man on the wing the same throughout this defense no matter who he is. If someone is already guarding him, then he helps him! Trap the guy you are denying.

This is true when the ball enters the corner as well. If it is the person you are denying, trap him with the man who is supposed to guard that area and with the man who is supposed to be denying him the ball.

A great move to get the ball out of the dangerous player's hands should he

catch it.



"41" Box and One Defense (K)

This is true also when the ball enters the corner. **IF IT IS THE PERSON YOU ARE DENYING IN THE "41", trap him with the man who is supposed to guard that area and with the man who is supposed to be denying him the ball.**

A great move to get the ball out of the dangerous player's hands should he catch it.

Simplified – Efficient – Effective



Complete Zone Match-up System

Simplified – Efficient – Effective

Drills to Teach the “22” and “13” Match-Up Defenses

You only need a few breakdown drills to teach this complete system. I recommend putting in the “22” and the “13” defensive systems first. You will find adding the “13 down” and “41” defenses a breeze once you have “22” and “13” installed.

So much of the teachings in each of these defenses are so similar and interchangeable, that your learning time will be reduced. You will have your players executing this entire system in a matter of days.

You won’t need to do any breakdown drills to teach the “13 Down” and “41” defenses. Just work on those in controlled scrimmages. Your players will pick up the movements in one practice because of what they have already learned in the “22” and “13” defenses.

I have included in this section a handful of drills that we try to use everyday, but usually ends up being about every other day.

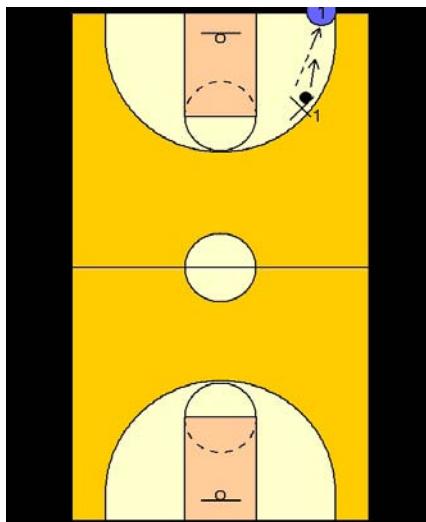
Drills included in this section:

- 1 on 1 (Drill to teach the “22” Full Court Match-Up Press)
- 2 on 2 (Drill to teach the “22” Full Court Match-Up Press)
- 4 on 4 (Drill to teach the “22” Full Court Match-Up Press)
- 5 on 5 (Drill to teach the “22” Full Court Match-Up Press)
- 2 vs. 4 (Drill to teach the “13” Half Court Match-Up Zone Defense)
- 3 vs. 5 (Drill to teach the “13” Half Court Match-Up Zone Defense)
- 5 vs. 8 (Drill to teach the “13” Half Court Match-Up Zone Defense)

Complete Zone Match-up System



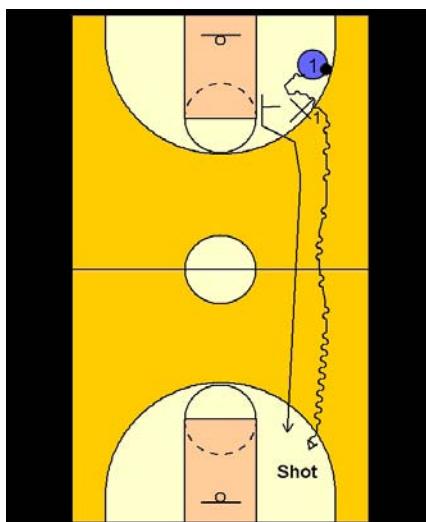
Drills to teach 22



1 on 1 (Drills to teach the "22" Defense)

Defender (X1) has the ball to start the drill. Team is broken up into two lines.

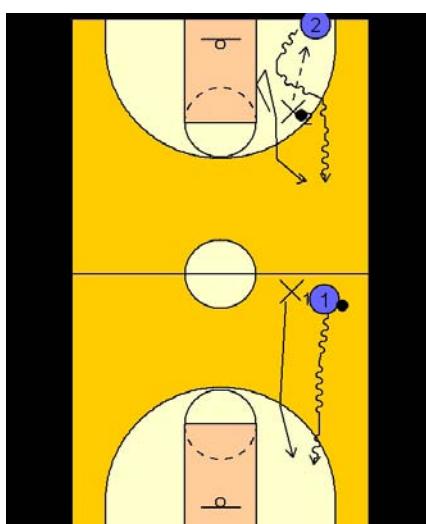
X1 throws the ball to #1 and closes out on the dribbler.



