



Man to Man Defense

By Jim Huber



Coach Huber's keys to a great man to man defense is made up of 11 bricks.

- Brick 1 - Communication.
- Brick 2 - Transition Defense.
- Brick 3 - Stay In Your Stance
- Brick 4 - Intense Ball Pressure
- Brick 5 - No Strangers
- Brick 6 - Positioning
- Brick 7 - Anticipation
- Brick 8 - Help and Recover
- Brick 9 - Contest All Shots - No Open Looks
- Brick 10 - No Second Shots
- Brick 11 - One Play At A Time - Every Possession Matters

These 11 bricks are referred to as non-negotiables. You need to emphasize it and hold your players accountable. You cannot let things slip.

If they want to play, they need to do these little things well.

Here are the 11 bricks explained in a little more detail.

Brick 1 - Communication.

Players tend to be quiet due to their school environment. Reinforce communication through drills.

You can't assume that your teammates know what is happening.

3 Points of Communication:

1. Talk Early
2. Talk Loud
3. Talk Often

"Not a one time thing, it's an every time thing."

Brick 2 - Transition Defense.

You need to focus on communicating and making the players understand what it means to sprint back on defense.

Primary goal - Get 5 players set up on defense and force the offense to go over the top.

All 5 players must sprint back.

Brick 3 - Stay In Your Stance

You want the kids to be compact and ready to move. They want to be in an athletic stance that is balanced and ready to move during the entire defensive possession. This includes all 5 defenders, not just the player guarding the ball.

If players are already in a good stance, this allows them to move more quickly as they do not have to take time to get into a position where they are ready to move.



Brick 4 - Intense Ball Pressure

All great defenses have great ball pressure. You do not want the offense to be comfortable.

You want to dictate the tempo of the game and make the offense speed up.

Ball pressure makes it more difficult to make easy passes. You want the passes to go around you.

You should also be at least one arm's length away from the ballhandler. Your goal is to turn the offensive player.

Brick 5 - No Strangers

You do not want anybody in your HOUSE. Just like when you tell a kid that you don't want any strangers in your house, you don't want the ball to get into your house. You want to prevent the offense from getting close to the basket.

When the ball gets in your house, the offense scores more frequently, draws more fouls, and creates more offensive rebounding opportunities. These are all of the things that your defense does not want.

You want to:

- Seal seams.
- Prevent splits.
- Prevent penetration of direct drives.

Brick 6 - Positioning

You do not want to hug or hog the player they are guarding as this will lead to a poor team defense. They need to play on lines. You pretend that there is an imaginary string between your player's chest and the player with the ball.

Up The Line / Off The Line - You are halfway between the ball and the man. Hand is on the line. Your body is off the line. You are in position to help on dribble penetration.

You function as a team to stop the opponent from scoring. It is 1 ball against 5 defenders.

Brick 7 - Anticipation

You want to be an anticipatory defense, not a reactionary defense. You need to move on the pass, not on the catch.

Pretend that there is a magnet in your chest. When the ball moves, you move. You want to play ahead of the game.

Your players need to jump to the ball. This means you explosively move to the next position.



Brick 8 - Help and Recover

There needs to be early help.

You tell the team that you can't help too early. When the pass is made, you need to have a quick recovery and great close outs. You need to sprint with your hands up.

Brick 9 - Contest All Shots - No Open Looks

You want to make it very difficult for the offense when shooting the basketball. You want to disrupt the offense's rhythm. Every shot is contested. Plenty of studies have shown that when a hand is up on the shooter, this dramatically decreases their shooting percentage.

You always want to be the second person to leave your feet and finish the close out with a great block out.

It is a cardinal sin to foul the shooter. Do not foul jump shooters.

Brick 10 - No Second Shots

You are not a charity organization. Do not give the offense multiple opportunities to score on one possession.

You need all 5 players to block out.

Hit It - Forearm into chest. This will prevent players from running free and loose for offensive rebounds.

Find It - After making contact it is key to quickly indentify the ball.

Get It - When getting the rebounding, you want to be a jet, not a rocket. If you run straight to underneath the basket on every shot, you have to jump like a rocket to get the rebound. As a result, there will be rebounds that bounce over your head. You want to be more like a jet. Where you jump to the rebound and the ball stays in front of you.

Brick 11 - One Play At A Time - Every Possession Matters

You need to explain how every single possession counts. These little things can add up to a lot of points. This can easily add up to 10 or 12 points during a game.

