

ENCYCLOPEDIA OF PACK LINE DEFENSE



"Install and teach the Pack Line defense from scratch using philosophy and drills"

Author: Chris Filios

Pack Defense Playbook

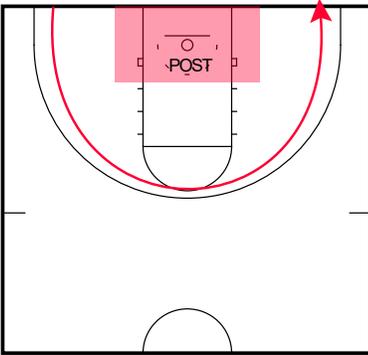
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Pack Defense Playbook

Pack Line Defense- Key Areas

Pack Line- Key Areas

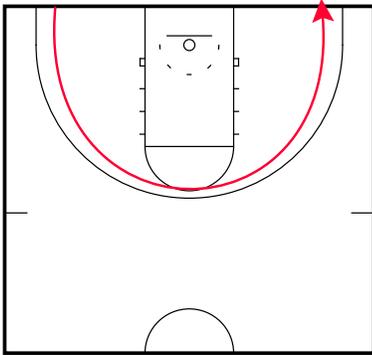


These two areas are the basis for the Pack Line defense. The relationship between the perimeter and post defense are integral to these 2 areas.

Pack Defense Playbook

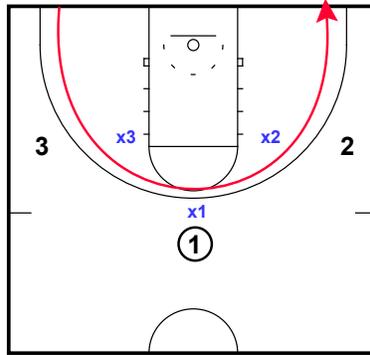
Pack Line Defense- Key Areas

Pack Line- Arc Area



The "Pack Line" is an area one step inside the three point arc.

Pack Line- Arc Area

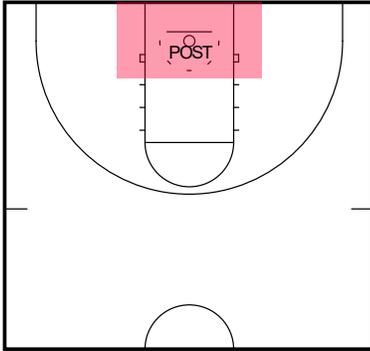


RULE: If the player that you are guarding does NOT have the ball, you have BOTH feet inside the arc.

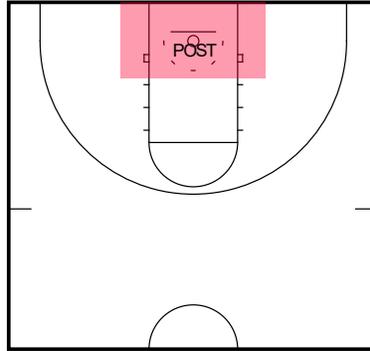
Pack Defense Playbook

Pack Line Defense- Key Areas

Pack Line- Post Area



Pack Line- Post Area



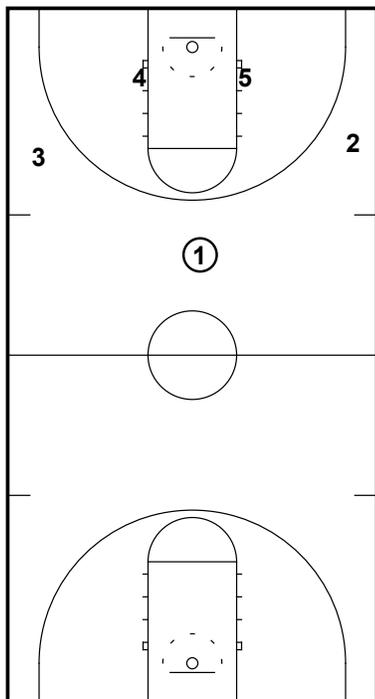
The Pack Line Post Box is an area a step outside of the key and one step up from the second free throw spot. This area extends across the lane to the opposite side of the court and runs parallel to the backboard.

RULE: NO two foot catches inside this area. Your job is to push the catch outside of the post area, then put your chin on the shoulder of the player outside the post area.

