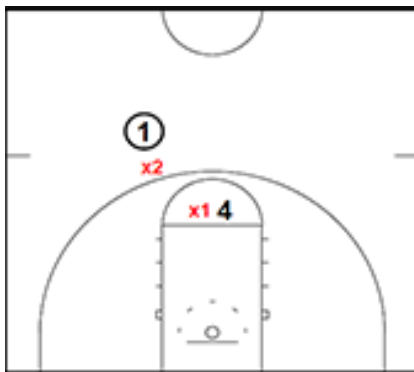
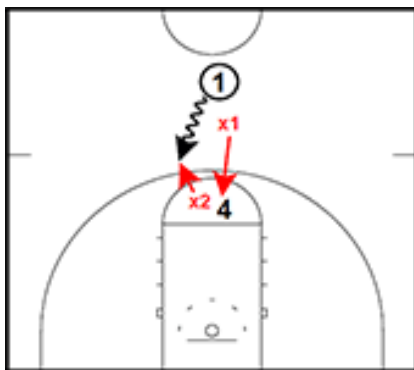


- I am not a zone coach, but I recognize the need for it.
- Study Joe Ciampi from Auburn University in the 80's & Northwestern men's program for good match-up defenses
- Not every zone has to be a match-up, ours is not
- We look at the things that gave us trouble
- We steal and rob from others

## GUARD MOVEMENT

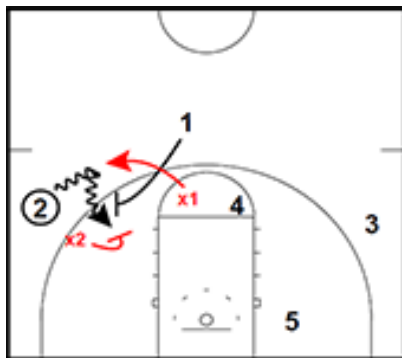
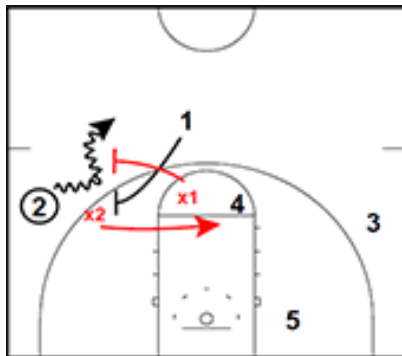


- Both guards are aligned in a tandem at the top of the key
- The 2<sup>nd</sup> guard (x2) is in a "support position" in the second line - shades to the opposite shoulder, because no one can guard one on one on the perimeter forever.
- When a breakdown occurs the 2<sup>nd</sup> defender (x2) takes the ball & first defender (x1) takes the high post

## MENTAL APPROACH

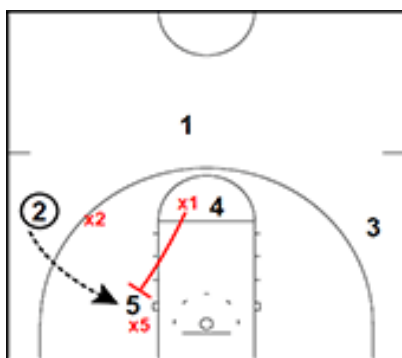
- Lazy players have trouble with these concepts
- "Quick man to the ball"
- Keep it out of the high post
- Provide support on penetration & flip-flop
- Pressure the ball when you're on the perimeter

## DEFENDING THE WING BALL SCREEN



- Many teams like to ball screen the wing vs. a zone.
- Their purpose is to create an overload on the opposite side, so we "blitz" it to prevent the ball reversal
- We do not flat switch it, we jump it & the guard (x2) who was guarding the ball sprints to the high post
- Make the ball flare back to the half-line
- x2 needs to open up & be ready to take away the dribble split

