

Pack Line Defense summary (Version 2)

Our 1 Main Goal:

PACK STOPS

A Pack stop is a possession with:

1. No uncontested shots
2. No lay ups
3. No offensive rebounds

If we are able to get 10 Pack stops per quarter, we will have a high chance of winning the game.

Terminology

- **Early** - Call out by Shooter on the field for all player to get back on defense after a shot (EARLY, EARLY, EARLY!)
- **Dead** - Call out by on-ball defender, when opponent picks up his dribble. Everyone starts denying the pass (Dead, Dead! Dead, Dead!)
- **First bounce help** – help defender meeting the ball on the first bounce
- **Being lost** - When the ball is on one side of the field, the weak side players have to move at least into the zone area (preferably middle). If you are outside the zone on the weak side, you are lost.
- **Head hunting** - finding a "head" to box out during a shot. This is very important.
- **Basket first, Ball second** - Cover the basket first to make sure no long passes or easy buckets can be made, secondly stop the ball

Non-negotiables

1. Early Transition (Recognition, Rotation, Anticipation, **Communication**)!
2. No post feeds from the top!
3. No outside or direct drives (NO BASELINE) & Level off on drives!
4. Ball pressure (Don't get faked out)!
5. Move on airtime (Move during the pass)!
6. Vision (Be in a position to see the ball & your man)!

Important points

1. **Pack Positions** (The corners of the paint form the original “Pack”)
2. **Early Transition** (Early! Full speed! Turn at half court! Find a player to guard!)
3. **Defending the Post**
 - a. $\frac{3}{4}$ Deny from the wings (get behind on pass) & Full Deny from the top!
 - b. No Baseline drives on perimeter defense!
 - c. Trap (Big on Big) or Choke (Stunt, Bluff)
 - i. Perimeter rotation! (Rim & Top-Position)
4. **On Ball defense** (No baseline, level off on drives inside)
 - a. HIP in front of the ball
 - b. HANDS - high ‘n’ wide
 - c. 1 ARM length from ball handler
5. **Don’t get faked** (on ball pressure)
6. **Exaggerate the gap/help** (First Bounce help!)
 - a. Ball, You, Man (BYM!) – Be in the Gap early!
7. **Chase your man on screens & Hedge and recover** with Pack help
8. **Head hunting**. If the someone shoots the ball, head hunt = BOX someone OUT!

8 Things that hurt the Pack (and need to be worked on)

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|------------------------------|-------------------------------------|
| 1. Jumping on shot fakes | - Only jump, when the shooter jumps |
| 2. Reaching | - Defend with your feet |
| 3. Hands down | - Hands are always up and wide |
| 4. Silence | - <u>COMMUNICATE!</u> |
| 5. Over helping | - We only double in the post |
| 6. (Offensive Rebounding) | - <u>Box out (HEAD HUNT)</u> |
| 7. Lateness/Slow to the trap | - Move and trap during the pass! |
| 8. Not hustling | - Effort wins games |