



Defensive System

Keys to Great Defense:

- ✓ Toughness
- ✓ Hard Work
- ✓ Accountability-did you do your job?
- ✓ Trust Each Other

Our C's to Success:

1. **CONVERT**- Good Defense starts with good Offense.
 - a. Balance & Spacing
 - b. Shot Selection
 - c. Pace
 - d. No Turnovers
2. **CONTAIN**- Stop the ball & keep it in front of you.
3. **CONTACT** – We Hit first & dictate cuts
 - a. No one allowed to cut freely though our paint
 - b. On rebounds
4. **CONTEST**- We dictate what shots they get. *Goal: contest at least 60% shots
 - a. No layups
 - b. No uncontested shots
 - c. No middle drives
 - d. No FT's-no bad fouls
5. **CONTINUE**- Must be able to sustain through an entire possession.
 - a. Multiple efforts
 - b. No breakdown on rotations, communication
6. **CHARGES**- Good defensive teams are physical and take lots of charges
 - a. Protect the paint, protect the basket
 - b. Momentum changer
7. **COMMUNICATE**- *The most important aspect of Team Defense!*
 - a. Intimidates the Offense & builds confidence in own Defense
 - b. Call out coverage's 3x. "Ball, Ball, Ball"
 - c. Use names- makes us Accountable
 - d. Talk Energizes our D
 - e. "Talk, Point, Talk'- Must be able to communicate in multiple ways- eye contact, pointing, etc. But do not rely on only one. Always clarify with verbal communication.

Must stay away from:

- CRITICISM
- COMPLAINING
- CONFUSION
- CONCEDEDING-don't give up anything on D.

Phases of Our Defense:

- **Transition Defense:**
 - Stop Ball & Side Ball
 - Load to Ball
 - Communicate
 - Make them throw 2 or more passes
 - Match up-point & talk, may not be your assignment
 - Open shots beat you in transition. Mismatches rarely do.
- **Half Court Defense:**
 - Pressure at point of attack & establish help side
 - Limit penetration-pass, dribble, cutting
 - Pressure the ball-on catch, on dribble
 - Own your own check but as a team guard the ball, not just your man
- **Box Out & Rebound**
 - Everyone see ball and call 'Shot'
 - 'Hit & Get' be physical with check and then go get ball
 - Rebound with all 5 players-no leak outs.

Team Defensive Goals

Take 2+ charges/game

Force 18+ TO's/game

Hold teams below 35% shooting

Get 8+ steals/game

Take 12 or less fouls/game

Hold teams to less than 8 offensive rebs/game

Get 30+ deflections/game

Must develop an IDENTITY defensively as a team. Must have COMMITMENT from all 5 players on the court. Must have all five players on the floor willing to sacrifice for the team. Example: 2014 Raptors*When everyone did their job, other team scored 29% of time. When only 1 person missed their responsibility, the other team scored 80% of the time. There must be a total commitment and you must believe in it and be committed to giving great effort consistently.



Offensive System

Keys to Great Offense:

- ✓ Defensive Rebounding
- ✓ High outlets on the move
- ✓ Sprint!! Wings get wide, first big go to the front of the rim and look for the ball
- ✓ Breakout dribbles by guards and forwards when pressured
- ✓ Make good decisions
- ✓ Every position must be able to handle the ball

Points of Emphasis

1. Beat teams with our speed and ability to get players and the ball down the court quickly.
2. Must look to breakout dribble. Must have our head up and see what's up court before putting the ball on the floor.
3. Advance the ball with a pass as much as possible. You should know what you are going to do with the ball before you receive it.
4. Get high percentage shots-layups, open jumpers or open 3's. Do not force-if we don't have a good look we will get into the next phase of our offense.
5. Ultimately we want to break down the defense with our speed and create number advantages. If we do not have a numbers advantage we will get into early offense.

Our early scoring options are:

- ✓ Create and take advantage of number advantages (3on2, 2on1)
- ✓ Take on 1on1 from the wing spots
- ✓ 4 or 5 man sealing at the front of the rim-from all angles (wing and trailer)
- ✓ Skip to opposite wing for a shot or 1on1 opportunity.