1 on 1 (Drills to teach the "22" Defense)

#1 tries to beat the defender to the middle of the floor (not excepted in this defense). Defender X1 keeps #1 from dribbling towards the middle and forces him up the sideline.

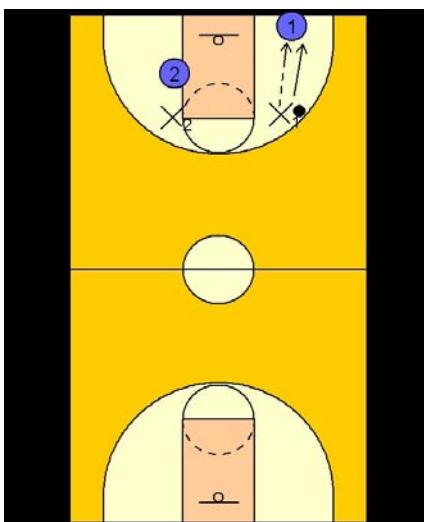
#1 will dribble the entire length of the floor and will conclude drill with CONTESTED jump shot at the end.



1 on 1 (Drills to teach the "22" Defense)

When the first two players reach half court, the next group begins.

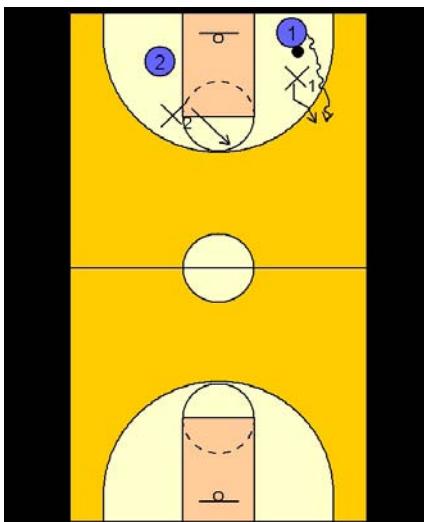
I usually go down with the entire team and then back in the other direction (but same side of the floor so they get drilled in pushing ball up both sidelines). We would then move to the 2 on 2 drill.



2 on 2 (Drills to teach the "22" Defense)

Two on two now with much the same concept, except this time we are working on the guard rotation in the front line of the "22" defense.

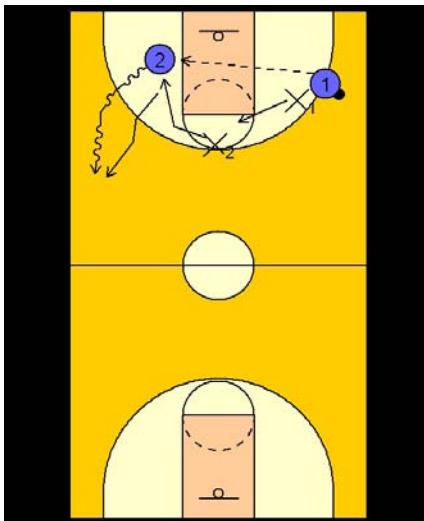
Defender X1 passes the ball to offensive player #1 and becomes the "on ball" defender. Defender X2 is near the FT line area ready to assume his position as "short middle" defender and keep the ball out of the middle of the floor.



2 on 2 (Drills to teach the "22" Defense)

Again, offensive player with the ball, #1, will try and beat his defender to the middle of the floor, while his defender, X1, will try and keep him out of the middle and force him up the sideline.

X2 now moves to the "short middle" defensive position.

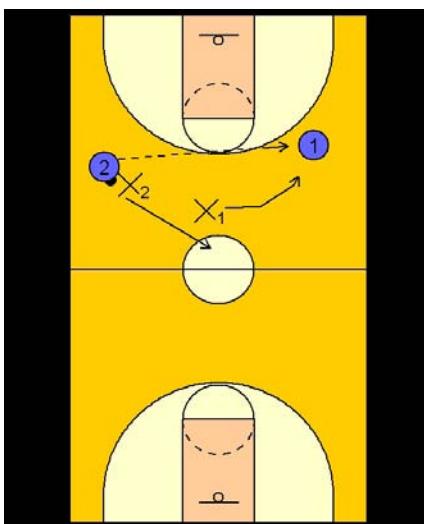


2 on 2 (Drills to teach the "22" Defense)

After a few dribbles, #1 will look to pick up the basket (under great high hands pressure from X1) and pass to his teammate, #2.

