

Yankton Buck Basketball



Defensive Philosophy: Fundamentals are a must. No defense will work without the proper execution of fundamentals (see Yankton Buck Basketball Program Fundamentals.) We play an aggressive attacking defensive. Our goal is to force 1 bad shot and get the rebound. Our players use their heart, mind, and proper technique to execute our 10 defensive principals. These principals allow us to mix up defenses and keep the opponent off balance and on their heels.

Defensive Principals

1. **Transition:** Protect basket. Stop ball. Match-Up. Sprint back-Get to ball level-On the line up the line.

2. **Stance:** Your man has ball=Ball-You-Basket. Your man doesn't have ball=Ball-You-Man (point pistols).
1 Pass Away=Deny Position (Lead leg and arm up towards the ball). 2 or more passes away=Help Position (Midline). Butt down-Back straight-Knees bent-Head & eyes up-Arms out palms up.
3. **Pressure the ball:** Put as much pressure on the ball as possible without getting beat. No middle-Force sideline and baseline but don't give it up. Closeout hard under control. Deflections. Defend without fouling. Fouling negates hustle.
4. **Jump (Run) to the ball:** Run to the ball on every pass. Anticipate the pass-Move when ball is in the air.
5. **Help:** Ball side. Be active early-discourage offense from attacking. Bluff and Recover. Don't give up a catch and shoot 3. Dig/help on post entry.
Weak side. Help outside the lane-wall up-put in jail. Middle help on post.
6. **Rotations:** Help the helper. Sink backside to baseline-zone up. Talk and Go-closest to ball takes it everyone else rotate and match up.
7. **Screens:** Guard man off the ball. Stay towards the ball and defeat screen using proper technique depending on what screen is being set. Be physical and aggressive and beat your man over the screen. Defender guarding screener needs to stay towards the ball and provide help-protect the basket first.
8. **Ball Screens:** 1. Hard show and recover-guard over the top on all wing ball screens. 2. Level off and recover-guard over the top on middle ball screens.
9. **Post Defense:** Early pick up. $\frac{3}{4}$ front. Scoot steps-jump to ball-block cuts. Get off body-make offense score over you-take away baseline move. Double Team.
10. **Rebound:** 5 guys on defense. 4 guys on offense. Step to man-make contact-go get ball. Man on perimeter step to man-look to make contact-go get ball.

“WE MUST ACT LIKE CHAMPIONS EVERYDAY IF WE WISH TO BE CHAMPIONS SOMEDAY.”