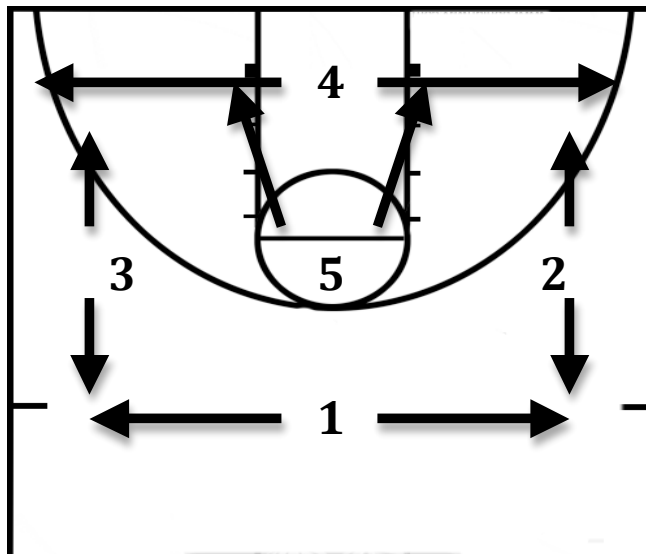


1-3-1 ZONE DEFENSE
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- Strengths:
 - Provides pressure on point of attack
 - Stops strong post play, or slashers
 - Keeps team's guessing/ conservative or aggressive
 - Evens playing field against superior talent
- Weaknesses:
 - Rebounding
- Key Coaching Points: ** Must have strong man-to-man principles**
 1. Stay in stance whole possession
 2. Read eyes and anticipate
 3. Move on flight of ball
 4. Look for deflections
- Positions and Personnel:
 - 1 > (is point person/ tends to be long and athletic forward) – denies ball reversal
 - 2 > (Smaller quicker guard playing strong side- great ball pressure)- plays on a string with 3 and drops weak side block when ball is strong side wing
 - 3 > (Bigger forward/guard weak side rebounder)- drops weak side block when ball is strong side wing- crashes boards hard
 - 4 > (Baseline runner/ quick guard, anticipates, good court vision and covers ground)- plays step off lane line
 - 5 > (post player)- stays between ball and basket at all times- always fronting when ball is in corner

Basic Areas of Coverage



- Key Rotations/Movements:
 - 1 funnels ball to wing where 2 or 3 begin to shadow, while 5 takes away middle
 - Ball is in corner: 4 must cover ball, 5 fronts low block, 3 or 2 must drop weak side block, 1 drops middle takes away high post or wing
- Adjustments:
 - Depends on offensive team's strengths/ Post strength 5 will look to front at high post, wings sink
 - Dribble penetration/ If occurs from top 5 helps, 3 & 4 drop to basket
- Aggressive Style:
 - Trapping Hotspots- wings, corners
 - Deny reversals and middle, force skip
 - Create chaos

Trapping Hotspots