On the pass, X2 will hold for a moment, and then close-out with high hands on #2 and become the new "on ball" defender. On the pass, X1 will open up and sprint to the "short middle" defensive position.

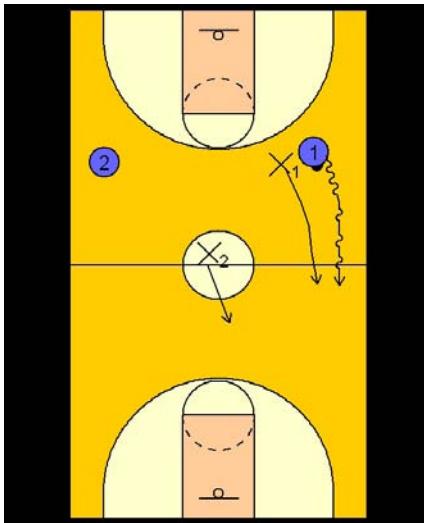
#2 will now try and beat X2 to the middle. X2 will force #2 up the sideline while X1 follows in the "short middle" defensive position.



2 on 2 (Drills to teach the "22" Defense)

Once #2 has tried to beat the "on ball" defender #2 with a few dribbles, he will pick up the ball (under great pressure from X2) and pass to #1.

X1 now closes out with high hands on #1 and becomes the new "on ball" defender while X2 opens up and sprints to the "short middle" defensive position.

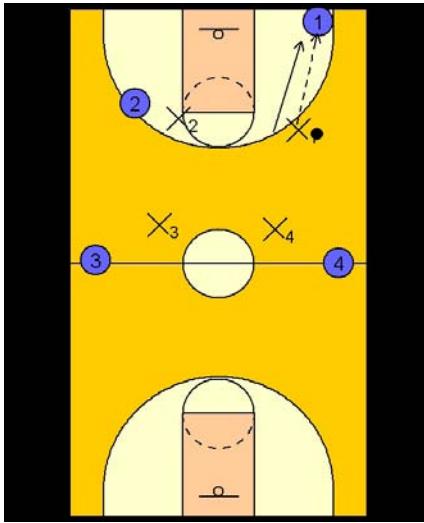


2 on 2 (Drills to teach the "22" Defense)

#1's turn to try and beat the "on ball" defender X1. X1 does everything he can to keep the dribble penetration out of the middle.

X2, the "short middle" defender, moves up the floor in relation to the basketball, making sure no passes get to the middle of the court.

The drill ends when the ball crosses half court. The next set of 4 players should be ready to begin. Again, we will go down and back and then move on to the 4 on 4 drills.



4 on 4 (Drills to teach the "22" Defense)

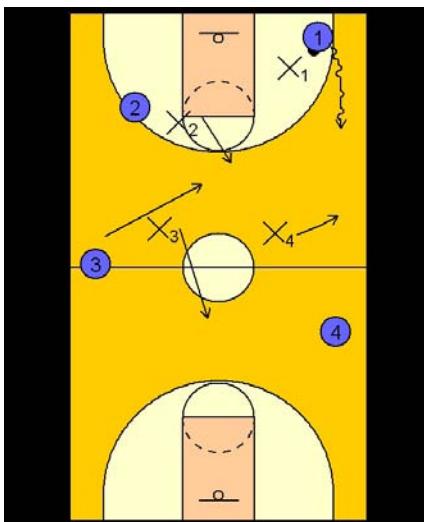
We use four players now to teach "on ball" and "short middle" defensive positions with the "wall" and "long middle" defensive positions.

Your backline defenders should be in the "wall" and "long middle" defensive lines for this drill with your perimeter players, or frontline guards, in the lines for "on ball" defender and "short middle" defender.

Drill starts again with X1, the "on ball" defender passing to #1 and closing out with hands high.



Zone match-up



4 on 4 (Drills to teach the "22" Defense)

#1 will again try and attack middle. The "on ball" defender, X1, should do his job and force him up the sideline.

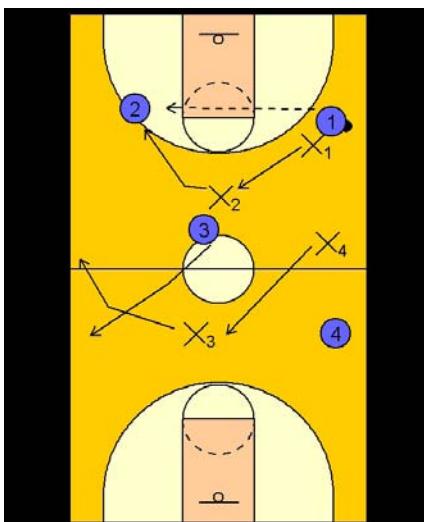
X2, the "short middle" defender, will move to the middle and up the floor in relation to the ball.

