



# **Pack Line Defense**

**Glacier Hoops**

# **The Carolina Way—Dean Smith**

- 1. Play Hard**
- 2. Play Smart**
- 3. Play Together**
- 4. Play!!**




# **Thoughts on Defense**

**In choosing what defense to play, you must ask yourself:**

- 1. Can it beat the best teams on your schedule?**
- 2. Can it win on the road?**
- 3. Can it help you advance in the tournament?**

# **PHILOSOPHY ON INDIVIDUAL DEFENSE**

- 1. We believe everyone in our program can be an effective defender if they accomplish the following:**
    - a. Give great effort**
      - i. “Play Hard”**
    - b. Understand the scheme and play “team defense”**
    - c. Be a communicator**
- 

## **What We Do:**

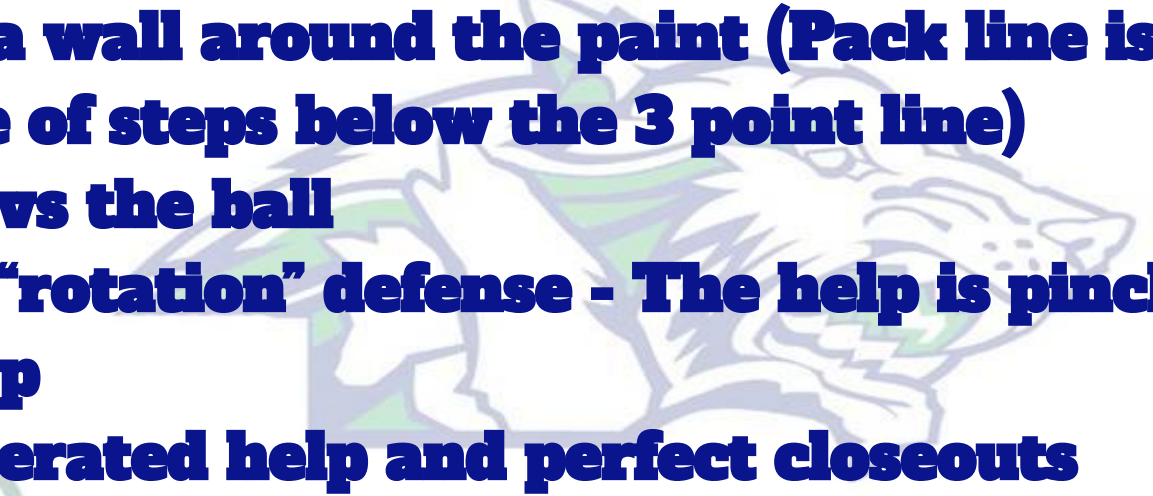
**Every year we ask our kids to identify 3 things that they want to be know for:**

