

Peter Lonergan
Defining the Outlet

<https://www.youtube.com/watch?v=sKglu0QfT40>

- Pace phrase at Basketball Australia = what do you do early?
- The challenge of staying in front of your man is so hard now with the skills of offensive players. Every practice should contain some form of individual defense as an 'ED Drill' (Every Day).
- Have to teach and define the geography of the floor. Everyone says they want to run. E.g. what is a lane runner? Have to define that for your players.
- Outlet catch on or around the elbow. Forward pivot on the catch. If we can't receive at the elbow, catch butt to sideline FT line extended. Must use the forward pivot to build momentum for the break-out dribble.
- Reverse pivot kills the momentum, opens the ball to a defender and takes away vision for a split second.

3v0 Define Spaces

Self-toss and land like a quarterback. Catch at elbow or sideline - could be guided and if the coach takes away the elbow pass, pass to sideline. On catch, send it straight away to player furthest head running the lane (start in half circle).

Load = add guided defender on last two players. Space = dribble ahead. No Space and Open Ahead = Pass.

Peter Lonergan
The Rim Runner

<https://www.youtube.com/watch?v=yau-ZRQTSo4>

- Moving away from the traditional idea of running 'rim to rim' because the rim runner has no vision of the ball if they're open before getting to the rim. They'd have to have eyes in the back of their head! Because even if running with head on their shoulder they can't see what's in front.
- Solution is to run off-set and more through the elbow. This also gives a much easier traditional lay-up finishing angle vs finishing front of the rim. This gives PVAD.
- If the ball is skipped, the rim runner also has to cross the street to ensure they go through the weakside elbow.

Peter Lonergan
Contain the Ball

<https://www.youtube.com/watch?v=KYU4gW7HXak>

- Aim of defense is to guard the ball and control the environment by reducing the number of open shots. Unrealistic to just get stops everytime - basketball isn't a scoreless game like soccer.
- Ability to contain the ball is most important thing defensively. Can have the best defensive system of all time, but if the ball can't be contained it's over. This start with maintaining chest to chest.

- Old fashioned = ball, you, basket. As soon as it becomes, you, ball, basket we're in trouble.
- Off ball, players take away kick ahead pass. Most important second position is the 'plugger' who is in the gap next to the ball ready to help. Plugger is visible to the ball but not too far away from their man. In a position to help if they drive middle and then recover to their man.
- Help without recovery is no help at all. You've just helped them score by creating a 5v4 advantage for offense! Best solution is to 'show help but not provide help.' If ball is thrown to your check, you now become the on-ball and defender next to you becomes the plug.

Sam Gruggen

Defensive Stance and Distance

<https://www.youtube.com/watch?v=GBcUFD4yQPk>

- Pete Lonergan - the hardest thing to do on defense is change stance.
- Ball drops. Face a partner, starting in stance. Partner will drop a tennis ball left or right. Defense has to shuffle staying in stance, pick the ball up and return it.
- Load = if further away, use a cross-step. If can get the ball without it bouncing twice using a shuffle, use that - otherwise cross. Starts building concept to shuffle and when to cross-step.
- Load = 'look like a boxer' when in the middle.
- Load = move to a basket and use a basketball. Offense can drive anytime after 1st, 2nd or 3rd return. Defense must contest.
- Load = offense can shoot ball. Defense must contest with the correct hand (right hand vs left handed shooter and vice versa) and box out. Tell offense to shoot with non-dominant hand sometimes to mix it up.

Sam Gruggen

Chest Blow Series

<https://www.youtube.com/watch?v=k7Pat5U457o>

- Best idea I've seen for teaching the chest blow, with the towel above the head. Can use it really well to teach the chest blow concept! KPI = avoid shifting the top part of the body to get a chest blow as this is a blocking foul. Instead feet have to be underneath your shoulders.
- Drill = can do the above on the spot in a circle area so defense has a chance to get success. Offense drags it back on each chest blow.
- Load = remove towels and go to using hands. Hands must be above the ball on the chest blow.

**Sam Gruggen
Side Running**

<https://www.youtube.com/watch?v=phNLN09B8M0>

- “Side Running” is the Aussie term for the defender riding the hip.
- Side Running vs Sliding. Best to use slide running when the offensive player is about to or has already beaten us for the dribble.
- If you slide you can’t stay with your check.
- When side running, run but face the player you’re guarding.
- Drill = 1v1 start on the 45. Defender has back of hand on the ball handler’s hip. Start facing the offensive player, attempt to recover or contest side running on a middle drive. KPI = try to bump offense off their straight line through applying pressure. Can use hand but then show it as contact gets bigger to avoid a hand check. If you force a running hook up the line that’s a win for defense (even if they make the shot).
- For offense to create time and space, going away from the defender isn’t a solution because you’re going away from the basket. Solution is to bump in, KOB, or veer finish. First step into the defense can create more time and space.

**Sam Gruggen
Tagging Up**

<https://www.youtube.com/watch?v=bHQLgRbXcdc>

- 1v1 start off the shot players inside or outside the key. Can change the start location each time to determine the tagging up position to assume (e.g. high side or scrum under). Must tag up on the shot.
- If offense gets ball, keep playing till a score. If def rebound, play 1v1 FC. If offense rebounds and scores, player that shoots quickly inbound it so the 1v1 FC position still takes place.
- Containment in FC = one arm away, still want ball pressure. Never give the sideline, just influence.
- Load = to make more random. If shooter scores, transition straight away into inbound and play 1v1 FC.
- KPI = long shots, long rebounds. This is where you can scrum under to keep your defender under the basket.
- KPI = three point shooter signs their shot. Doesn’t tag up.
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