## DOUBLING THE LOW POST



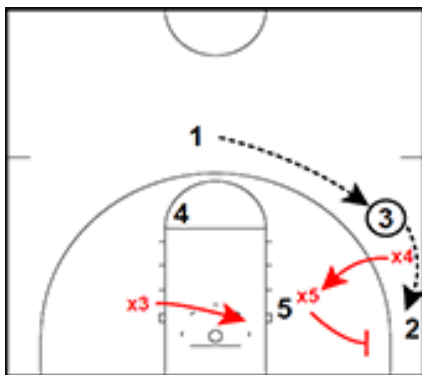
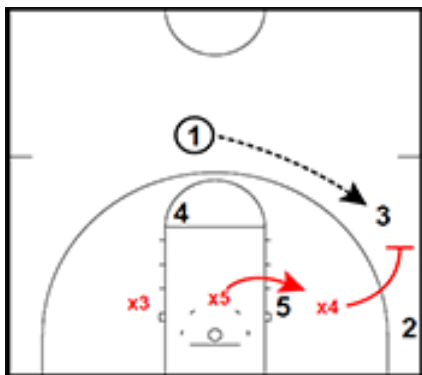
- Anytime the ball goes into the low post, double down with the High Post
- "Displace her" - it's illegal, but make the official call it.
- x5 works to the Baseline side to take away any post moves

## TEACHING POINTS

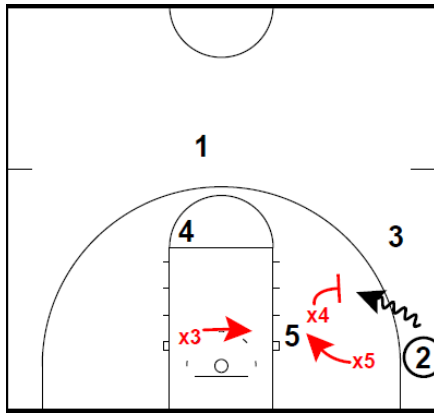
- It's not about quickness - it's about anticipation & hustle
- Obviously this will be better with more quickness & length, just like anything
- But there must not be any excuses - "This is what we do, get it done."

## FORWARDS

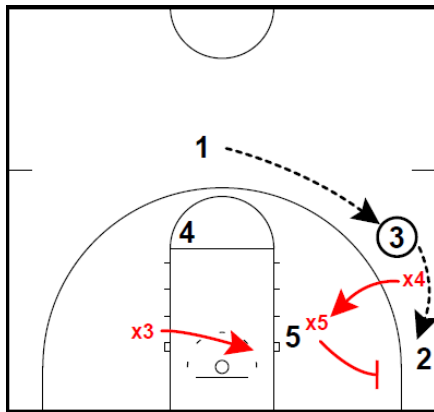
- Forwards will flip-flop much like the guards do only
- You must first determine the strong side / weak side immediately when the ball is crossed into the half court
- "Play inside-out" - take away the paint first
- "What you do, should dictate what they do"
- Get long & take up space



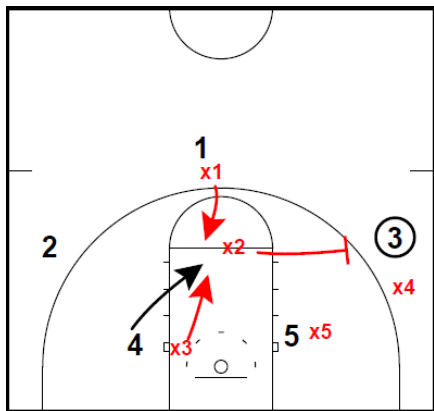
- Close out with high hands & take away the outside shoulder when closing out on the sideline
- When the ball is passed to the wing, x4 closeouts to take away the sideline
- High hands to make the passes slower
- X2 is running from the high post to provide help from the middle
- X5 must step over the post to anticipate the pass to the corner
- X4 must reverse pivot to recover back on the post & recover to front when the ball is in the corner
- X5 closes out to take away the baseline drive



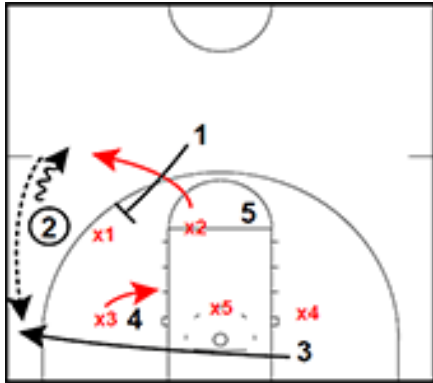
- x4 & x5 flip flop on middle penetration
- x4 takes the ball & x5 recovers to the post



- Opposite forward (x3) must "show help"
- Show you face on the bottom side
- Be there for deflections & steals



- Block the flash until she gets to the high post, then bump to the guards



- One thing to be aware of, the ball screen & strong side overload