

THE BUZZ

Principles

- High tempo zone defense
- Closeout to passing lanes, not the player
- Hand high
- Don't let them get the ball to the high post and avoid two straight-line passes in a row

Key terms

- Bark vs bite
 - Bark = not closing out completely from the bottom player
 - Bite = committing to a trap on the wing

Top players roles

- Top players
 - Can have a two-person front or a point front
 - Wing from FT line and up
 - Opposite guard gets the high post
 - When ball is in corner, opposite player sinks to middle of lane and ball side guard splits between the high post and the wing
- Wings
 - Corners, FT line and below wings, opposite block
 - Trap the corner
 - Bark or bite the wings
 - When ball is in corner, opposite guard get to the opposite block
- Middle
 - In between the ball and basket at all times
 - Traps the corner