Pack Defense Playbook

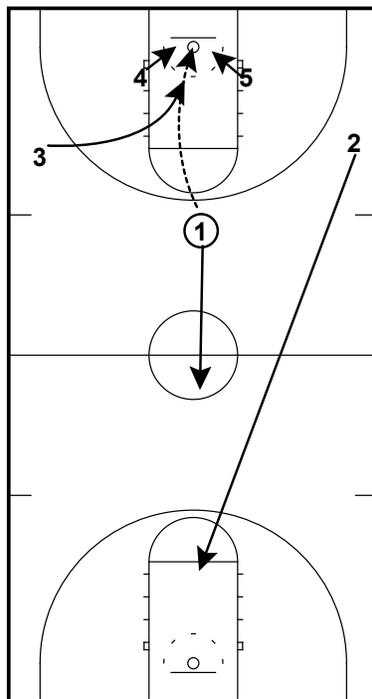
Pack Line Defense- Positioning & Technique

Pack Line- Defensive Transition



The 1 tenet of the pack line defense is **DEFENSIVE TRANSITION**. It is the most important principle of the pack line defense.

Pack Line- Defensive Transition

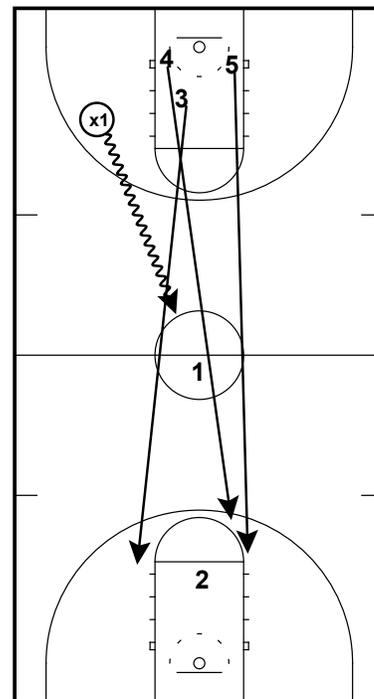


Transition defense begins when a shot is attempted. 3 to glass and 2 back. On the shot, 3-5 go to the glass hard. 1 and 2 sprint back. One is a fullback and the other is a halfback.

The fullback is responsible for getting all the way back and protect the basket.

The halfback is responsible for getting to the half court circle and being ready to pick up the ball as it is being advanced in transition.

Pack Line- Defensive Transition



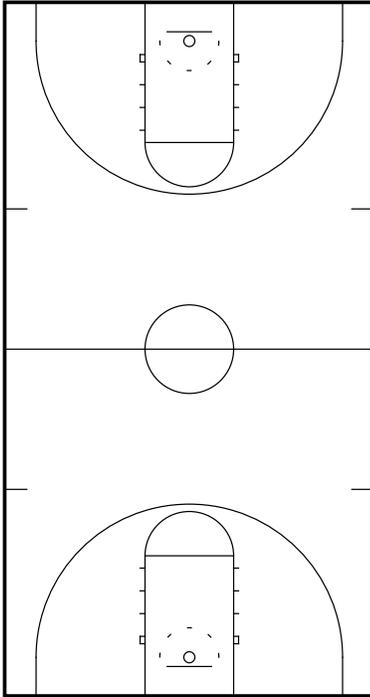
Once the possession has changed and the offense has secured the ball, 3-5 are on a dead sprint back on defense.

The halfback and fullback are responsible for pointing and talking to their teammates who are sprinting back. This communication is key to stopping the ball and getting organized as quickly as possible.

Pack Defense Playbook

Pack Line Defense- Positioning & Technique

Pack Line- Defensive Transition



Keys to D-Trans:

1. Shot balance
2. Sprint
3. Get ahead of the ball
4. Point and talk
5. Build a wall
6. Be on assignment

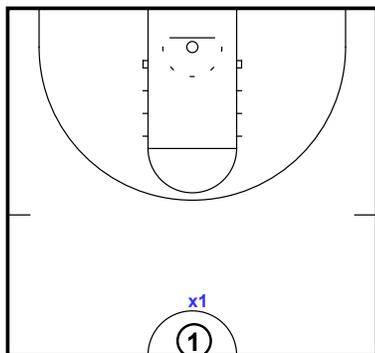
Priorities:

1. Stop the ball
2. Protect the basket

Pack Defense Playbook

Pack Line Defense- Positioning & Technique

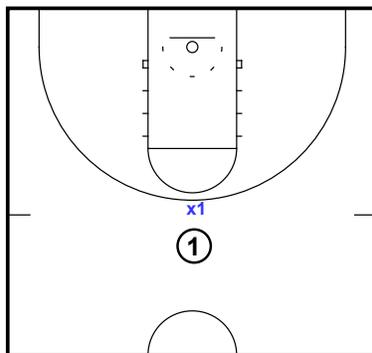
Pack Line Technique- Guarding the Ball



The #1 rule of the pack line defense is pressure on the ball.

