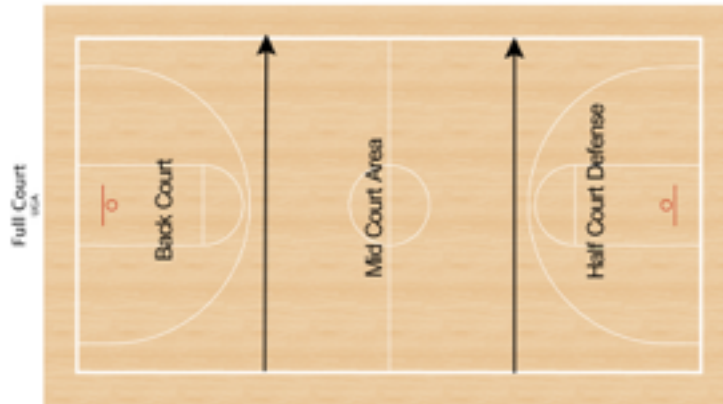


Building a Full Court Defense- Joni Taylor

Full Court Pressure

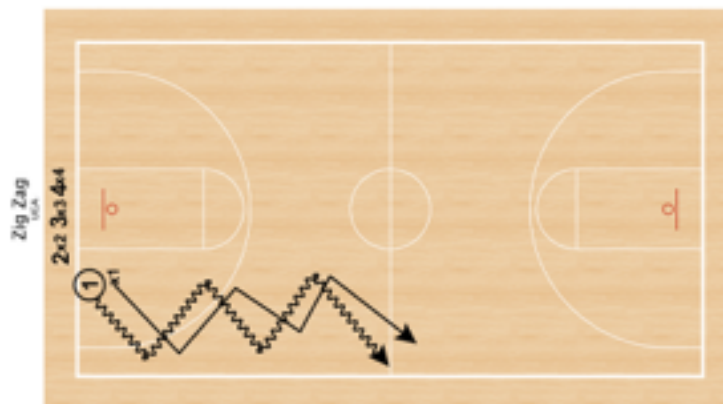
1. This is about pressure on the ball and spacing everywhere else.
2. Three levels
 - The back court
 - The area around the half court line, (the mid court area)
 - Half court defense
3. It is difficult to guard the ball one on one full court. In fact it is almost impossible. That is why your teammates must get involved. No one person can defend the full court. It takes a team effort.



Drills

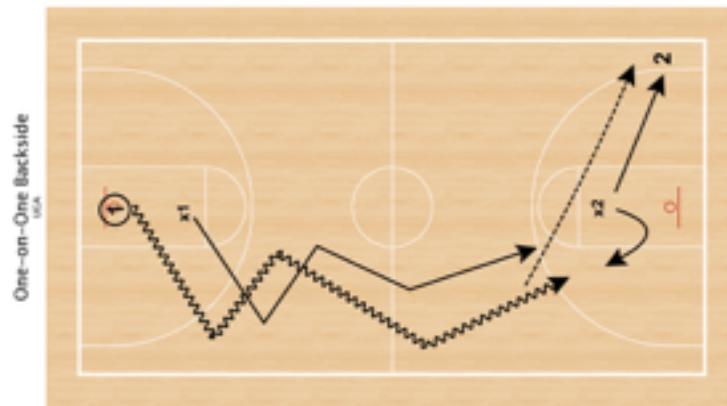
1. Zig Zags w Sideline Cut

- Keep the nose on the ball to the mid court level and keep squared up.
- Do not get beat down the line so get one foot out of bounds. Play through the lines.
- The offensive player goes half speed.
- On change of direction, do not care how the defender gets her nose back on the ball (slide shuffle or sprint) but she must get her nose ahead of the ball and has squared herself to the dribbler.
- As the offensive player reaches the mid court area, the defender should take her nose off of the ball and cut the floor. Keep the man on the sideline and do not let her come back to the middle. Force the defender to pick up their dribble and then make belly to belly contact with the defender making it hard for them to pass.
- Must try to turn the player twice before half court.



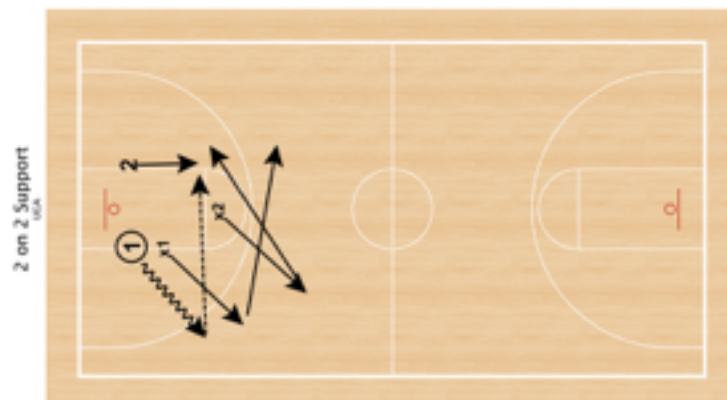
2. One on one backside- this starts building the backside help

