Charles Kissi
Disruptive NBA Defensive Ideas

Not a system-based concept, e.g. zone or packline.

An "add on" to the menu. E.g. smoothie, could come with protein, extra fruit, seeds, powder, ginger etc. Same concept of being disruptive defensively.

Self-reflective questions:

What is your philosophy?
What do you credit in wins and losses?
How do you want to play?
Not going to outscore the team, what will you rely on when offense is subpar?
Who is your personnel?

NBA Coaches:

"Your level of NBA defense comes down to your level of shot contest." - Nick Nurse. Focus: shot contests

Shot quality is so important: how can we lower the quality of the shot the other team get as often as possible.

"If you are not good in transition, it's where your defense starts and you probably won't be good defensively. You'll be taking it out of the net and playing a lot of half-court offense." - Mike Budenholzer. Focus: paint protection

"i'm looking for activity! I put players in and take them out baed on effort and defense, not making or missing shots." - Doc Rivers. Focus: Containment 1 on 1

What side of the ball? Both matter for winning!

How are ORTG and DRTG calculated? Takes into account multiple factors. Not just points scored/ per 100 possessions.

Field goals attempted - offensive rebounds + turnovers + (0.4 x free throws attempted) = total number of possessions for the season. This works because a possession can end only in one of three ways: an attempted field goal, a turnover or a free throw, with an offensive rebound negating additional field goal attempts.

Divide the team's total points scored for the season by the possessions you calculated in Step 1. For example, 938 total points scored divided by 998 total possessions gives your team 0.94 points scored per possession. Numbers above 1.0 are generally considered good. Convert the offensive PPP number to an efficiency rating by simply multipling by 100. So 0.94 points scored per possession becomes an offensive efficiency rating of 94.

Defensive Efficiency = use the formula field goals attempted - offensive rebounds + turnovers + (0.4 x free throws attempted) = total number of possessions for the season to calculate total team possessions. Divide the total number of points allowed by your team by the possession total you calculated in Step 1. For example, 1009 total points allowed divided by 998 total possessions gives your team 1.01 points allowed per possession. The opposite is true for defensive PPP: Above 1.0 is bad; below 1.0 is considered good.

Influence the Actions:

So many players can score in the NBA. Not going to stop LeBron, Harden etc on most nights but can steal possessions and disrupt rhythm of offense.

How can we start to influence the offense's options to make their actions more predictable?

End of clock = mid ball screen or Isos. PPP is not as high if the ball handler ends up taking the shot.

Offense needs timing, space and options. Defensively we look to affect timing through effecting the pace of the game, pressure to take away space and denial to remove space.

Every second matters: points in the first 6 seconds are worth 33% more than the last 6 seconds. Can you grind teams and force them into turnovers and late clock possessions?

"Own the first 8 seconds."

Denial

"Black" = deny the primary ball handler. Play the long game.

Gets the offensive team out of their alignment as they will typically come back into their front court, and now it's harder to get into their offensive actions. Or makes a play called impossible but because player intended to be in possession of ball is someone else.

Makes another player who has to bring the ball up uncomfortable as they probably haven't practiced this.

Black is a situation whereby the player decides to do it, or called by the bench. Great to use on a FT or ATO.

Space

Everyone thinks NBA guys are too good to ball pressure. All the good teams incorporate it into their defense.

Blitzing = who can you blitz and why? Hot players, 3rd - 5th team options or to put the ball in a particular player's hands.

Ball pressure and pressure in the passing lanes help influence offensive decision-making.

Blitzing = influence who shoots the ball. E.g. Jokic is a 3PT Shooter. On the 4v3/ 3v2, we don't need to cover him and bait him into taking the shot.

Some good defensive options off the guts (pocket pass) on a blitz. If there is a player we want to test their ability to shoot, just gap off and bait them into it.

Situational denial = denying particular entries or actions based on scout report.

What type of denial. **Lockdown vs Top Lock**

"Lockdown" = if you have a player who is not comfortable making plays/ being a 1 on 1 player. When these players touch the ball, everyone else top locks as this player is not comfortable passing. We trust the match-up and his ability to contain! Also do this automatically on dead balls, could do late clock if you have a signal for it.

Top Lock = deny access on a catch or off-ball screen. Important to have your backside built in.

Top lock can be good for forcing a flare to the corner. From here, we can contain and use baseline and sideline as extra defenders.