

## **A Person-to-Person Defense can be played six ways:**

1. Normal
2. Tight
3. Loose
4. Turn-and-Double
5. Switching
6. Run-and-Jump

### **Normal**

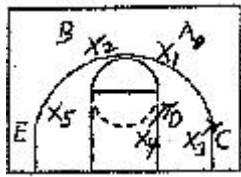
Each defender has two duties:

1. **Guard the player assigned by the coach.** This is his most important responsibility and under normal conditions, he should not expect help from teammates. When guarding a player who is dribbling, the defender must never lunge, but must move the man away from the advantage he, or she, seeks. The person guarding the screener should call out any switch. Both players should be aggressive staying with the player they have switched without retreating. In case of a mismatch where a smaller defender must cover a taller player, a teammate should collapse to help. The smaller player should play in front of his opponent in a pivot position knowing he will get weak-side help from alert defensive teammates. The players should switch back to their original opponents as quickly as possible under safe conditions, again calling the switch.
2. **Cooperate with teammates.** In case of a mismatch where a smaller defender must cover a taller player, a teammate should collapse to help. Players away from the ball should collapse toward the screen to help.

To coordinate his, or her, movement to those of the team, each player has the following responsibilities:

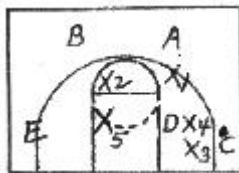
1. **Force the opposing dribbler in a predetermined direction.**
2. **See both the designated opponent and the ball.**
3. **Be prepared to pick up opponents who are free coming off a screen or a backdoor cut.**
4. **Collapse to the middle to prevent easy reception in the pivot area when you are on the weak-side of the floor.**
5. **Be vocal.**
6. **Get back on defense quickly.**
7. **Be alert to double team opponents.**
8. **Be mentally and physically alert to avert any opponent's scoring opportunities.**
9. **Get inside rebound position on every shot by the opposing team.**
10. **Help the pivot defender in the following three ways:** First, do not allow a pass into the pivot area; second, float into this area to discourage the ball from being passed when your opponent is on the weak side; and third, try to tie up a good pivot player from the front by following the pass-in if the ball does get into the pivot-player's hands.
11. **Know your opponent's strengths and weaknesses and play him, or her, accordingly.**
12. **Intercept or deflect if possible.**

Here are a few diagrams to help you get started. I can think of a hundred others, but space is limited. Surely this will give you the idea.



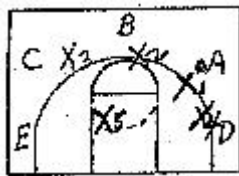
**Diagram #1a - Against a Two-Three Offense:** A has possession of the ball. A's defender is playing him, or her, close on line between A and the basket. The corner defender, X<sub>3</sub>, guarding C is up the line a little toward the ball, but close to C. X<sub>2</sub>, defending against B, has dropped off a step toward the ball. Pivot defender, X<sub>4</sub>, has taken a half-fronting position

toward the ball in guarding D. X<sub>5</sub>, defending E, has loosened normally and moved up to prevent E from cutting to the high post to get a pass. He is also in position to help defend D should a pass get to the corner player, C. (**Note:** all defenders away from the ball are inside their man-ball-basket triangle.)



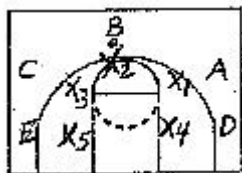
**Diagram #2a -** The ball has been passed to A to C, the corner player. X<sub>3</sub> is playing C to the baseline side to prevent a drive in that direction. X<sub>1</sub> has moved to a position where he, or she, is overplaying slightly toward the ball. X<sub>2</sub> has dropped off B into the foul-lane area. X<sub>5</sub> has dropped off E the weak side forward into the area between the foul lanes. X<sub>4</sub> is fronting

D in the low-post position to prevent him from receiving an easy pass into the pivot area. (**Note:** all defenders away from the ball are inside their man-ball-basket triangle.)

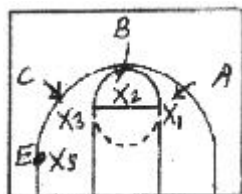


**Diagram #3a - Against a Three-Two Offensive Alignment:** A has the ball and is guarded by X<sub>1</sub>, who is up close between A and the basket. B is guarded by X<sub>2</sub>, who has dropped off slightly toward the ball. X<sub>3</sub> has dropped off C. X<sub>5</sub> has dropped off E and is a little high on him, or her, so

that he, or she, can not get good pivot position on the outer-half of the free-throw circle. X<sub>4</sub> has moved closer to D to prevent a pass in or to pick him up if he cuts along the baseline without the ball. (**Note:** Here is the exception to the all defenders away from the ball are inside their man-ball-basket triangle rule for X<sub>5</sub>.)



**Diagram #4a -** The ball has been passed from A to B. X<sub>2</sub> is guarding B between him, or her, and the basket. X<sub>1</sub> has dropped off slightly from A. X<sub>4</sub> has dropped off and up on D. X<sub>5</sub> has dropped off and up on E. X<sub>3</sub> has dropped off and toward the ball against C. (**Note:** all defenders away from the ball are inside their man-ball-basket triangle.)



**Diagram #5a -** The ball is passed to the corner player, E. X<sub>5</sub>, guarding against E, must prevent a baseline drive. X<sub>5</sub> has dropped off C slightly toward the ball. X<sub>2</sub> has dropped off a distance from B, as B is two passes from the ball. X<sub>1</sub> and X<sub>4</sub> have drooped off A and D, since A and D are so far from the ball.