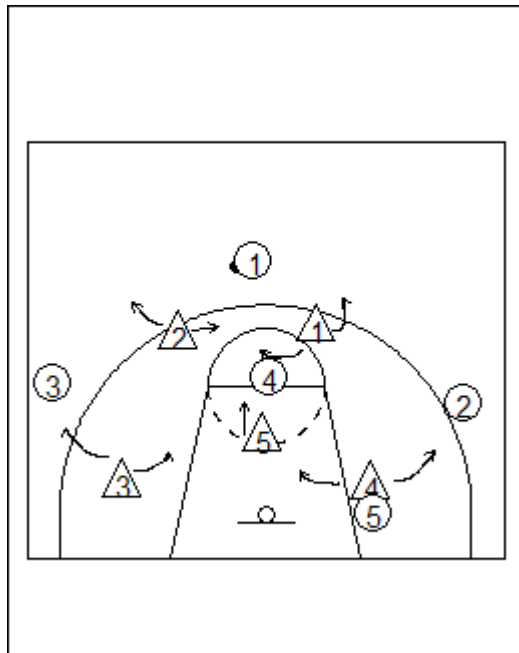




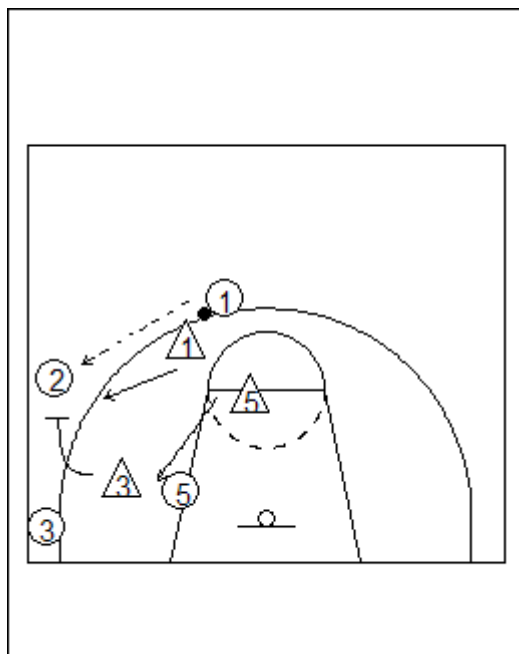
Mario DeSisti: Zone defense



1

2-3 zone

The players must be low and wide to prevent being screened. The top players are funneling the ball handler into the middle. X5 defends the high post. The two wings are responsible to cover the low post and the first wing pass.



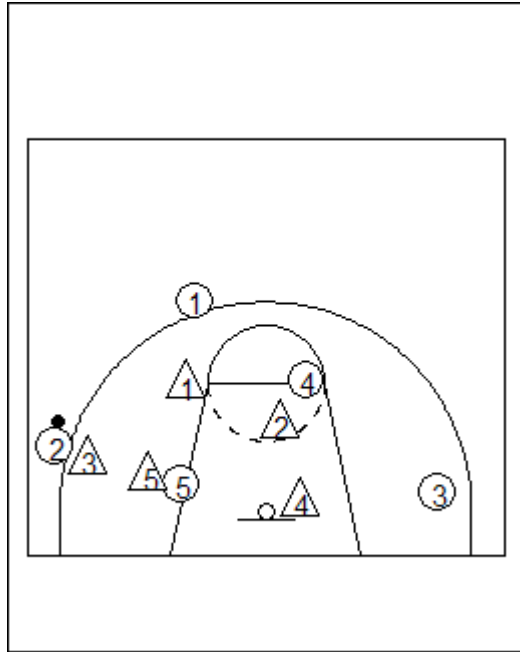
2

Pass to the wing (above the foul line)

X3 covers this pass but does so in a manner that prevents the quick pass to the corner.

X5 sprints to front the low post. X1 moves to the wing to bump X3 back to the corner.