X4 moves into his "wall" defensive position, not allowing any direct passes up the sideline.

X3 moves back to the "long middle" defensive position.

As the ball is being brought up the sideline, #3 will flash in the middle of the floor while the "short middle" defender, X2 will try and deny him and that area. (If you prefer to have your players not flash and use managers or other

coaches, that is fine).



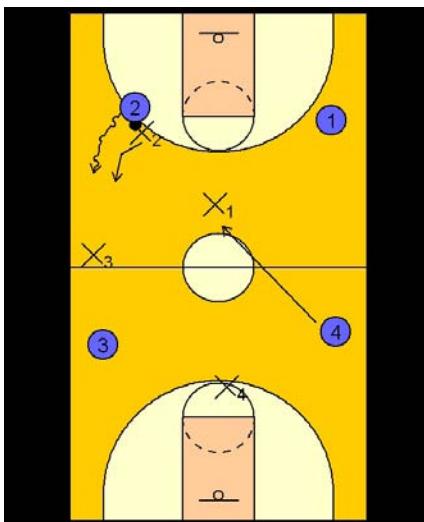
4 on 4 (Drills to teach the "22" Defense)

After a few dribbles, #1 will pick up the basket (under heavy pressure from X1) and pass to #2.

X2 holds for a moment and then closes out on #2 with high hands. X1 opens and sprints back to the "short middle" defensive position.

X3 moves up to the "wall" defensive position while X4 hustles back to the "long middle" defensive position.

The offensive player, #3, who just flashed to the middle in the last diagram, will cut back to his original position on the sideline.



4 on 4 (Drills to teach the "22" Defense)

Now X2 will be on the "on ball" defender and will try and force #2 up the sideline.

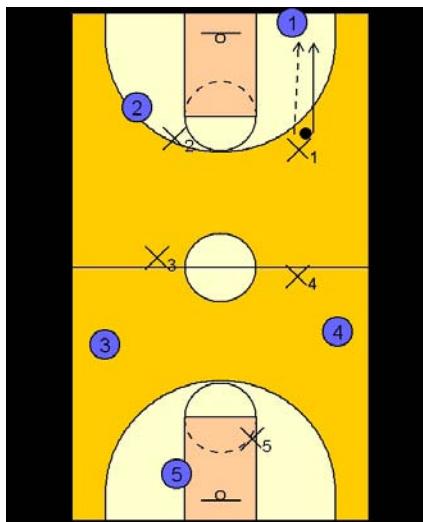
X1 is in the "short middle" defensive position.

X3 is in the "wall" defensive position.

X4 has moved back to the "long middle" defensive position.

Offensive player, #4 will now flash to the middle while X1, the "short middle" defender, will try and deny him the ball.

The drill will end as you cross half court. No traps on the sideline as of yet. That will come in our last drill, 5 on 5.



5 on 5 (Drills to teach the "22" Defense)

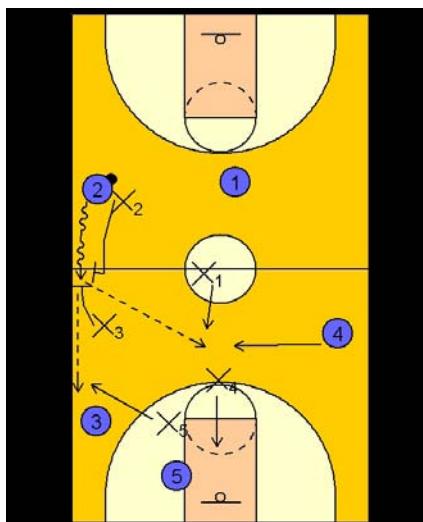
We now have built the "22" zone defense from the ground up in just a short section of your practice time. We are about to conclude our "22" drill work with our last 5 on 5 drill.

This is basically a "live" drill where we incorporate all 5 defenders and all of the different rotations. You now have all (5) defensive positions:

On Ball Defender
Short Middle Defender
Long Middle Defender
Wall Defender
Goalie

The drill begins with the X1 passing the ball to #1. He closes out with hands

high establishing himself as the "on ball" defender. The drill will work the same as the 4 on 4 drill until the ball reaches the half court area, so I will not diagram those sections again.



5 on 5 (Drills to teach the "22" Defense)

As the ball enters near half court, or just after half court, the "wall defender", X3 in this diagram, will attack the dribbler and trap with X2.