- Start with two lines at opposite ends of the court.
- The offensive player with the ball dribbles down the floor with the defender using her zigzag rules to defend her (move zig zags to middle of the floor).
 1. Pressure the ball hard with your nose on the ball.
 2. If the ball crosses the half court near the sideline, cut it (keep the ball on that side of the floor).
 3. If the ball crosses the half-court in the middle, stay square to the ball until it goes to the sideline and then you will cut it.
- The backside defender will:
 1. Eyeball her man and the ball at all times while in a stance.
 2. You must anticipate that the defense on the ball will break down and you must be ready to rotate to the ball to stop the ball going to the basket.
 3. If a long pass is thrown to your man, you must close out on the ball with high hands or possibly intercept the pass.
 4. If the ball gets into the lane area and you have rotated to get square to the ball to stop the ball, the original defender (the zig-zagger) on the ball must rotate over to your man once the ball is passed.



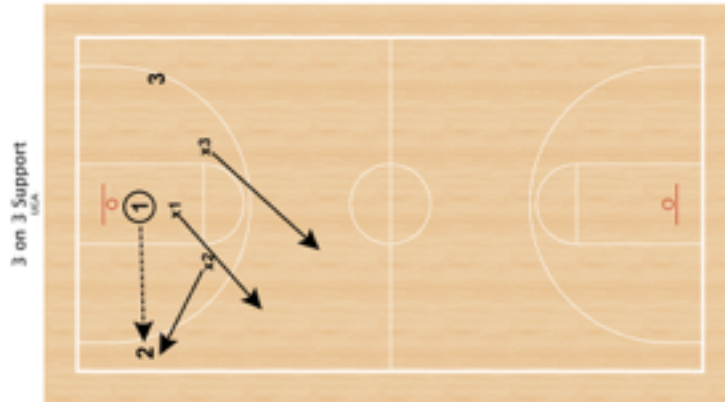
3. 2 on 2 support

- The man on the ball uses her zigzag rules.
- The man off the ball rotates ahead of the ball so that her outside shoulder is aligned to the inside shoulder of the man on the ball as she knows she must help as the ball cannot be contained 1 on 1 full court. She is not guarding her man; she is helping on the ball.
- Once the ball is passed, the helper must sprint back to her man and apply ball pressure.
- The offensive player without the ball must stay behind or even with the ball.
- Add a coach in the middle of the floor that the offensive players pass to and make the defenders rotate ahead of the ball and then back to their men to apply pressure.



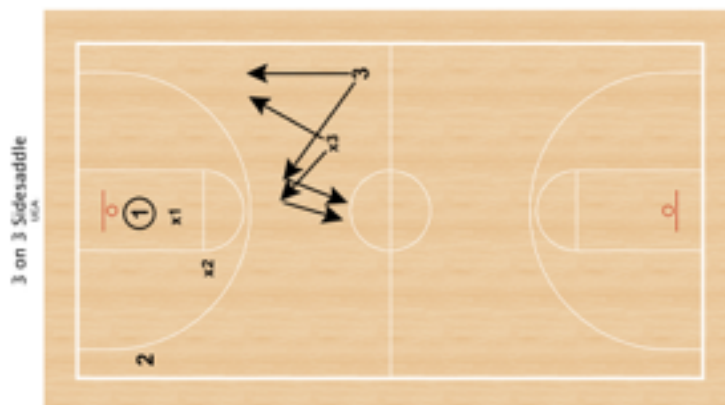
4. 3 on 3 support

- Cut on the sidelines, contain in the middle.
- Do not turn your head on the ball, open to the ball when you are rotating.
- One player is on the ball, one is in support, and one is in space (see Spacing rule below).
- Play normal half court defense once within the 3 point circle.



5. 3 on 3 Sidesaddle

- The back defender:
 1. Lines up even with her man.
 2. The farther the ball is from her man, the farther she is from her man.
 3. Spacing rule- be as far from your man as you can be but if the ball is thrown to your man, be there
 - Teach spacing first, then middle cut (have the defender body up by turning her back to the ball and send her backdoor) then sideline upcut (make them catch it below the free throw line extended).
 4. Start the ball on both sides to teach middle cut and sideline up cut.



6. 4 on 4 support

- Make it difficult for the ball to advance up the floor.
- Use all of the other drill's rules as the ball advances.
- Do not let the ball come back to the middle once it nears or reaches half court.
- Once the ball is contained on the sideline, the defender of the player in the middle of the floor must be on the line and up the line to intercept passes back to the middle.