The 5 concepts or actions players need to play out of are:

- i. Drive & kick
- ii. Ball-screens
- iii. Off-ball screens
- iv. Post feeds from the wing as well as the principles of "Hi - Low" basketball.
- v. Broken plays-5 secs or less. Each player must master moves to create a high percentage shot in the last 5 secs of the shot clock.

Sound offense has the following elements:

1. Great shot selection

Don't take the shots that the defense gives you, take the shots that we want. Know what is a good shot for you and for the team. This is the basis for "team play"ie who is able to shoot the early 3!!

2. Floor spacing and balance

Offense needs to make the defense guard as much space on the court as possible to stretch out the defense to open gaps for penetration, post feeds and cuts. Use the floor and don't crowd each other or take the ball into "traffic".

3. Hard Cuts

Cutting is the foundation of any good offense. A strong quick cut to the rim attracts the defense and can create opportunities for the cutter or their teammates. Cuts can be to the basket or off of screening actions (curl, slip, back cut, fade). Cut with purpose.

4. Low turnovers

Be strong with the ball on the catch and on the dribble.

Know your looks before they happen.

Do not force tough passes-make the simple play.

6. Post Play

We will look to put the ball in the post on every single catch. This will suck the defense in and give opportunities for high percentage shots and kick outs.

All players must be taught how to duck in, seal or flash into the post.

We should look for opportunities to see big-small and small-big screens (back screens, flare screens, shuffle screens, pin down screens, ball screens). Proper Post feeds must be worked on daily.

6. Good Ball Movement

The defense will wear down with good ball movement. We want to look to get ball reversal as much as possible to create closeout situations and put the defense on their heels. The defense only has to play for 24 seconds, so QUICK ball movement is critical and players facing the middle of the floor and seeing the middle of the floor on the catch is critical. This allows them to see people below them on the perimeter or open inside and they know where the ball is to go as they make the catch. This is critical to good quick "purposeful" ball movement.

7. Pace and poise

Advance the ball quickly

Be aware at all times of the defense and your teammates positioning.

Read the defense-know your reads before you catch.

The man with the ball must be calm but decisive in pressure situations.

8. Good Screening Action

Players need to know how to set good screens, set their men up use screens properly and be able to make a good pass to a player coming off a screen.

We will set a lot of Big-Small screens, as well as Small-Big screens to create mismatches. Screeners need to be quick second cutters once the screen is used-the player receiving the screen must read the defense, the screener will read her teammate.

Offensive Drills

1. Ballhandling
2. Passing
3. Footwork-catching, stopping, shooting,
4. Building your Break-Offensive Transition
5. 1on1 Drills
6. Shooting
7. Playing against pressure
8. Decision Making



Vikes Culture of Excellence

We believe that establishing a culture within your team is the most important part of being successful. I understand that as coaches we are being judged on the performance of our players. For example do they compete fiercely, do they display excellent fundamentals, do they show that they are developing their Basketball IQ's, are they good people? My goals as a coach are to help/guide them to be successful academically, to reach the limits of their potential as athletes, and to develop sound character and citizenship.

Here are our priorities in a developing a strong culture in our program:

- Culture is EVERYDAY. Defined, communicated, understood.
- Every member of the team (coaches, support staff, players) will live by the standards we set.
- No one is "above" doing any task or job.
- Win the battle of 50/50 balls. Get on the floor and sacrifice your body.
- Winning is about consistently doing the "little things" which means explicit attention to detail by the coaching staff.
- We will work to get better every single day, in our individual fundamentals and their application to the principles of play and thereby developing our Basketball IQ's, and by striving to improve physically and mentally throughout our training sessions.
- Anytime a teammate goes to the floor, everyone helps them up.
- Anytime a teammate makes a good play in a game the entire bench will stand up and acknowledge it.
- Care for each other, and show it.
- Prepare thoroughly our team for each opponent.
- Players never communicate negatively with officials.
- The coaching staff is loyal, disciplined & hard working.
- Protect your culture by bring in the right people. Don't sacrifice your values.
- Be honest with each other- say what they need to hear, not what they want to hear.