



KBA - Defensive System



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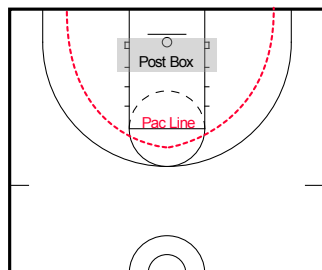
1.13 KBA - Defensive System - Contents (cont.)
No Switch

6



KBA - Defensive System

PacMan Court Markings



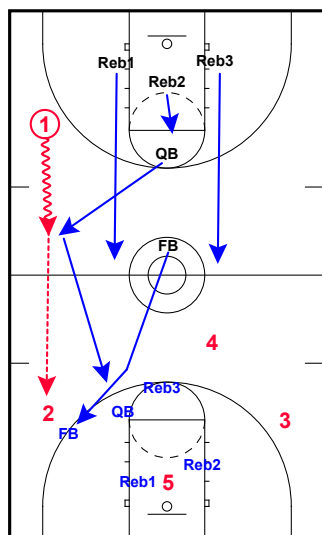
Pac Line

- *All passes made to the inside of this line must be denied
- *All dribble penetration inside this line must be stopped

Post Box

- *No catches in the post box
- *No drives to the post box

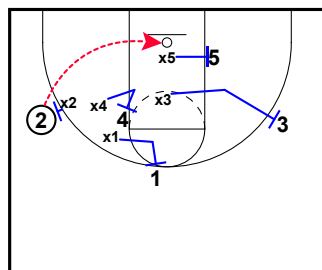
Transition



Transition

- *On the shot QB to FT line, FB to halfcourt, and 3 Rebounders go to boards
- 1. QB stop, challenge, turn the basketball
- *If the ball is kicked ahead, the QB must sprint back and get to the level of the ball
- 2. FB allows no one behind him and guards any kick ahead passes- he becomes the first ballside defender
- 3. Rebounders must SPRINT back
- Reb1 - covers ballside block
- Reb2 - sprints to lane and zones/matches up
- Reb3 - takes the player furthest from the ball or a trailing big

Defensive Rebounding

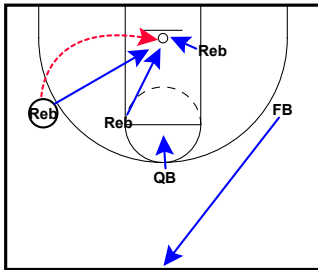


Defensive Rebounding

- *All 5 players must Box & Rebound
- *On the flight of ball:
- 1. Yell "Shot" to alert teammates
- 2. HIT offensive player with a forearm in the chest
- *Do not touch the shooter
- 3. Reverse pivot in the direction the offensive player moves
- 4. GO GET the ball HIT & GET

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Offensive Rebounding/Transition Defense



Offensive Rebounding/Transition Defensive

On the shot:

1. QB goes to the FT line to rebound and stop the ball from being quickly advanced with dribble or outlet

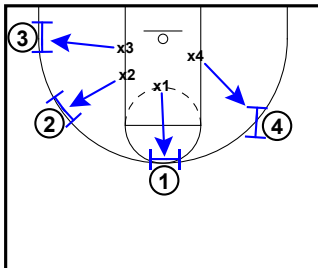
*QB is an assigned duty for a specific player. The only way he doesn't perform QB duties is if he drives to the rim and is not able to get back in front of the ball. "I'VE GOT BALL"

2. FB goes to halfcourt and protects the basket.

*FB is also assigned but must be communicated on every possession since these responsibilities could change depending who and where a shot is taken from. "I'M BACK"

3. The other 3 players must attack the basketball on every shot. If the rebound is secured by the defensive team, all 3 players must immediately SPRINT to defense.