**1-We Play Tough and Physical**

**2-We Play as a Team**

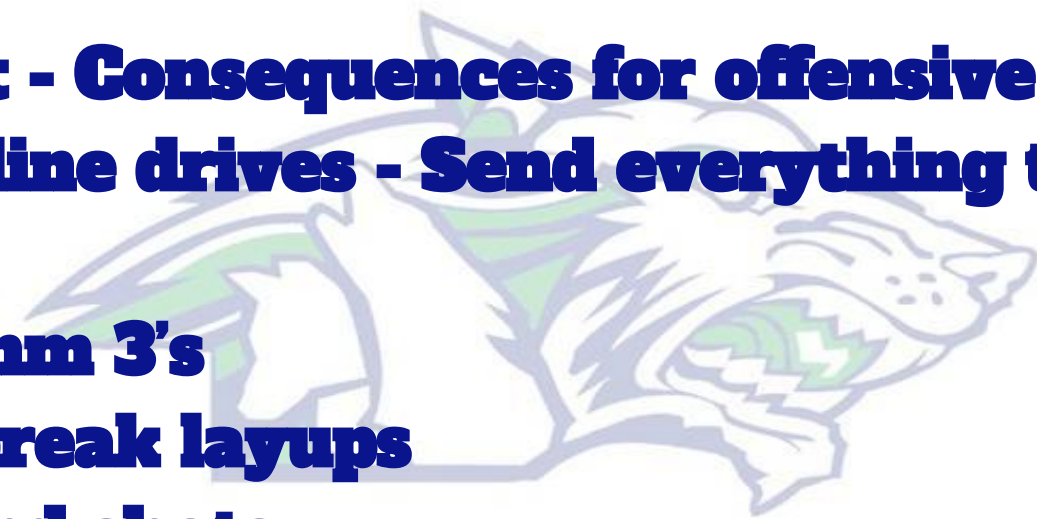
**3-We Rebound**

# **PACK LINE PHILOSOPHY**

- 1. Build a wall around the paint (Pack line is a couple of steps below the 3 point line)**
  - 2. Team vs the ball**
  - 3. Not a “rotation” defense - The help is pinched to the gap**
  - 4. Exaggerated help and perfect closeouts**
  - 5. The post won't beat us**
- 

# **NON-NEGOTIABLES**

- 1. No paint - Consequences for offensive player**
- 2. No baseline drives - Send everything to the middle**
- 3. No rhythm 3's**
- 4. No fastbreak layups**
- 5. No second shots**



# **ON-BALL DEFENSE**

- 1. Heat up the ball - In your face, nasty, and uncomfortable for the ball handler**
- 2. Seek to maintain baseline leverage**
- 3. Active hands**
- 4. Turn the ball handler - Level off and zig zag**
- 5. Lateral step to mirror offensive players first step**
- 6. “GUARD YOUR YARD”**
- 7. “Jump to the ball” when the ball is passed out**



# HELP DEFENSE

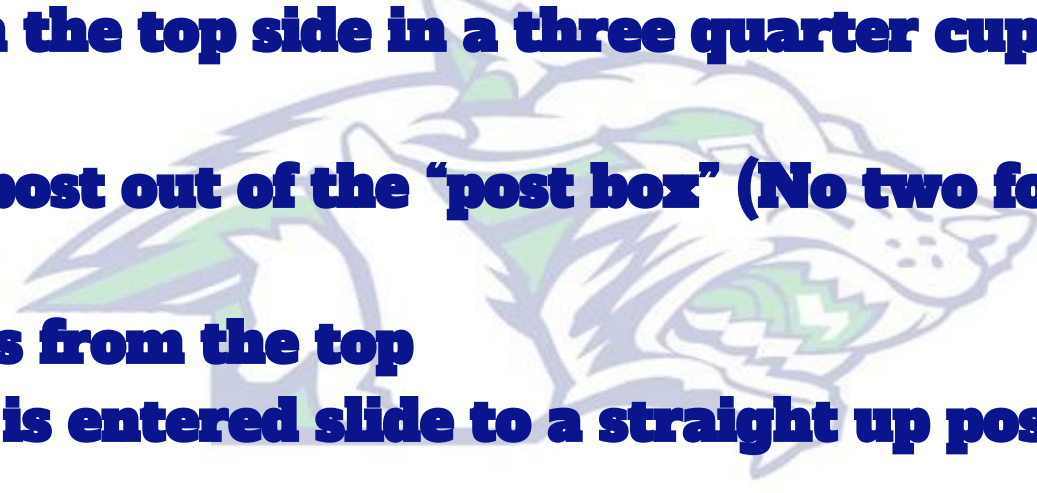
## 1. One pass away:

- a. Pinch the gap and stay inside the packline
- b. Ball foot is always up with vision
- c. Your help is by alignment
- d. Exaggerate the help
- e. Move on the air time of the pass - Jump to correct position
- f. Dead ball - Face guard defender
- g. No cuts across the lane - Beat him to the spot
- h. React to back cuts - Flip and find