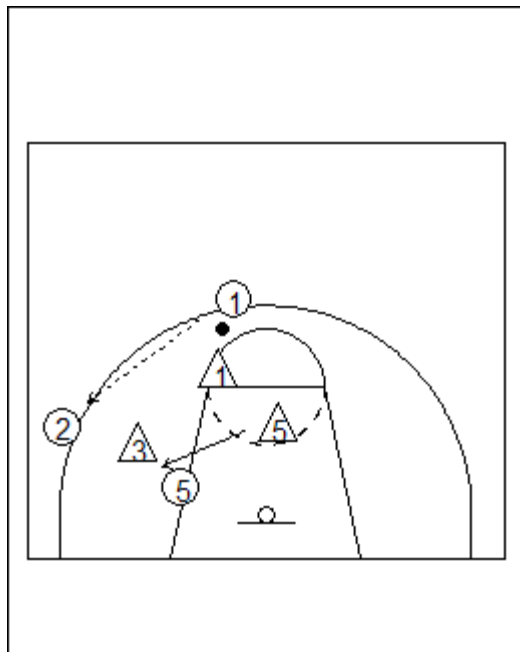
When the ball is this high it is very dangerous to have the bottom of the zone covering the wing.



3

Ball below the foul line

If the ball is below the foul line X3 stays on the wing. There is little room for a corner offensive player. X1 stays and defends the high post.

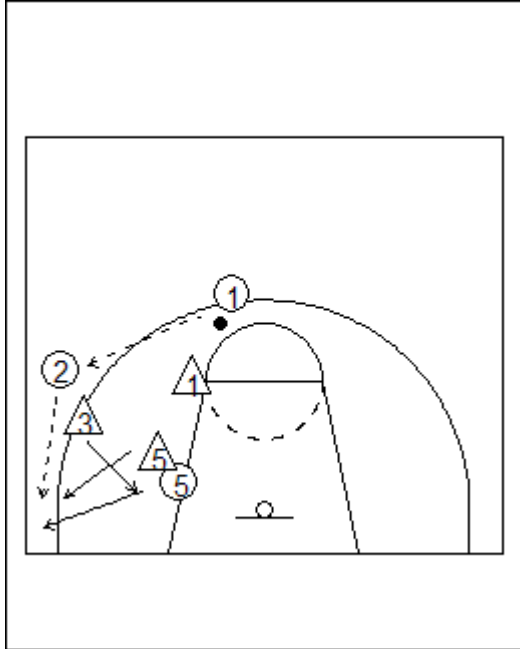


4

Drill

3 on 3 where is the ball?

Play 3 on 3 on one side of the floor. The defense must work on where the ball is located. Does X1 bump X3 back or does he/she stay to cover the high post?



5

Pass to the corner

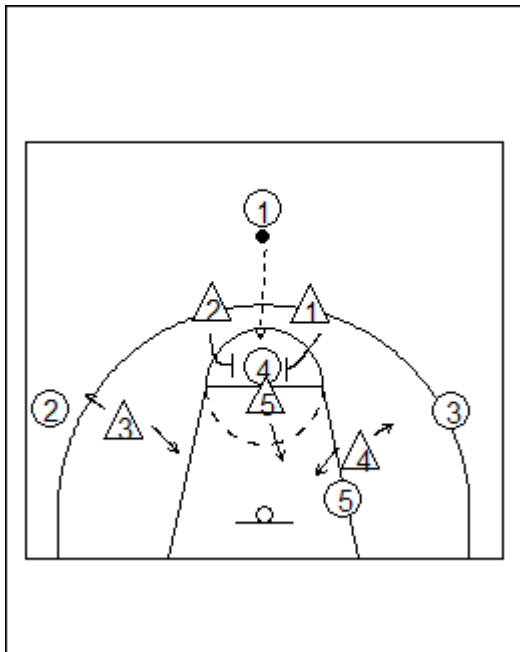
Now add a pass to the corner. The post steps out. The defense executes a short slide. X3 dives to take the post.

On the pass back to the top switch back to original positions.

