

Columbus State University Clinic

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Defense

- #1 – Blow up plays – Double team ballscreens (75% of the time trapping)
- #2 – Switch Ballscreens
 - mismatches are overrated
 - Get teams out of rhythm
 - Mismatches don’t beat you, open shots do
- #3 Force teams to make the extra pass
 - Force teams to take out of rhythm shots

(Doesn’t believe in close outs – make them put it on the floor & let defense rotate. Make them make a play somewhere else)

Full Court Concepts

- #1 put enough pressure on the ball to make the offensive player turn their “Ass to the glass”
- #2 “Foul ‘em until they get tired of calling it”
- #3 Make the offense go sideways (Can’t be containment in the ½ court)
- #4 Quickness & Power – wins games

Half-court concepts

- #1 Force the ball away from the goal
- #2 Keep your butt in between the ball & the rim

- “The team that dictates tempo wins the game.” – Denny Crum
- Play zone early in the year – most coaches work on man to man in the preseason
- 1st 3 games Campbell will play Auburn, VA Tech, & Jeff Lebo.
 - He will press & back into a zone
 - Extreme pressure & if doesn’t work he will try to turn it to a screeching halt
- Changing defenses – sometimes switch defenses to switch momentum
 - But if they score “2 in a row – gotta go” (switch it again)
- Locate shooters more effectively out of a zone
 - Don’t have to fight as many screens
 - Play Belmont – coaches in the league say you can’t zone them, but he zones them any way & holds them to lowest shooting percentage of the year
 - Give zone very little practice time – all man to man principles

Multiple Defenses

- 1 – Zone Defense, 2 – Zone Defense (Syracuse), Triangle & 2
- “I don’t take you out for a mistake, I take you out for how you react to a mistake”
- There is a trade-off with trying to do so many things – can’t do everything well
- Create a Rebounding mentality

Presses

- Jamal – All over the place (1-2-1-1)
 - {Occasionally take point man off the ball & deny best player}
- Lamar – Let ‘em catch it in front (2-2-1)
- Charlie – (1-1-3)
- 55 – Man

Mentality of trap & chase down

In a 3/2 – 4/2 situation

- #1 get the 2 defenders to fake & retreat
- #2 must get the chase down & tip deflections
- #3 get the ball stopped & cover the hole

“Hardest thing to guard in basketball is dribble penetration”

“All defense are the same once dribble penetration occurs” – Tarkanian

“Trap with your hands crossed (above your head) & foul them with your lower body”

“Put your worst defender at the back of the defense”

****Trap off of Missed Free Throws****