Closeouts



Closeout Technique

*All performed with a sprint halfway, short choppy steps, and 2 high hands

X1 - closeout square

X2 - closeout influencing ball to baseline (regular)

X3 - closeout square

X4 - closeout when in "ICE" defensively - NO MIDDLE

Closeout Gap Terminology

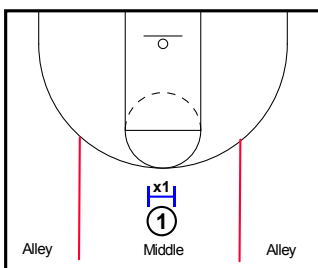
0 Gap - 0 arm lengths; great shooter, no help or fake & recover

1 Gap - 1 arm length; good shooter

2 Gap - 2 arm lengths; prefers to drive

3 Gap - 3 arm lengths; all drive

Ball in Middle



Ball in Middle

*Feet & Shoulders square to the ball

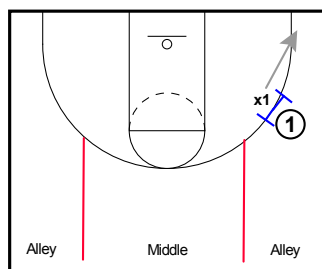
*Hands on ball level - Active!

*As close to the ballhandler as you can be and still contain it

*Keep the ball in front of you

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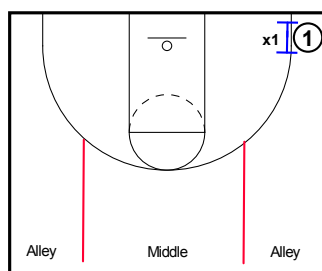
Ball in Alley



Ball in Alley

- *Feet & Shoulder pointed to corner
- *Defender's chest on offensive player's shoulder
- *Hands on ball level - Active!
- *As close to the ballhandler as you can be and still contain it
- *Keep the ball in front of you

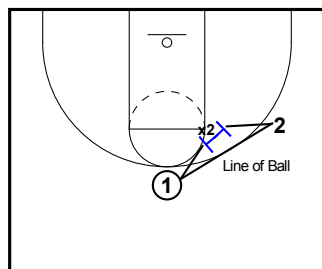
Ball in Corner



Ball in Corner

- *Feet & Shoulders square to the ball
- *Hands on ball level - Active!
- *As close to the ballhandler as you can be and still contain it
- *Keep the ball in front of you

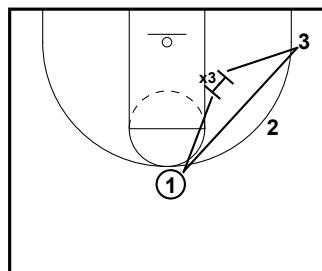
Gap Position



Gap Position

- *Pointing at man and ball
- *Feet & shoulders parallel to the line of the ball *1 big step off the line of the ball
- *COMMUNICATING

2 Passes Away

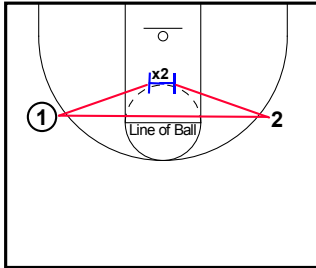


Help Position

- *Pointing at your man and ball
- *Feet & shoulder parallel to the line of the ball *1 foot in the lane
- *2 big steps off the line of the ball
- *COMMUNICATING

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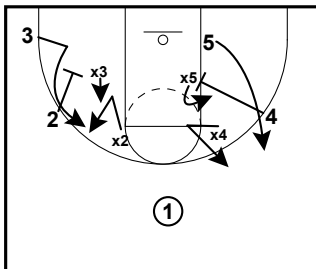
Backside



Attackside Position

- *Pointing at your man and ball
- *Feet & shoulder parallel to the line of the ball
- *2 feet in the lane
- *2 big steps off the line of the ball *COMMUNICATING

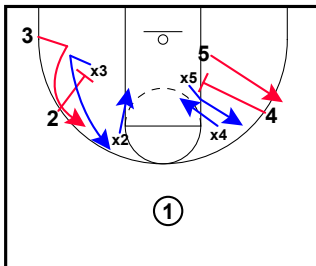
Switch



Guard-Guard or Big-Big Screens

- *COMMUNICATE CLEARLY
- *Contact with teammate - push him out
- *Maintain GAP when switching on the perimeter, switch into the GAP - maintain help position
- *Maintain UP THE LINE position as an interior defender when switching - knock down the cutter, no face cuts

No Switch



Big-Little or Little-Big Screens

- *Screeners defenders must open stance to the ball and provide help for cutter's defender as they get through screen "GET THROUGH"
- *Cutters defenders must BEAT THE SCREEN - under, over, through doesn't matter - we want to beat it as quickly as possible "I'M THROUGH"
- *Cutter must recover to GAP position once the screen is defeated