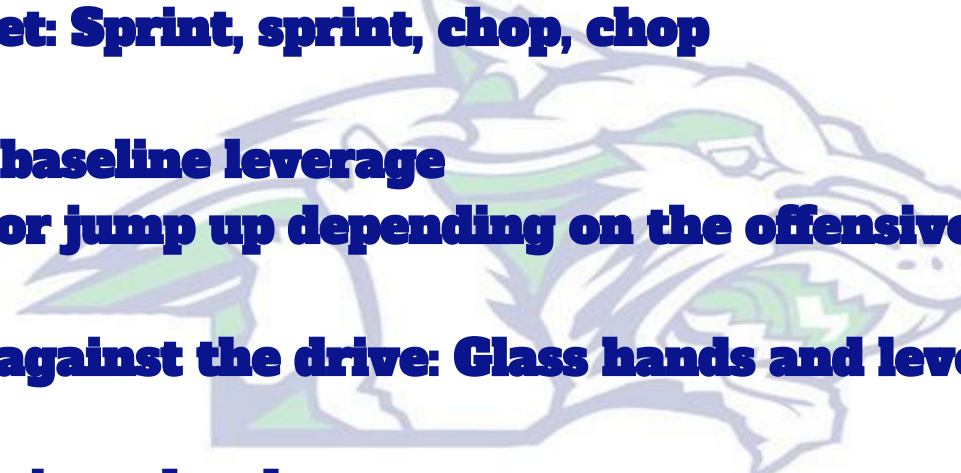
## 2. Two passes away:

- a. Straddle the lane line
- b. Be alert and ready to pinch to the gap on the pass

# **POST DEFENSE**

- 1. Always on the top side in a three quarter cup position**
  - 2. Push the post out of the “post box” (No two foot catches)**
  - 3. Deny feeds from the top**
  - 4. If the ball is entered slide to a straight up position (Wall Up)**
  - 5. Option for a big to big post trap**
    - a. Passer is face guarded**
    - b. High and rim defenders**
    - c. Once a pass is made we must matchup**
- 

# **CLOSEOUTS**

- 1. Close out feet: Sprint, sprint, chop, chop**
  - 2. High hands**
  - 3. Closeout to baseline leverage**
  - 4. Jump back or jump up depending on the offensive players motives**
  - 5. Jump back against the drive: Glass hands and level off on the drive**
  - 6. Jump up against the shot:**
    - a. Head on the ball**
    - b. Trace the ball with one hand and hand above the shoulder to contest the shot**
- 

