

## Transylvania University Women's Basketball

### MetaZone: Expanding Views & Perceptions of Zone Defense

After winning the 2022-23 National Championship, Transylvania led the NCAA Division III in defense this season, allowing just 42.6 ppg and holding teams to 30.2% from the floor. The Pioneer's third straight undefeated system has resulted from playing an expanded version of zone defense now referred to as the MetaZone. The session will highlight the fundamental principles, coverages, and drills to implement the zone defense and match your strategy to the analytics.

Key Takeaways and Highlights:

- 1) Integrating shot selection and rebounding analytics into your defense schemes.
- 2) Easily teachable concepts that simplify defensive assignments and responsibilities.
- 3) Defending the "nail": Understanding high post coverage and positioning.
- 4) Rebounding assignments: The value of player vs. area coverages.
- 5) Simplifying game preparation and ball screen coverages for your coaches and your players.

# MetaZone