The trap should be executed in such a manner that #2 cannot "split" the trap and enter the middle of the floor. If he decides to pass out of the trap, it should be over aggressive, hands high pressure.

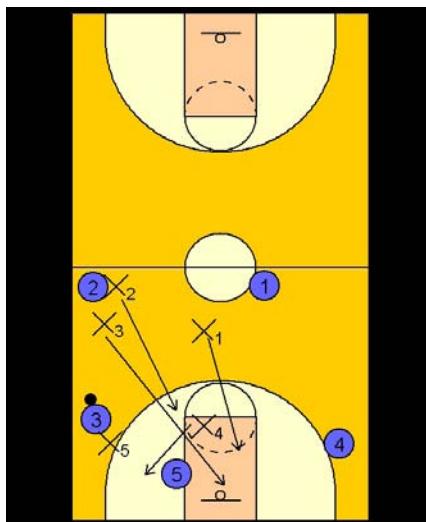
Here we see the "goalie", #5 moving up to make the steal on #3. Essentially, he has now become the "wall" defender for a moment. I do encourage our players not to "show" themselves to early to the player passing the ball out of the trap. Sit in the weeds like a defensive back watching the player's eyes in the trap. When the ball is in flight move out and make the steal.

As X5 moves out for the steal, X4 now becomes the goalie. X1 is hustling

back into the long middle position on the flight of the ball.



Zone match-up



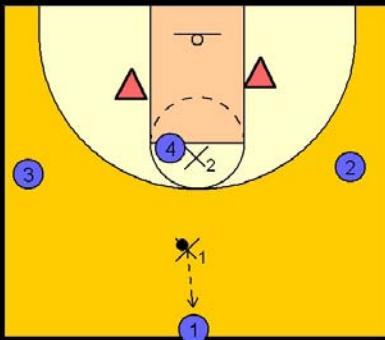
5 on 5 (Drills to teach the "22" Defense)

If no one makes the steal, we will stay matched up on the ball while the other players (already sprinting to the basket on the pass up the sideline or middle) get into their "13" half court match-up assignments.

We will then play live half court against the "13" until a turnover or shot is attempted and the defensive rebound is secured.



Drills to teach 13



2 vs. 4 (Drills to teach the "13" Defense)

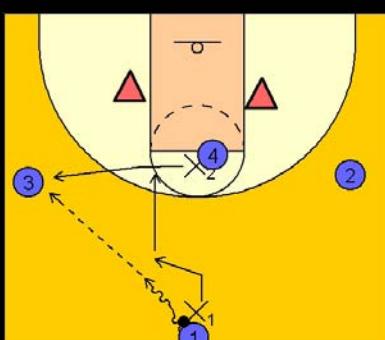
FRONTLINE PLAYERS

We will work 4 offensive players vs. our two frontline players (the guards) in this drill.

X2 is in the high post keeping the ball out of the hands of #4. #2 and #3 will catch the ball at varied points along the wing. Sometimes above the FT line extended, sometimes on or below it.

The two triangles underneath represent "dummy" players, coaches or managers.

X1 throws the ball out to #1 at half court, closes out with hands high and the drill begins.

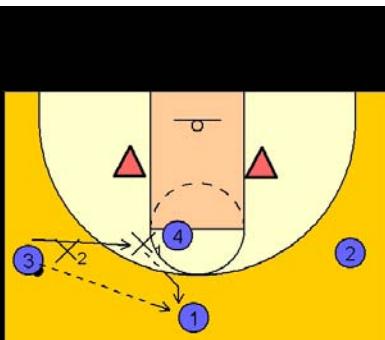


2 vs. 4 (Drills to teach the "13" Defense)

FRONTLINE PLAYERS

#1 will stay with the dribble until the pass is made. Here we see the ball changing "zones" so X2 immediately hustles out to guard #3 with the ball.

On the pass, X1 opens up so that he never loses sight of the ball and sprints back into the high post area to keep the ball from getting to #4.



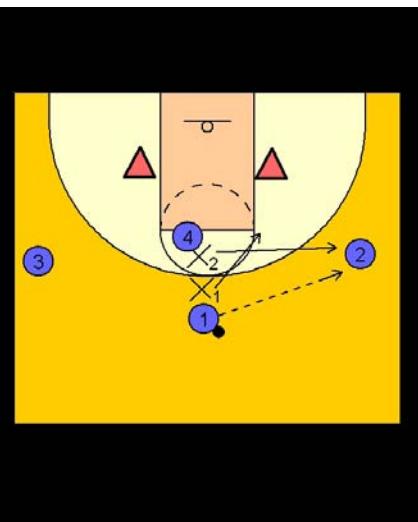
2 vs. 4 (Drills to teach the "13" Defense)

FRONTLINE PLAYERS

When the ball is passed back to the top, X1 sprints out to guard the ball with hands high.

