**SYSTEM DEFENSE** *ZOOM*April 5, 2020

 Influence of: Bob Kloppenburg, Paul Westhead, Dave Arsenault Sr. and John Wooden.

 “Controlling the WAY a game is played”.

“Only those who risk going too far can possibly know how far they can go.” T. S. Eliot

*Matt’s previous presentation: Verifying high value of STEALS and OREB’s & downplaying value of DREB’s*

**DEFENSIVE THOUGHTS** relative to system ball

1. Defense Must COMPLEMENT Offense – Pete Newell --  *know your specific objectives and assure that all parts of defensive system fit together, complement each other and work toward the same objective.*
2. Three GAMES WITHIN A GAME  *to teach and improve O to D transition – D to O transition – Offensive Rebounding on each shot*
3. Teaching GAMBLE-TRAP-ANTICIPATE looking for 1 or 2 opportunities at a *steal* per possession in exchange for a good shot by opponent – is success.
4. 10 second possession by opponent as key goal to PACE.
5. Accepting some lay ups by opponents. *With a highly extended defense which system ball requires in order to meet its all- important opponent turnover quota we must understand that we are giving up high % shots and defensive rebound angles, you cannot have it both ways.*
6. Employing the **FOUR KEYS** of great defense from traditional basketball to system ball. FLOOR POSITION *shape of defense & how parts fit and work together // exactness like trap angles and gap floor position.* STANCE closed stance or open stance in various situations -- “quiver” *wide base* *Denial – LC technique ie: wide base, small push-steps, weight back, ear on ball man line, lead hand palm out, brush hand with back of hand. Inside-Out or Out-In Denial.*

VISION *ball-man concept -- enable great vision with proper floor position, body angle and head placement – left eye and right eye see ball & man separately -- ROTATIONS are dependent on “vision”. Great defensive teams move during air time.*

COMMUNICATION Talk and Point talk “loud & early” ie: O to D transition, press recovery, switch or stay, up or back.

1. UNPREDICTABILITY players having freedom to react spontaneously within structure. A thorough understanding of system goals and concepts promotes this.
2. **PLAYER MENTALITY** as a “practice objective” helping team understand the following: BIG PICTURE -- % Play over 40 minutes -- Playing with NO FEAR -- ANTICIPATION skills Building confidence in these through: a- PROGRESSIVE LEARNING (slow at first, attention to detail, create success) b- Wise Use of PRAISE & Criticism ie encourage risk taking with praise even when result is unsuccessful c- SHORT BOUTS in practice to enable defense to give a truly ALL-OUT EFFORT.
3. KEEP THE CLOCK MOVING *limit fouls PPP highest with Free Throws, don’t want to attack set up defenses, score in the flow.*
4. SUBSTITUTIONS / SHIFTS *45 sec shifts to enable required effort --- “depth trumps talent” -- shift construction*
5. When “Things Don’t Work” get better at what we do, improve execution details & fundamentals instead of making major alterations. Sometimes the other team is better.

Some areas where Redlands Defense differed from others:

 Transition from O to D & *“near man” pick up. 5 up on ball, 4 back as safety, 1-2-3 near man.*

 Ball in front court corner. *Corner push with lock on.*

 Role of Safety *Player placement in press, risk taking & pace.*

 Defending Delay/Spread *1 on 1 closeout & lock-on deny – trap dribble from behind & back and back into trap-gap-lag concepts.*

Switching Concepts.

 Defensive detail overall.