

Peter Lonergan
Pack Line Concepts

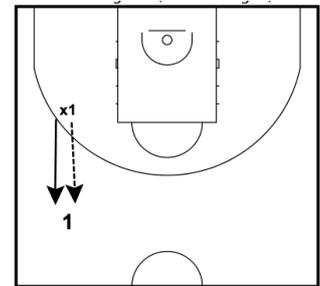
https://www.youtube.com/watch?v=AAh48c_3KPs

- Many people confuse Pac with a sagging man-to-man, but it's not. A different system with different positioning and concepts.
- It does start with pressure on the ball. If you can't defend your player on the ball, doesn't matter what system you play (pac or man-to-man). Ability of each player to defend their man is critical.

On Ball Defense

- Three keys: stance, foot positioning, hand positioning. Brushing your teeth drills to do frequently.

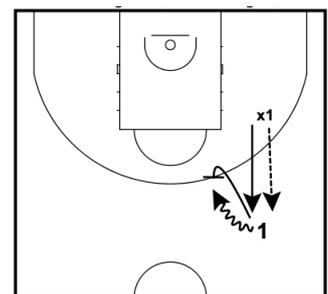
- **1v1 Containment.** In pairs, one ball. Lob ball and close-out. Close-out 'carrying a hand' with one hand on top of the ball. Should be able to get a hand on the ball without lunging. Small movement with the hand, not a big movement. If players can poke the ball loose that's OK.



- KPI with hand positioning is one hand above the ball, the other hand is 'ready' (but not above head or out). No value at all with the 'airplane stance' and having both hands out wide. Also no value with one hand above the ball, but the other hand above the head, as it opens up one whole side of the body for the offense to drive.

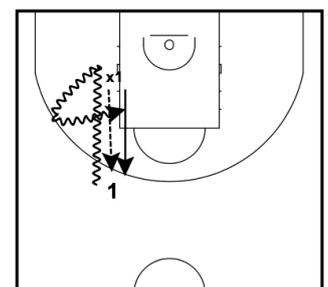
- On a rip, we can't change the positioning of hand covering the ball as it shifts weight distribution negatively, allowing offense to drive. Therefore on a rip, have to shuffle to stay in the middle of the defense, but be able to have the same hand above the ball. Have to constantly 'coach the hands.'

- **Load** = after hand positioning, add one or two dribbles and two lateral shuffles & chest blow. KPI on chest-blow is chest back, hands-up.

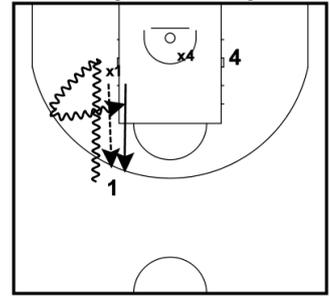


- **Load** = competition, first to 4 points (2 points per chest blow). Offense can go harder. If defense doesn't get a chest blow, no point. KPI = after chest blow, have to hop back (could also take a charge).

- **Load** = close-out to seam. Two dribbles baseline, defender has to try and get chest blow or stop the dribbler entering the paint. Dribbler can then retreat dribble, and have one more try to grab a piece of the paint. 2pts if defender stops them from entering the paint. Can de-load by saying offense can only drive middle after the retreat to make it easier.



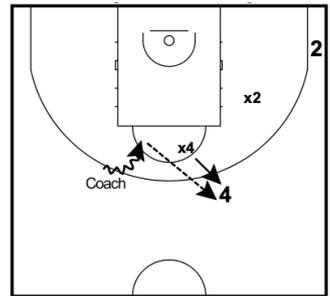
- **Load** = same start as above, but 2v2. Help defender has to know learn whether help is needed or not. If defender enters middle on second drive, help comes. If he doesn't, he stays. Can start this guided (watch out for self-organising and unintentional stunt/recovers & bluffs) and making sure help is decisive or stays. Can then load in other options. 'Talk Task' = help defender says 'stay' or 'go' in leadership voice. This helps on-ball defender know who to recover to.



- KPI = trying to stay down on the chest blow instead of absorbing straight up. This allows the defender to be quick with the next action (e.g another shuffle).

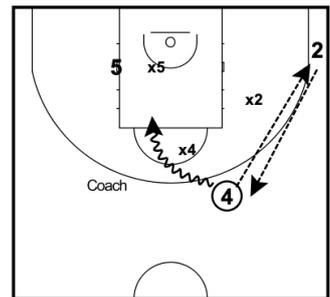
Building the Pac:

- Don't play with straight hands when pointing to ball and man as not needed and can put you off-balance. Have a slight hinge in the hands.
- In Pac, the positioning is the help. Aiming to only have 1-way close-outs (no 2 way).



- **Building Pac 2v2** - coach drives from left swing, offense spaced on right swing and right wing. Defender starts in pac position. Won't help on coach drive, will close-out one-way back to their player on the pass from coach. Live 2v2 off the pass.

- **Load to 3v3 (w/ weak side post)** - on pass from coach to right swing, player will pass to wing who will look to drive. If teammate can't drive, boomerang back and player will try and drive middle. Post defender has to decide whether to help or not (stay or go). The one gross movement we give up is on the drive middle and the post rotation. If defender decides to go, player guarding the ball has to quickly get back and recover to the post.

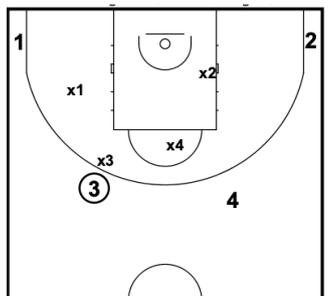


- **Load** = add down-screen to 3v3. 'Get thin, get wings, get through.' Get thin = staying side on and moving laterally as easier to avoid the screen. Wings = using arms for speed generation/ getting hand through to let body follow. Get through = as stated until arriving on the ball.



- **Load** = 4v4, start with ball in left swing. Positioning for left corner player is 'up the line.' Not near the block.

- **Load** = start with all players in the key, play off close-out with pass from the coach. Have to pass it back to the coach, and players have to switch and guard someone different (enhance communication). Then on second pass out from the coach it's live.



- **Load** = if coach yells change, team with ball has to place ball down and rotate to defense. Defense picks it up and plays offense.

- From watching the video, think it's really important to play with tape on the floor if teaching the Pac. Makes it easier for kids and they understand they off to 'step off the Pac line' when their man has the ball.

- Reason against continuous pitter-patter is due to lack of contact-surface time, slower reacting and getting out to your player. Best to just sit in a balanced stance.
- When switching, have to leave the pac line. If you switch from pac line, leave room for a split or for the roller to receive the ball. Have to switcher higher up.
- When bumping the cutter, can't snap head as you're watching the ball. Have to jump to the ball and open the torso up to maintain vision of ball. If teams do this, good to exploit it with encouraging penetration principles.
- KPI = make sure players finish the play and not the drill. E.g. don't just stop if you get an offensive rebound. Keep playing!