

Transition Defense- On a Missed Basket

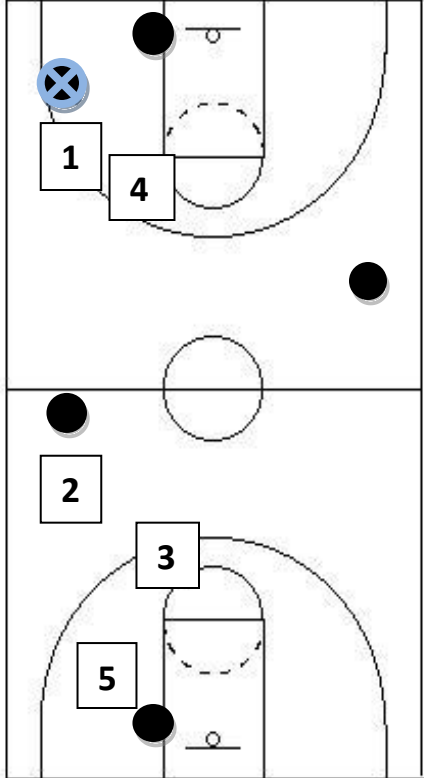
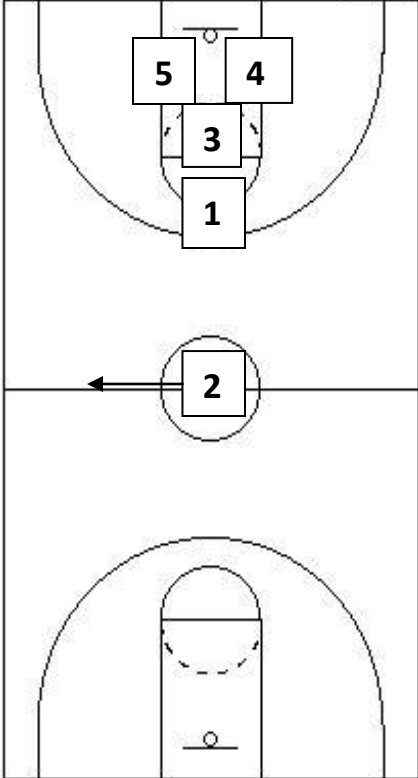
1-Turner-
Rebounds
Free Throw
Line

2-Sprints to ½
ct. - ball-side
1st up pass

3- Rebounds
1 of 3 spots

4-Shader-
Crashes to
ball

5- Rebounds
1 of 3 spots



1-Turner-Cheats
rebound side to
Outlet/PG

2- Ball side- 1st up-
pass-ball side

3- Covers 1st post
down the floor-
passes off to 5-
slides to help

4-Shader-Crashes
to ball- jumps 3
feet off of the
rebounder-outlet
side- works in
tandem w/turner-
1 yd. off-1yd. deep