Different coaches choose different places to pick up the basketball. Some want the ball picked up at half court. Some have the ball picked up lower. Either way, the key is having constant pressure on the ball.

Pack Line Technique- Guarding the Ball



When the ball is on TOP, the defender (x1) is squared up to his man.

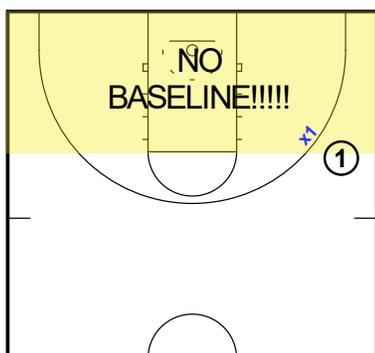
You can tailor your game plan by forcing the ball handler in one consistent direction...or game plan based on personnel by forcing ball handler to weak hand.

Pack Line Technique- Guarding the Ball



The #2 rule when guarding the ball- specifically on the wing is: NO BASELINE DRIVE! This is key. The belief behind this rule is that based on the positioning of the other defenders, there is no help to baseline side, but all the help is to the middle.

Pack Line Technique- Guarding the Ball

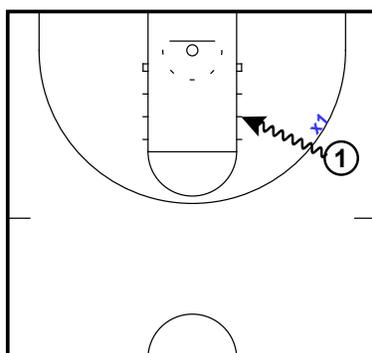


So positioning and technique on the ball is key when guarding the ball on the wing.

x1 positioning is...

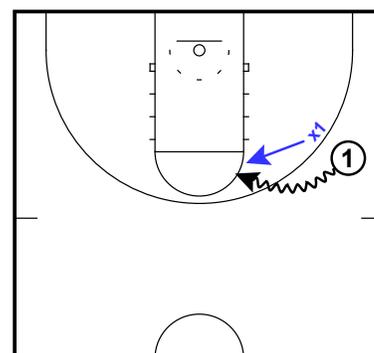
- squared to the offensive player (just like on the top)
- body is shaded on the low or baseline side of the offense player- the bottom foot of the offensive player splits the defender in half

Pack Line Technique- Guarding the Ball



If the defender plays too low on the ball or is too open, it provides a straight line drive opportunity for the offense. The defense either cannot help or causes the defense to over help.

Pack Line Technique- Guarding the Ball



Rule #3: NO DIRECT DRIVES. The defender must work on "guarding his yard".

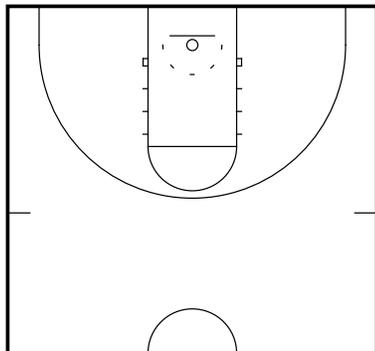
"Guarding your yard" is the accountability to effectively contain the dribble 3 feet in either direction.

With the 4 other players properly positioned, and the on ball defender able to not give up a straight line drive, the offense will not be able to beat the defense with the dribble.

Pack Defense Playbook

Pack Line Defense- Positioning & Technique

Pack Line Technique- Guarding the Ball



On the ball...

