



Rollie Massimino

Multiple Defenses

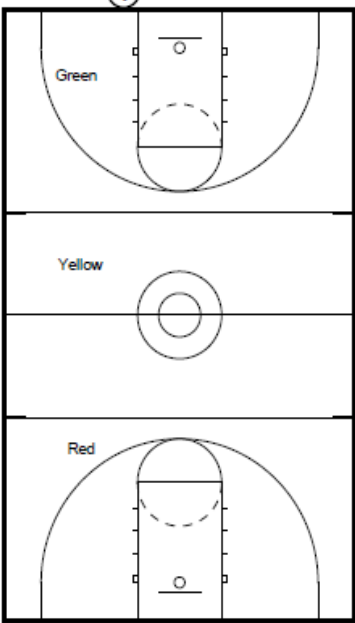
Clinic To End All Clinics IV

Manhattan College

4/16/11

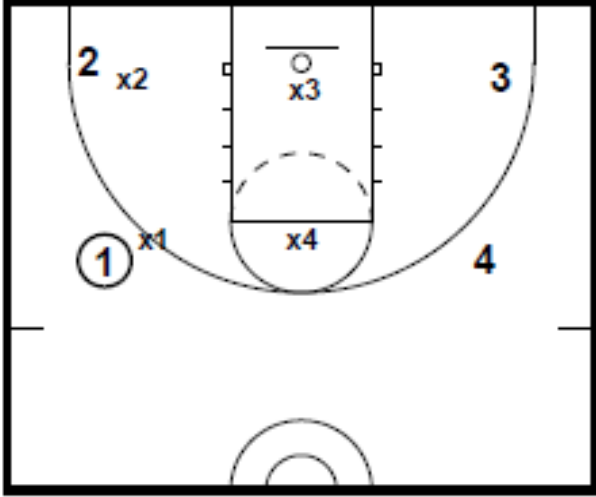
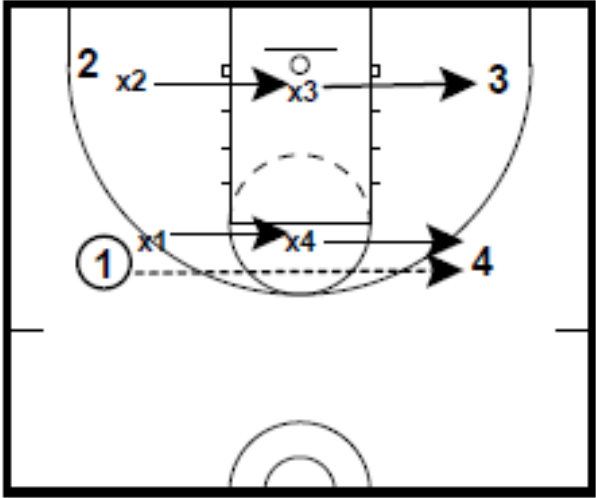
- 3 Kinds of Coaches at Clinics
 1. Write everything down
 2. Gets paid by school to attend
 3. Just takes things down that reflects his/her personality
- To be a good coach you need to
 1. be a good teacher
 2. be a good organizer
 3. create a discipline/personality that is right for your players
- Believe in what you want to teach
- Kids know
 - How you treat them
 - How you want them to work
- Multiple Defenses – show them something, then do something else
- “The game of basketball is over coached and under taught.” - Pete Newell
- Once the first pass is made, every zone defense is the same.
 - They all become a 2-3.
- Every zone offense is one of four things
 1. Pass and stand
 2. Pass and go through same side
 3. Pass and go through opposite
 4. Screening
- Make them do something they don't want to do

- Divides the court into three areas

• 3 Areas of the Court	
• Diagram	• Notes
<p>①</p> 	<ul style="list-style-type: none"> • Green – baseline to hash mark; can take chances here, have time to recover • Yellow – hash mark to hash mark; can still take some chances • Red – hash mark to baseline; war zone; must play best defense here; don't gamble

- 1st time – you pass and go through, we go through with you
- 2nd time – you pass and go through, we stay
- 3rd time – you pass and go through, we go with you to the mid-post and stop

- Whenever the ball is moved, everyone has to move

• Shell Drill	
Diagram	• Notes
	<ul style="list-style-type: none">• Search the ball first• Defense retreats to the line of the ball
	<ul style="list-style-type: none">• 1 hand is always on the line of the ball• When the ball moves, the line of the ball moves, so the defense has to move

