

# FLORIDA STATE UNIVERSITY

## DEFENSIVE SYSTEM

### THE 5 MUSTS OF SEMINOLE DEFENSE: TOUGHNESS AND TECHNIQUE

#### MUST PREVENT EASY TRANSITION BASKETS

1. Take care of the basketball
2. Sprint back and get into “attack stance and mentality”
3. Communicate, find, and stop the ball
4. Establish position in relation to the ball

#### MUST KEEP BALL OUT OF THE RED ZONE

##### Stop Dribble Penetration

1. Guard the ball
2. Shrink the gaps (up the line principle)
3. Early help and recover
4. Execute closeouts

##### Take Away Post Pass

1. Pressure the ball
2. Front the post-take away flashes and cutters
3. Swarm to help on the lob

#### MUST CONTEST EVERY SHOT

##### Defeat Screens

1. Communicate
2. Man guarding the screener responsible for stopping the ball
3. “Fight like hell” when screened

##### Eliminate Penetrate and Pitch

1. Contain Dribbler
2. Shrink Gaps (help and recover)

#### MUST ALLOW ONLY ONE SHOT OPPORTUNITY

1. Blockout every possession

2. Eliminate penetration into the “red zone” which weakens your blockout scheme

**MUST CREATE OFFENSE WITH DEFENSE**

1. Ball pressure
2. Develop a “swarm to help” mentality