5-Sprints to front
ball side low
block

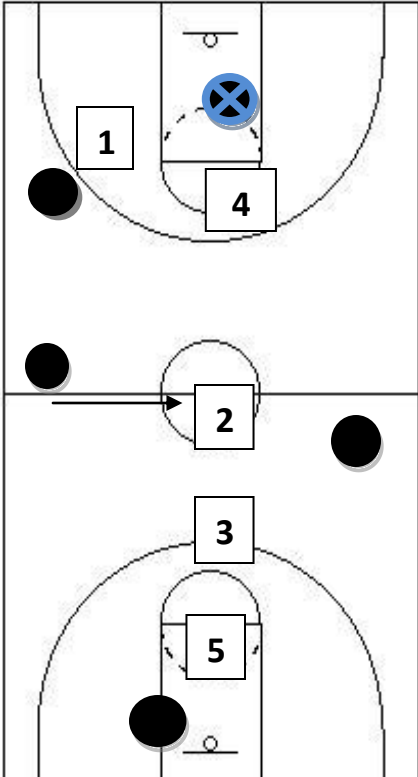
1-Turner-
Deny the
pass back to
the PG

4-Shader-
Center up on
reversal- Give
space, slowly
turn

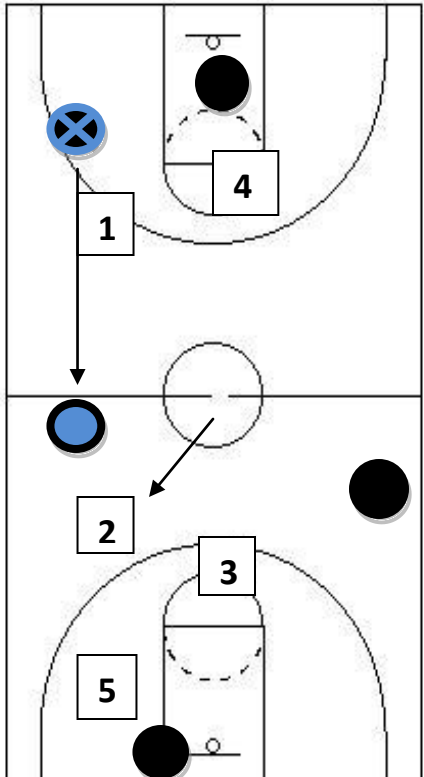
2-Center up
to pick up
up-pass

3- Sits in help

5- Plays up
the line of
lowest post



On Ball Reversal



On Ball-Side Up-Pass

1-Turner-Recover
to the height of
the ball

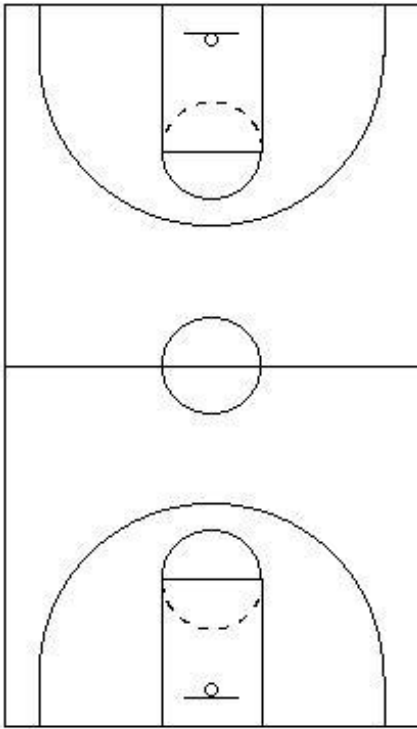
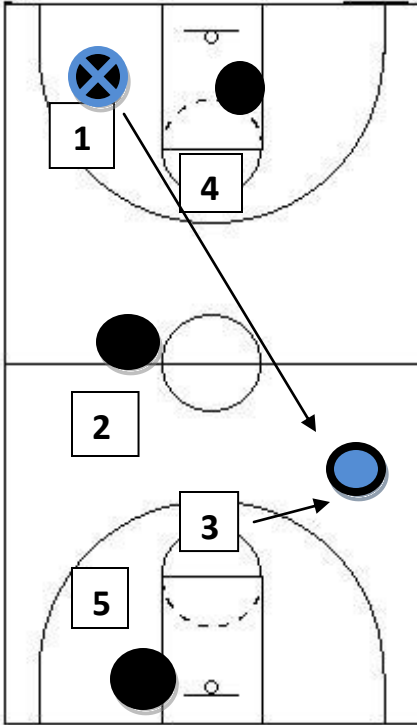
4-Shader- Recover
to the height of
the ball

2-Pick up ball side
up pass

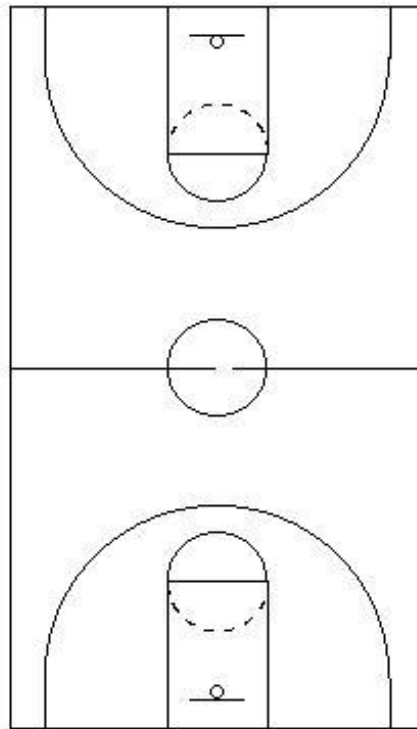
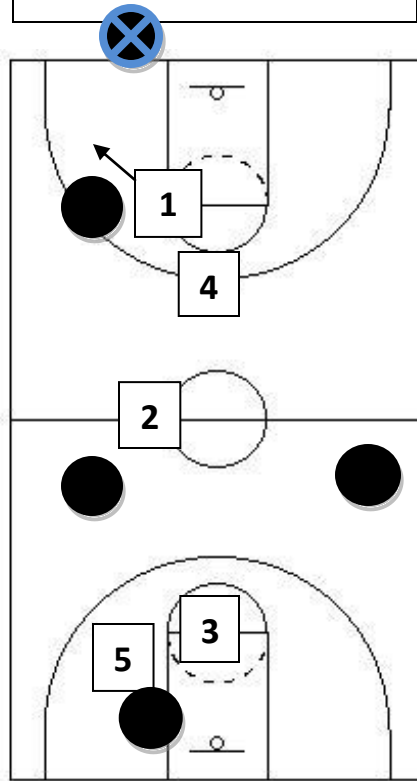
3- Top side help

5-Up the line on
ball-side post

**On Cross-Court Up
Pass**



On a Make



3- Go from help line to defend cross-court up pass

1, 2 & 4-Recover to the height of the ball

5- Jump to ball side

1- Turner- Deny high catch, allow low or corner catch

4- Shader- Work in tandem with the turner, 1 yd. off- 1 yd. deep

2- Cheat ball side up pass

3- Play 1st post down the floor, pass off to 5- go to help

5- Play up the line on 1st post to the block