When you can make consecutive stops, this allows you to get back into the game

Defense Checklist

The purpose of this document is to provide you with a checklist of things to look for at each stage to assess proficiency in the defense.

When you first introduce the defense, you may need to advance through the stages in order to give your team the knowledge and tools needed to be prepared for games.

After you have covered the necessary stages, you can go back and refine the defense to make sure players are proficient in the stages. This will help you figure out if you need to allocate more time to certain stages such as on-ball defense or post defense. If you are poor at a lot of defensive tactics, the earlier stages should be the focus.



Remember to adapt the stages to what you feel comfortable with.

Stage 1 - Starting With The Whole & Getting Players On Board

This is pretty simple. Do your players understand why defense is important and that it will be important to you?

Stage 2 - On-Ball Defense

Proper Stance

- ✓ Feet width - Slightly wider than shoulder-width apart.
- ✓ Feet direction - Toes pointing straight ahead.
- ✓ Proper push angle - Feet outside your knees, knees outside your hips.
- ✓ Hips back and butt slightly down.
- ✓ Shoulders above feet.
- ✓ Flat back.
- ✓ Head up.
- ✓ Balanced and ready to move in any direction.

Push-Step

- ✓ Push off back foot.
- ✓ Hips and shoulders on level plane.
- ✓ Exploding in direction.
- ✓ Use arms and lead foot for momentum.

Quick Turn

- ✓ Feet move quickly and explosively.
- ✓ Shoulders stay square to the defense.

Turn and Sprint

- ✓ Sprinting to spot. Don't chase.

Contest the Shot

- ✓ Hands Up.
- ✓ Yell shot! Be loud.
- ✓ 2nd to leave the floor.

Ball Pressure

- ✓ Butt to basket - no straight lines for offense to basket.
- ✓ Chest to chest.
- ✓ Active hands.
- ✓ Do not foul.
- ✓ Quick offensive player - more space. Slow offensive player - less space.
- ✓ Be Loud - Ball! Ball! Ball!
- ✓ Pick up the ball - Dead! Get up in them.

Stage 3: Close Outs

- ✓ Move on the pass. Anticipate pass. Don't react and be slow.
- ✓ Be in stance prior to closing out.
- ✓ Sprint, then chop steps.
- ✓ Both hands high.
- ✓ Butt down - weight back - under control.



- ✓ Arm's length away.
- ✓ Top foot on top foot.

Closeout Drills

- *Star Closeouts*
- *Foster Drill*
- *1 on 1 Closeouts*
- *2 on 1 Closeouts - Help and recover to closeout live 1 on 1*

Stage 4: Blocking Out and Rebounding

- ✓ Hit it. Find it. Get it.
 - Hit it - forearm into chest. Turn and get butt into offense.
 - Find it - locate the basketball. Maintain contact with offense. Hands Up.
 - Get it - sprint to secure basketball.

Blocking Out and Rebounding Drills

- 1 on 0 Rebounding Outlet
- Bull in the Ring
- Rebounding Battle
- Shell Rebounding

Stage 5: 1-To-2 Passes Away

Positioning

- ✓ Off the line - Body off the line. Hand in the passing lane.
- ✓ Up the line - Half way between the ball and your player.
- ✓ Move on the pass.
- ✓ Sprint to areas. Don't be reactionary. Anticipate.
- ✓ Be loud! "I got your help." "Ball. Ball. Ball"
- ✓ 1-pass away - close stance. Square to player you're guarding
- ✓ 2-passes away - open stance. Square to area between ball and the player you're guarding.

Help Defense

- ✓ Stunt and recover.
- ✓ Meet the ball.
- ✓ Force east-west path.

1-To-2 Passes Away Drills

- 2 Pass Away, Skip, Close Out
- 2 on 2 Help and Recover
- 3 on 3 Help and Recover

Stage 6: Shell Drill

- ✓ Reinforce previous concepts in the shell drill - close outs, sprinting to areas, proper help position,
- ✓ etc.
- ✓ Defend baseline drive and interchanges.
- ✓ Stay out of your house. No strangers.
- ✓ Force contested, outside shots.



- ✓ Communicate! No ESP.
- ✓ Intense ball pressure. No vacation.
- ✓ Stance. Everybody down and ready to move.
- ✓ Sprint to areas.

Stage 7: Transition Defense

- ✓ Block to block in under 4 seconds.
- ✓ First 3 steps are most important. Sprint.
- ✓ All 5 defenders back. Better team defense. Doesn't matter if your player is back or not.
- ✓ Contain ball handler and force to sideline.
- ✓ No lay ups, deep post, or needless fouls in transition.
- ✓ Be loud. Communicate. Point to who you are guarding.

