

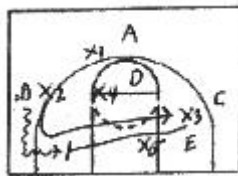
## Run and Jump Person-to-Person Defense

I don't know who gave this defense its name; however, the concept has been around for ages. The run-and-jump defense is not a team's style of defense. It is really a part of a team's overall style of defensive play.

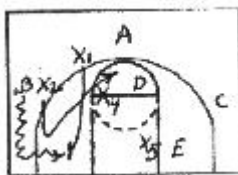
There are as many variations of the run-and-jump as there are coaches; however, the description here, follows these three rules:

1. It is used only against baseline drives.
2. The player who initiates the run-and-jump is a designated perimeter player who must shout, "Jump!"
3. Upon hearing the shout, the defender of the baseline driver quickly jumps to the weak-side exchanging defensive assignments.

The run-and-jump works best if it is initiated by your most capable and experienced player on the team. If a coach has a quick, smart, hardnosed perimeter player who doesn't mind contact and really likes to draw charging fouls, he is the logical candidate to initiate this play **any time** an opponent drives no matter what his court position. The coach don't even have to tell the team he is using the run-and-jump. All he needs to do, is tell that player to initiate the run-and-jump whenever he feels he can draw the charging foul. This player, of course, must use discretion; however, if he is a smart player, it isn't difficult to pick the spots. If such a ploy brings about two or three charging fouls, or turnovers, early in the game, opponents, sometimes, lose their willingness to drive hard to the basket.



**Diagram #15a - Baseline Drive** - When **B** attempts to drive the baseline,  $X_2$  tries to force **B** wide as possible before **B** turns toward the basket.  $X_3$ , on the weak-side of the floor, sees **B** making this move toward the baseline, slides farther away from defending **C** in preparation to jump into position outside the lane to stop **B's** drive to perhaps draw a charging foul or forcing a turnover. (Perhaps you might wonder why  $X_5$  since he is nearer was not chosen to initiate the run-and-jump. There are several reasons for preferring  $X_3$  to  $X_5$  in making the run-and-jump switch:  $X_3$  might be a better defensive player than  $X_5$ , **B** may not be able to find **C** as easily as **E** along the baseline, or the coach may want to simply vary the coverage to give the defense a different look. Whatever the reason,  $X_3$ , or any other weak-side defender covering an offensive player along the perimeter, is a possible choice for making the run-and-jump switch, since the first player **B** will look for when the defender comes across to stop the drive is **E** under the basket.



**Diagram #16a** - I prefer the idea of having one of the guards run-and-jump.  $X_1$ , the defensive point guard, is a prime candidate for the position of run-and-jumper. His movement to the basket begins at a point behind **B** as **B** faces the baseline in starting his drive. Also, when  $X_1$  steps into position to stop **B's** drive, **B** may have a hard time finding **A** before a jump-ball is called. Even if **A** fills **B's** wing position and **B** is able to pass back to **A**, the defense has given up nothing worse than an outside shot from the wing.