If the pass to the corner was made from above the foul line extended the X1 would bump X3 back to the corner.

Now have four reads

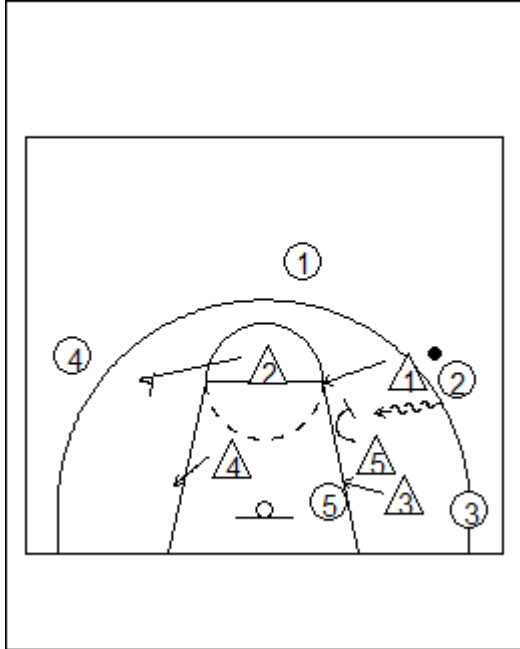
- a) pass above foul line extended
- b) pass below foul line extended
- c) pass to the corner from above foul line extended
- d) pass to the corner from below the foul line extended



6

Pass to the high post

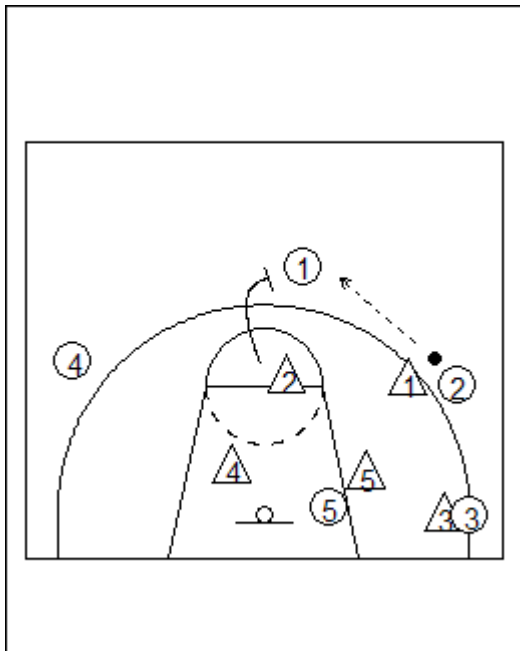
The two guards trap the high post preventing him/her to face the basket. X5 drops back to cover the front of the rim. X4 and X3 retreat to cover the blocks first. They can then return to the wings.



Penetration

7

Work very hard to take away the diagonal pass.



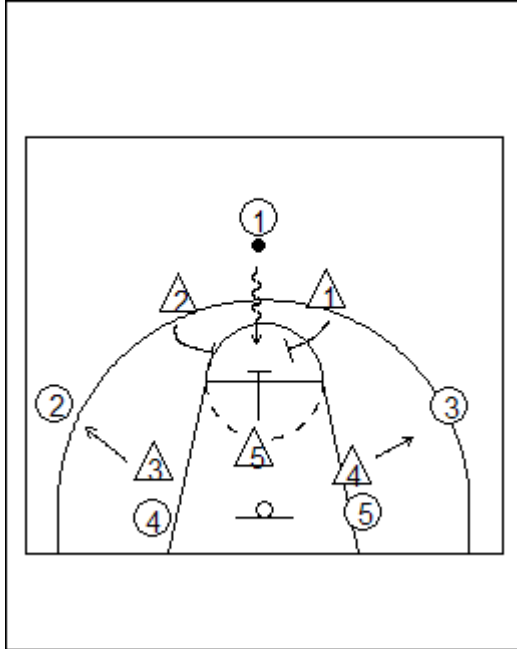
Ball reversal

8

Attack the ball and force it back in the direction it came.