Transition Defense Drills

- Tear Butt Transition
- Tip Rebounding Transition
- Circle Transition_

Stage 8: Hustle Plays

Take a Charge

- ✓ Get low.
- ✓ Protect yourself with hands.
- ✓ Tuck chin on contact.
- ✓ Keep hands in front while landing.
- ✓ Cheek to cheek. Both sides of butt hit the floor.
- ✓ Butt hits. Roll back. Chin tucked. Feet up.
- ✓

Loose Balls

- ✓ Dive.
- ✓ Roll to side. Avoid traveling.
- ✓ Outlet pass.

Hustle Play Drills

- 1 on 1 Charge - Cover The Ball

Stage 9: Defending the Post

Above free throw line - 3/4 front on high side.

- ✓ Bottom foot on offense's top foot.
- ✓ Forearm in chest.
- ✓ Hand on a string between the ball and your player.

Below free throw line - Dead front.

- ✓ Step bottom foot across the front of the offense.
- ✓ Outside hand up - closest to passer.
- ✓ Inside hand down - feel the offense.

Defending the Post Drills

- 1 on 1 Post Toughness
- 3 on 3 Defending the Post



Stage 10: Defending Down and Back Screens

Down Screen

- ✓ Stay off your player. Up the line. On the line.
- ✓ Give space - allow space for player trying to get through the screen.
- ✓ Ball side of screen.

Back Screen

- ✓ Protect the basket. No Lobs. Role of screener's defender.
- ✓ Get skinny. Get at an angle that makes you difficult to screen.

Defending Down and Back Screens Drill

- In tight shell defending down and back screens

Stage 11: Ball Screens and Dribble Hand Offs

Ball Screen - Screener's Defender

- ✓ Hedge - stop north-south path.
- ✓ Bottom foot on screener's top foot.
- ✓ Force high away from hoop.
- ✓ Knock screener off path. Forearm in chest in path of screener.

Ball Screen - Ball Defender

- ✓ Stay low.
- ✓ If quick - force ball handler high.
- ✓ Communicate. Let teammate know when they are through the screen.

Defending Ball Screens Drill

- 2 on 2 and 3 on 3 Defending Ball Screens

Stage 12: Defending Cross Screens

- ✓ Cutter comes high - forearm to chest.
- ✓ Cutter goes low - swivel, forearm to chest, hand in passing lane.
- ✓ Communicate.

Defending Cross Screens Drill

- 3 on 3 Defending Cross Screens

Stage 13: Defending Inbounds Plays

- ✓ Review situations and roles with players.
- ✓ Inbound defender angled. Protect the basket. Force toward baseline away from the basket.
- ✓ Low in stance - ready to move and communicate.

Stack Set

- ✓ Jam the stack. Get between players in stack.
- ✓ Force the ball out and over.
- ✓ No cutters into lane. Forearm to chest. Must run over defense.

Sideline

- ✓ Inbound defender is below ball trying to force ball away from the basket.
- ✓ Position yourself to protect the basket.
- ✓ No easy passes into HOUSE.

Stage 14: Free Throw Rebounding

- ✓ Identify match ups. Best rebounder on best offensive rebounder.
- ✓ Pinch down on best rebounder.
- ✓ Opposite top rebounder gets shooter.
- ✓ Down in stance.
- ✓ Flippers out - elbows uper to adapt the stages to what you feel comfortable with.

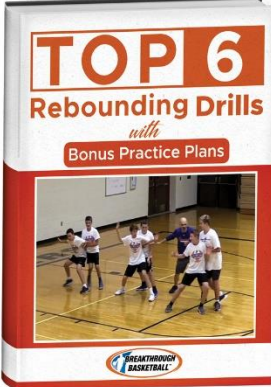


Man to Man Defense with Jim Huber
"The Ultimate Resources for Man to Man Defense"

Use the code **HUBER** to get the Man to Man Defense for **just \$97!** Offer expires August 15th!

Get more information by scanning the QR Code below or visiting:
<https://www.breakthroughbasketball.com/pr/huber-defense.html>





SCAN THE QR CODE FOR A FREE EBOOK

Take your rebounding to the next level with the **FREE eBook that you can download TODAY!**

Master the fundamentals of boxing out with this step-by-step program to develop your teams rebounding skills!

These **TOP 6 Rebounding Drills** combined with our **BONUS 6 weeks of Practice Plans** will provide your team with a solid foundation for rebounding.

