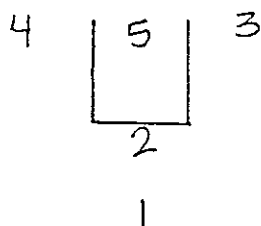


LADY VOL MATCH-UP

1 - 1 - 3 Set



- 1 Upguard
- 2 Backguard
- 3 Ball or Help Man
- 4 Ball or Help Man
- 5 Middle or Front Man

Guard Responsibilities

1. Upguard - Pick Up Ball, Force Out Middle
2. Backguard - Keep Ball Out of High Post
3. Play Ball Above Free Throw Line Extended, Stay With Dribble Reversal, Other Guard Loops
4. Play Every Out Pass Off the Baseline
5. Backguard "Sink" When Ball is on Opposite Baseline
6. "Closest Man to Ball" Rule Applies on Wing to Guard Pass
7. Play Skip Passes Off Baseline
8. Play High Post Penetration

Front Line Responsibilities

1. Play Wing Pass, Keep Ball Out of Middle
2. Front Low Post
3. Middle Man Plays High Post Pass, Forwards Cover Blocks
4. Middle Man Plays Baseline Pass on Overload
5. On Wing to Baseline Pass, Execute Short Slide
6. Front Man Must Spin to Basket on Shot

Team Responsibilities

- Call "Ball" on Every Coverage
- Apply Great Ball Pressure, "Smother the Ball"
- Play with High Hand and Quick Feet
- Keep Spacing
- "Bump" on Penetration High to Low and Baseline Up, Receiver Calls "Ball"
- "Attack the Ball" on the "Bump"
- Play "Priority" Defensive Position
- "Closest Man to Ball" on Skip Passes
- Return to Home Base When Ball is On Top
- Box Out Closest Man in Your Area - All 5 Rebound

Change-Up Options

- Chaser - 2 Guard Plays Man
- Other 4 Players Same Coverage
- "Bump" Behind Chaser

- Traps - Wing Entry
- Short Corner Passes