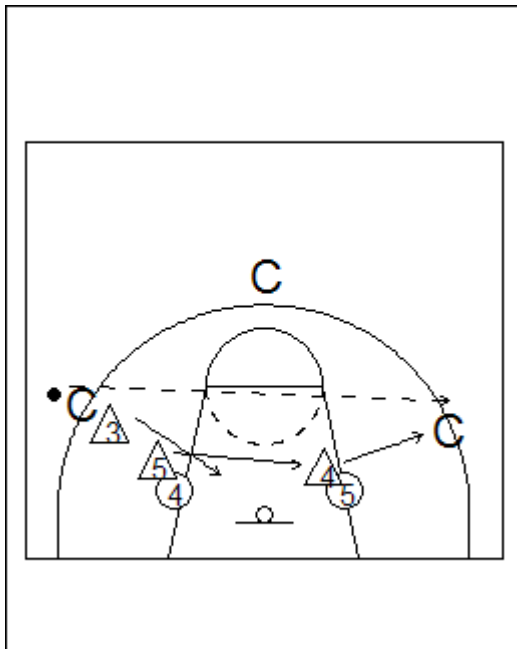
Top penetration

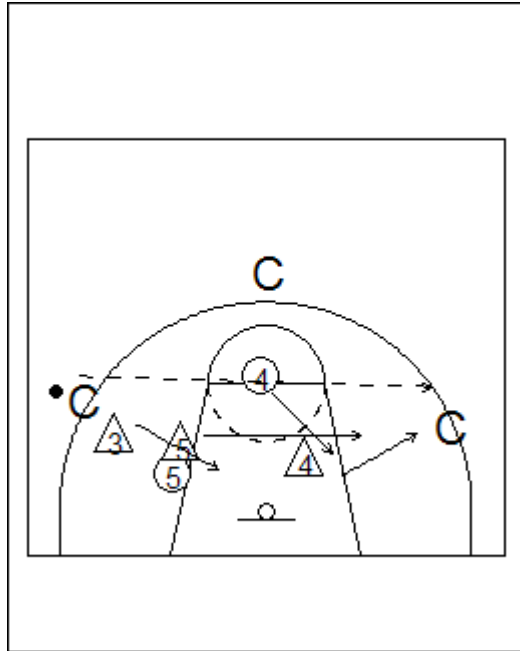
Box trap. #1 is trapped by the centre stepping up and the two guards funneling him/ her to the foul line. The wings cover low first and then read the eyes of the passer.



Drill for back line

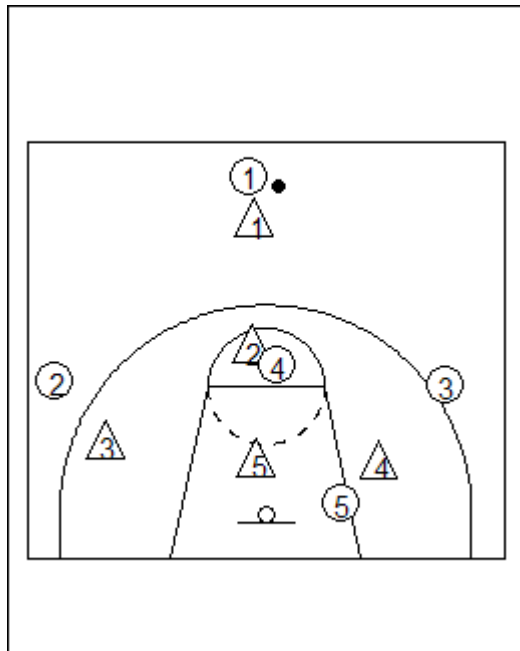
The three backline players must work to move on the "air time" of the ball. All defensive movement takes place when the ball is in the air. Sprint to get in position.





