

Mike Jagacki Defense

When implementing a coverage, have to think what are its weaknesses and how do players complement each other in a coverage. How we guard off the ball impact how we guard on the ball.

For instance on post-ups. If using 3/4 front, defender of passer has to complement the coverage. Weakness of 3/4 front is baseline pass entries and drives, therefore on-ball defender of passer can position themselves to take that away.

PNR: make it as easy for on-ball defender to avoid giving up a reject or getting hit by the screen. How are we guarding the screen before it comes? E.g. push position, strong/ weak. . Hedge defense affects on-ball stance for instance.

Complementary pairings. E.g. shoot gap on down screen into ice on ball screen.

E.g. Lock and trail, into take away middle, into hedge would lead to a lot of rejects.

Pairing actions:

- Back Screen, Pick
- Pin Down, Pick
- Iverson, Pick
- Flare, Pick

Questions for Building Defensive System

How do we want to defend the Pick and Roll? OR defend in the gaps?

What stance do we want on the ball?

Do off-ball coverage put the on-ball defender in a proper position?

Do off-ball coverage and on-ball coverages complement each other?

Heart and effort doesn't guarantee success in defense. Skill does. It needs to be trained and practice.

Building blocks of defense starts with stance. Forwards and upwards.

Forwards stance = little knee bend, lot of bend at the hips, flat back and very wide base. 90 degree angle. Get into the airspace of the offensive player without moving the feet forward.

Disruptive control = when you apply extreme pressure you reduce the options of the offensive player by limiting the directions in which they can go.

Forward stance pressures the dribble, takes away space and extends reach into the dribble pocket. Allows for disruptive control on the handler. Need an above average athlete to use this. NFL example.

Use upwards stance if less athletic defender but still need to guard at high level. Classical stance, feet shoulder width apart, little knee bend and slight bend at hip. Vertical stance. Allows defender to be in recovery mode and stay in front. Soccer example.

Upwards stance allows reach to be wide. "Keep backing up" forces offensive player to shoot over you. Use to contain the dribble and stay in front. Hips square, wide reach, force contests.

Footwork:

Touch slide = slide when feet stay apart

Two touch slide = when two feet come together to then explode for a larger second step. Used against a hard drive or sudden burst of pace.

Cross-step = when feet cross, to cover larger distances

Mirror = offensive player complete freedom. Each time offense gets outside hips of defender, they get a point. Change after 15 to 30 seconds. Can load in resistance bands. Can load in ball and add basket, offense can shot and D contests.

Close the Gate. Two cone gates either side of elbows. Defense has to cut them off before they get through gates, while remaining square. The constraints attempt to eliminate the drop-step which gives the offensive an angle to attack. Instead, pop-back and be square!

Just like offense, want to add moves to our defense so they have more tools in their bag!

12 seconds: defense applies as much pressure as they can. 4 seconds vs pivot, 4 seconds while dribbling, 4 seconds vs pivot again.