- Rotations are to the ball or away from the ball
- Man-to-man, trap away from the ball
- Zone, trap comes to the ball

Traps	
Diagram	Notes
	<ul style="list-style-type: none"> • Trap away from the ball
	<ul style="list-style-type: none"> • Trap to the ball

- Thumbs Down: man-to-man, double team the dribble
- Thumbs Up: man-to-man, trap the first pass
- Double team, step up, take away, take away
 - This is the heart of everything they do defensively
- Slant: double team comes to the ball

- 1-1-3
 - First time trap dribbler, then trap first pass
 - Next time trap the dribbler, then go 2-3

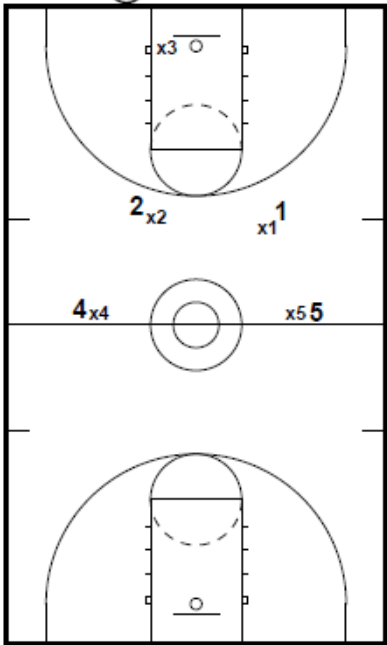
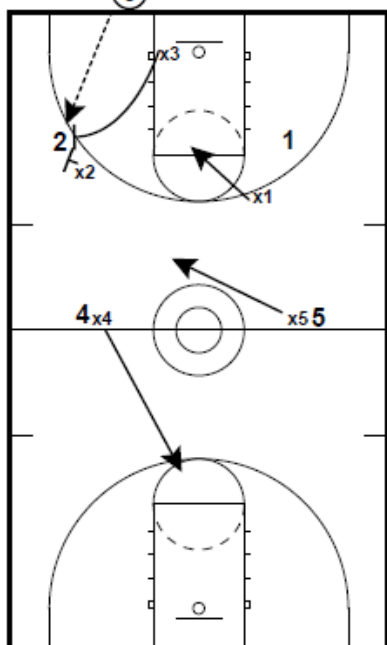
1-1-3	
Diagram	Notes
	<ul style="list-style-type: none"> • Initial alignment • Change what you do from one possession to the next

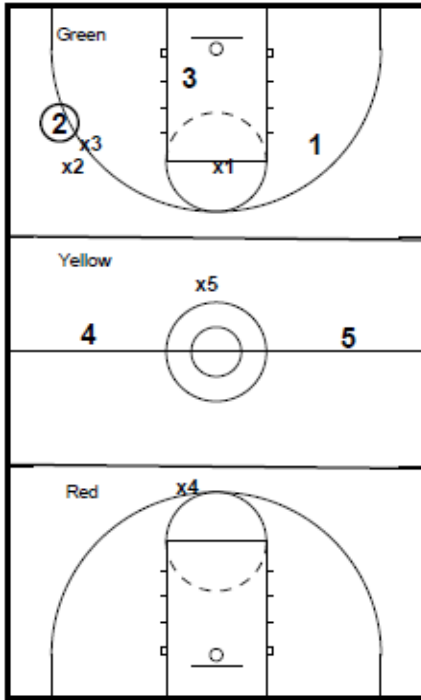
- Next time you play them do Thumbs Down, Thumbs Up, and Slant from zone
- There is no such thing as an always do it or never do it. You may not want to, but sometimes you have to do it.

8 Zone Offense Spots	
Diagram	Notes
	<ul style="list-style-type: none"> • When you are playing a zone defense, you want to keep the other team from getting the ball to these 8 spots.

- Play with hands up and make it look like a 2-3, but then play man-to-man
- Every time the ball is passed, the zone becomes a 2-3

- Going to School – try different things early and see how they react

Going to School	
Diagram	Notes
<p>③</p> 	<ul style="list-style-type: none">• How do you attack them?
<p>③</p> 	<ul style="list-style-type: none">• Trap away from the ball



- Green: play man-to-man
- Yellow: play zone
- Red: decide what to play, whatever you are best at