Note: X1 does not "hold" for a second before coming out, that is only in the "22" full court defense.

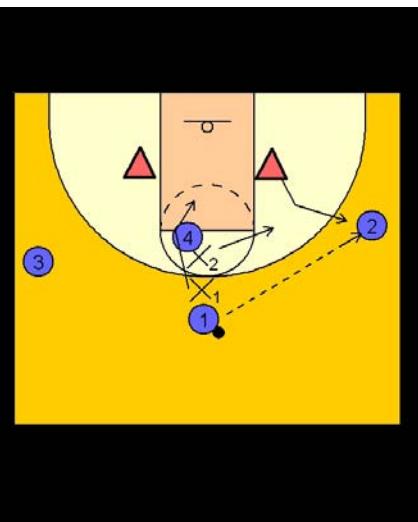
X2 opens up on the pass and sprints back into the high post area and prevents #4 from catching the ball. Reminder: we like to tell our players to get their back hand in the chest of the offensive player and then not lose track of him.



2 vs. 4 (Drills to teach the "13" Defense)

FRONTLINE PLAYERS

#1 now passes the ball to #2 on the right wing area. On the flight of the ball, X2 is flying at #2 with hands high in a good close-out stance. X1 on the pass is opening up so he can see the ball and sprints back into the high post area to prevent #4 from receiving a pass.

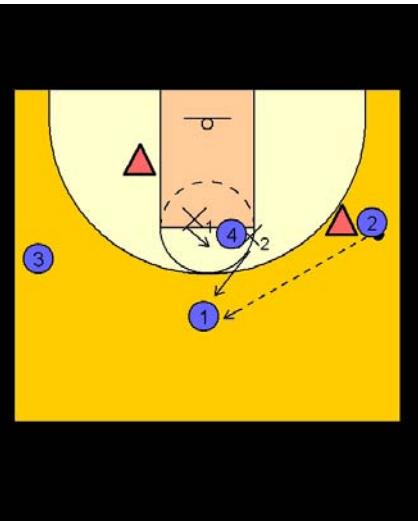


2 vs. 4 (Drills to teach the "13" Defense)

FRONTLINE PLAYERS

If #1 were to make a pass to the wing player #2 who was standing on or below the FT line extended area, the backside forward (a "dummy" player in this drill - could be a coach or manager, or another player if you wish) would close-out and cover the ball with hands high.

When that happens, X2 reads and covers the high post area while X1 sprints back into the lane area to help behind X1.

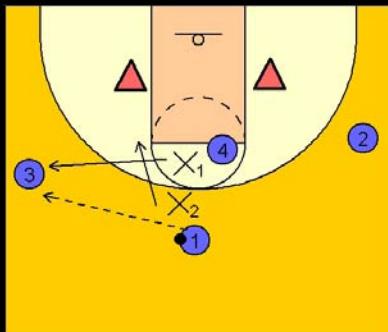


2 vs. 4 (Drills to teach the "13" Defense)

FRONTLINE PLAYERS

On the pass back out to the top of the floor, the "closest man" rule would apply. Here X2 is closer so he would attack the ball on the close-out with hands high.

X1 moves up to cover the high post and prevent #4 from receiving the pass.

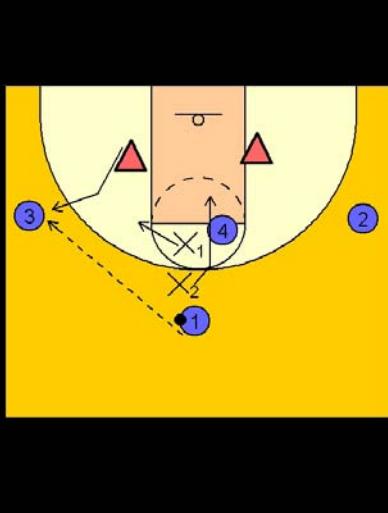


2 vs. 4 (Drills to teach the "13" Defense)

FRONTLINE PLAYERS

On the next pass to the wing, X1 would be moving on the flight of the ball, sprinting out to cover #3 with hands high.