# **CLOSEOUT DRILLS**

**You need to work on closeouts everyday:**

**Vegas Closeouts**

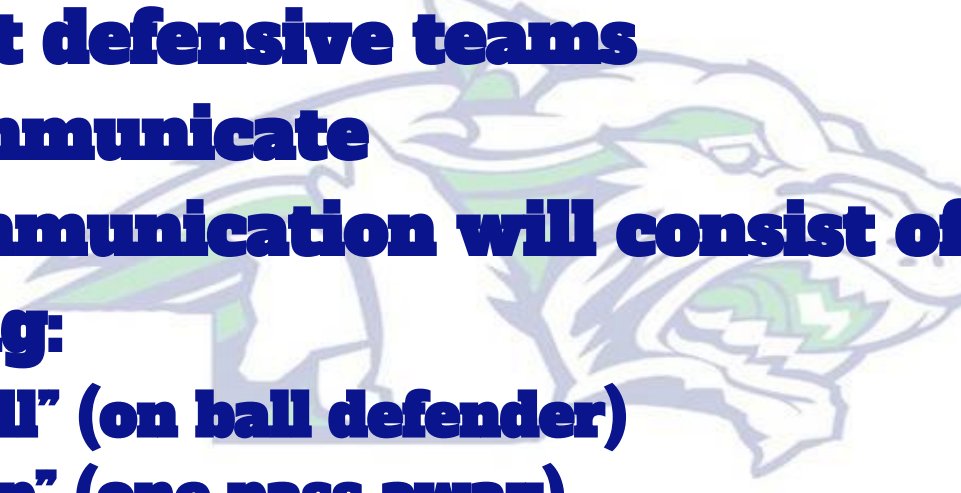
**Hurley Drill**

**1 on 1's**

**3 line Close Outs**



# **COMMUNICATION**

- 1. All great defensive teams overcommunicate**
  - 2. Our communication will consist of the following:**
    - a. “Ball” (on ball defender)**
    - b. “Gap” (one pass away)**
    - c. “Help” (two passes away)**
    - d. “Hedge or switch” (your man is the screener)**
- 

# **Pick and Roll Coverage**

- 1. Guard to Guard-Switch**
- 2. Big to Little-Hedge**
- 3. Big to Big-Switch**

**This is our coverage 95% of the time. You must work however you choose to defend ball screens every day.**

# **Transition Defense**

**In our defense, we rebound 3 and 2 get back in transition. Once the opponent has the ball:**

- 1. Sprint Home—No buddy running**
- 2. Load to the ball**
- 3. Match Up—mismatches don't beat you, open shots do—This takes great communication**

# **Transition Defense Drill**

**Gonzaga Drill—We use this drill to work transition defense, but then turn it into an end of game drill:**

- 1. 3:00 on the clock—keep score**
- 2. Run “Gonzaga Drill”**
- 3. Play out remaining time as an end of game situational drill.**



## **Change Up Defense**

**Very rarely will you be able to play the same defense every game, all season.**

- 1. 1-2-2 into a zone**
- 2. 1-3-1 (Vampire)**
- 3. 1-1-3 (Monster)**



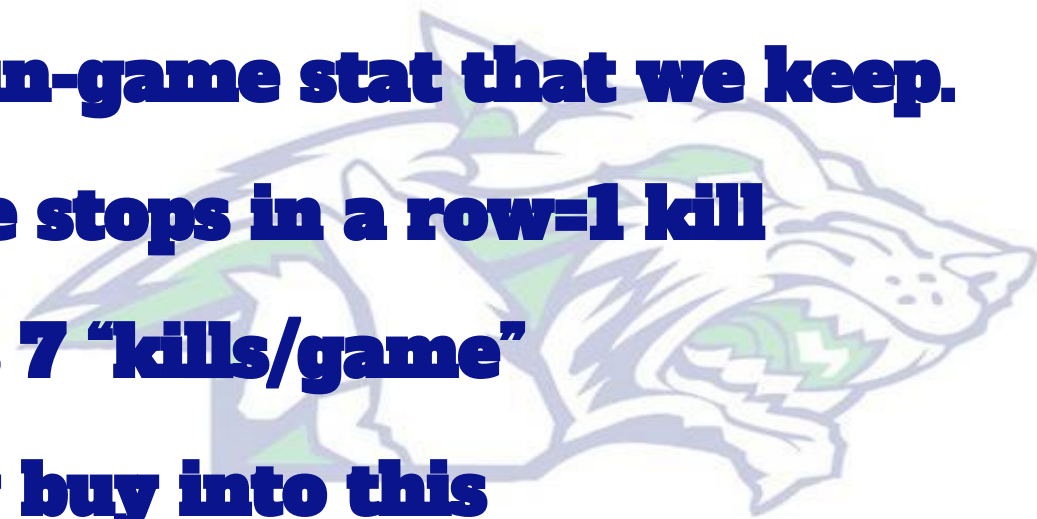
## **Kills**

**This is an in-game stat that we keep.**

**3 defensive stops in a row=1 kill**

**Our goal is 7 “kills/game”**

**Kids really buy into this**



# **Great Resources**

**Tony Bennett**

**Mike Neighbors**

**Chris Mack**



Questions??