Add x-cuts by the posts

11



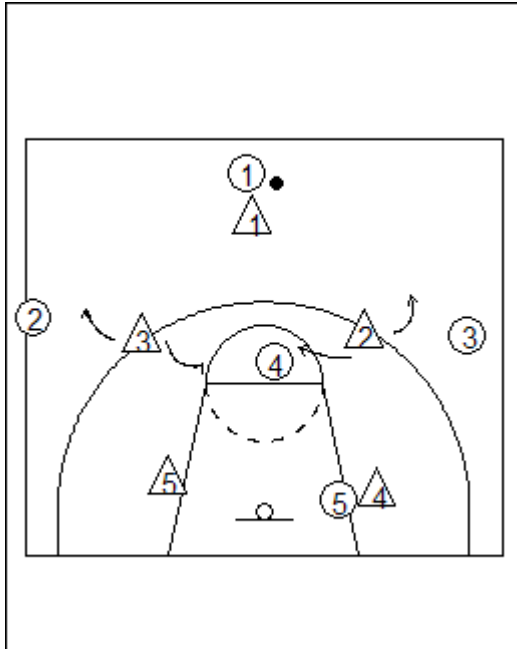
1-1-3

Start in the 1-1-3 alignment when the opposition has a great guard. The player has to defeat two defenders. The rest of the slides are the same as the 23.

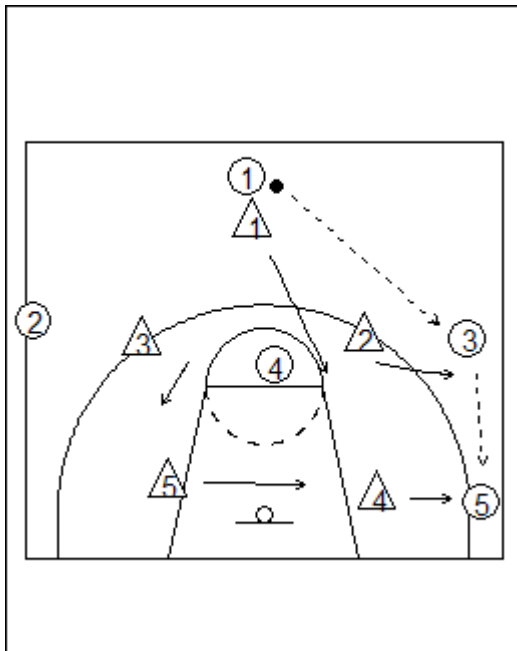
12

1-2-2

Again play wide and low. Moving in and out causing confusion.

**Wing pass**

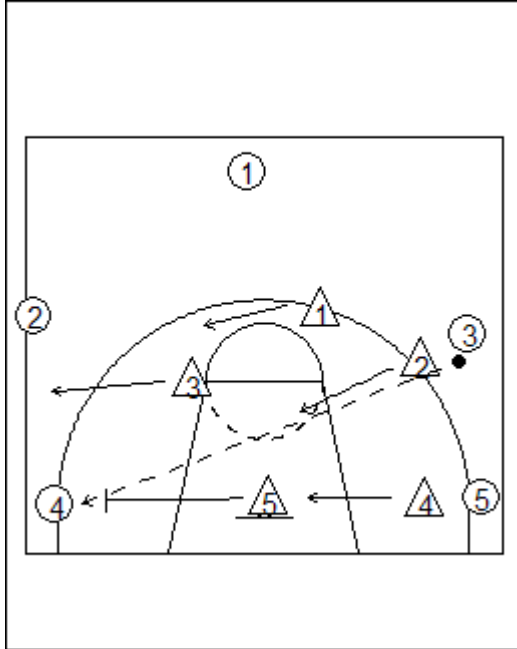
Anticipate the pass to the corner.



Skip pass

Ideally want the forward taking the corner. The quickest player must cover sometimes. If the wing defender covers the bottom player bumps him /her back.

Players try to position themselves in places where they can shoot the gaps for steals.

**High post**

Sag into to prevent the direct pass off the top. On the pass to the wing X1 must front the high post.