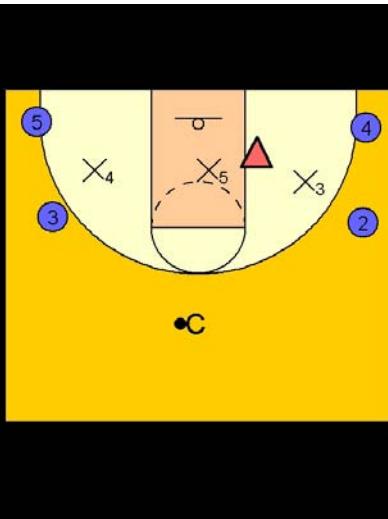
X2 flies back into the high post on the pass and denies any entries into the high post player #4.



2 vs. 4 (Drills to teach the "13" Defense)

FRONTLINE PLAYERS

Again, if the pass from the top to the wing player resulted in #3 catching the ball at or below the FT line extended, the "dummy" player here (your backside forward) would sprint out with hands high and guard #3. X1 would cover the high post while X2 sprints to a help position in the mid-lane area.



3 vs. 5 (Drills to teach the "13" Defense)

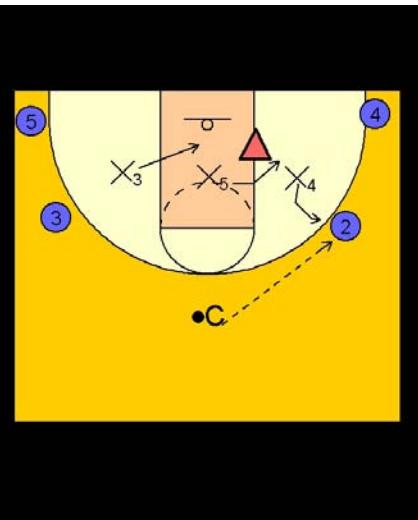
BACKLINE PLAYERS

Now we will work with our backline players. If you have enough players and managers, you could be utilizing this drill on one end of the floor while your guards are working on their breakdown drill on the other end.

Five offensive players on this drill against your three backline defenders (your forwards and center).

Wing players, #2 and #3, are FT line extended or lower. #4 and #5 are directly in the corners.

One low post player, manager or coach will just work block to block.

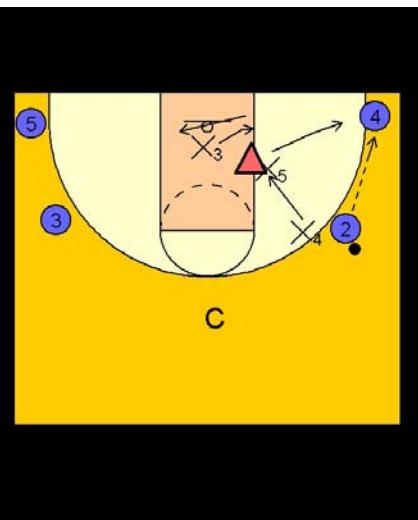


3 vs. 5 (Drills to teach the "13" Defense)

BACKLINE PLAYERS

On the pass to the wing player #2, X4 recognizes that it is either on or below the FT line extended area and will close-out hard with hands high.

X5 hustles over to front the post player while X3 sinks in behind for backside help.



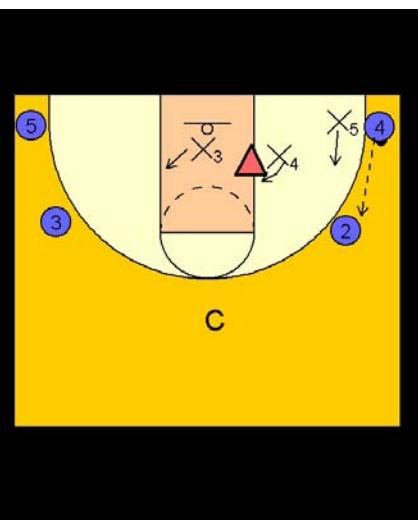
3 vs. 5 (Drills to teach the "13" Defense)

BACKLINE PLAYERS

On the pass to the corner we will drill this time using the "short slide" option.

X5 flies out at #4 with his hands high ready to take away the shot, pass inside or dribble penetration.

X3 shows himself on the baseline side of the low post player while X4 opens up, sees the ball, and sprints back into the low posts and fronts the offensive player.



3 vs. 5 (Drills to teach the "13" Defense)

BACKLINE PLAYERS

On the pass back out of the corner, no will cover the ball, because as you already know, all passes out of the corner are covered by the frontline players (or guards).

On the pass, X5 jumps in the direction of the pass as do X4 and X3.



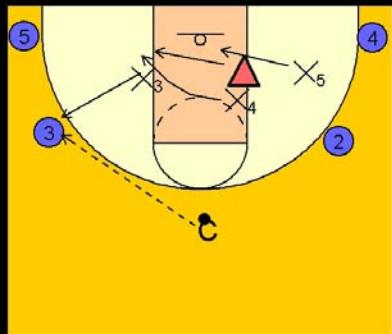
3 vs. 5 (Drills to teach the "13" Defense)

BACKLINE PLAYERS

As the top player or coach reverses the ball to #3 on the left wing FT line extended or below, X3 sprints out with hands high and covers #3.

X4 follows the ball across and fronts the low post on the ball side.

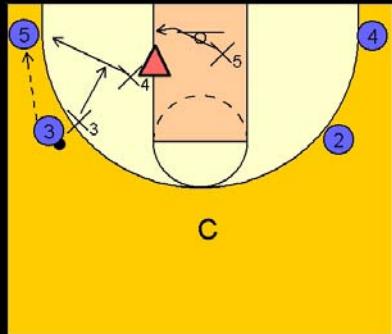
X5 moves back into the lane and takes the backside help position.



3 vs. 5 (Drills to teach the "13" Defense)

BACKLINE PLAYERS

Again, on the pass to the corner we execute a "short slide", with X4 sprinting out with hands high, X5 showing on the post player baseline side, and X3 opening up and sprinting back to front the low post.

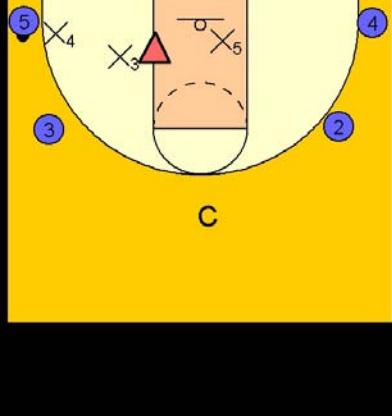


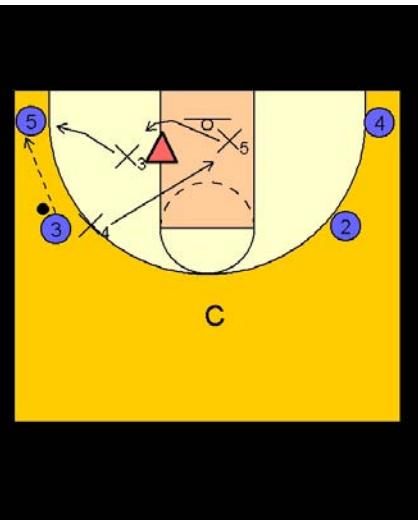
3 vs. 5 (Drills to teach the "13" Defense)

BACKLINE PLAYERS

X4 now covers the basketball in the corner while X3 is fronting the post and X5 is ready to help on any lobs to the post inside.

Of course the high post and pass out of the corner will be covered by the guards and are not being used in this drill.



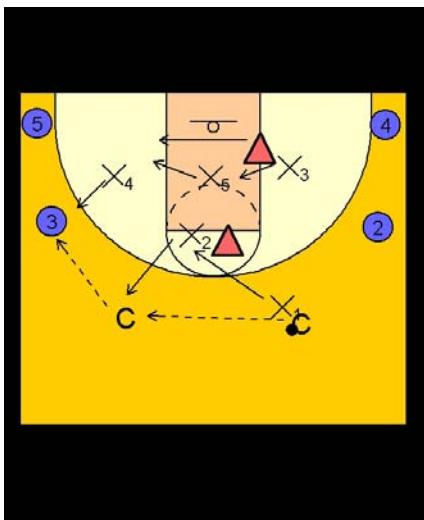


3 vs. 5 (Drills to teach the "13" Defense)

BACKLINE PLAYERS

If you prefer to use the "long slide" on this breakdown drill, the same coverages would occur, of course, until the ball is passed to the corner.

Here we see X3 sprinting out to cover the corner while X5 cuts underneath the post player to front him, while X4 sprints back to the helpside position.



5 vs. 8 (Drills to teach the "13" Defense)

FRONTLINE / BACKLINE PLAYERS

This drill really doesn't need any explanation or further diagrams other than it is a combination of both drills together with all five defenders working against each pass option.

6 perimeter players (and / or coaches / managers) and 2 post players

The ball is reversed around the top and to the wings and corners. When the opportunity presents itself, the perimeter players will try and get the ball inside, either to the high post or low post.

Great communication, hustle, sprints to close-outs, hands high, proper positioning, coverage areas and rebounding should all be emphasized.

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