When offensive player has ball (before dribble):

- in stance, defender head below shoulder level of offensive player
- active hands looking to deflect pass or take away vision of offense
- apply pressure to create discomfort of offense

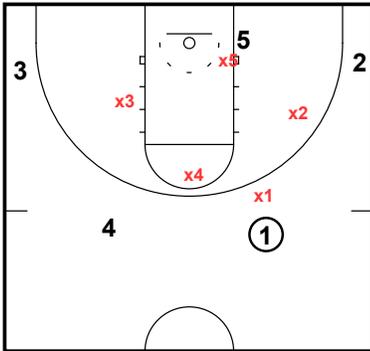
When offensive player attacks off dribble:

- hands fly back- NO HAND CHECK FOULS!
- push off trail foot hard and long slides in direction of drive
- with hands back, play physical with chest

Pack Defense Playbook

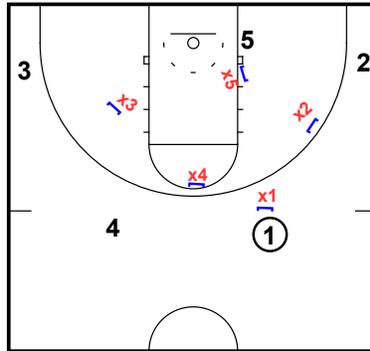
Pack Line Defense- Positioning & Technique

Pack Line Technique- Stance Technique



The technique of the stance is also extremely important.

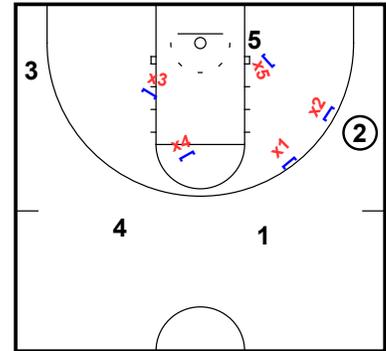
Pack Line Technique- Stance Technique



The stance on the ball is dictated on the location of the ball (see guarding the ball page).

Off the ball, the body and feet are NOT square to ball handler. Top foot is pointed at ball handler but chest is more pointed at angle that allows you to see ball and man while in help position.

Pack Line Technique- Stance Technique

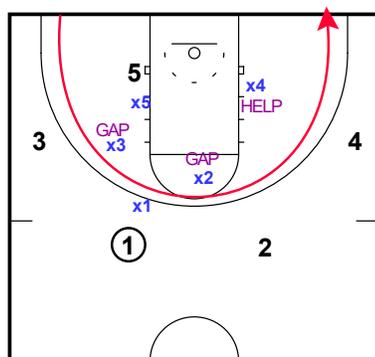


Off the ball, the body and feet are NOT square to ball handler. Top foot is pointed at ball handler but chest is more pointed at angle that allows you to see ball and man while in help position.

Pack Defense Playbook

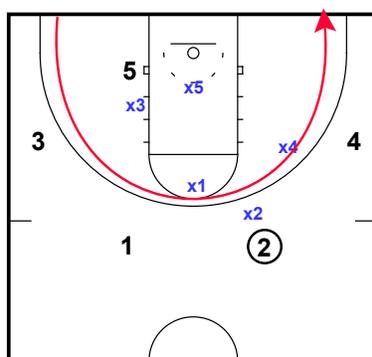
Pack Line Defense- Positioning & Technique

Pack Line Technique- Positioning



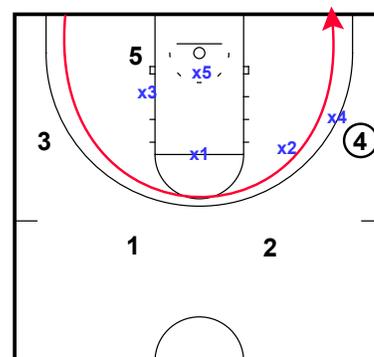
- x1- on the ball.
- x2- in gap position communicating "gap" with ball 1 pass away.
- x3- in gap position communicating "gap" with ball 1 pass away.
- x4- in help position communicating "help" with ball 2 passes away with at least 1 foot inside the paint.
- x5- on top of post player and is up the line, on the line.

Pack Line Technique- Positioning



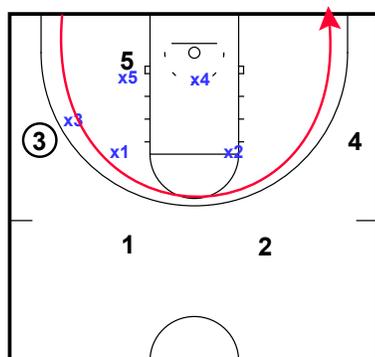
- x1- "Gap"
- x2- "Ball"
- x3- "Help"
- x4- "Gap"
- x5- "Help"

Pack Line Technique- Positioning



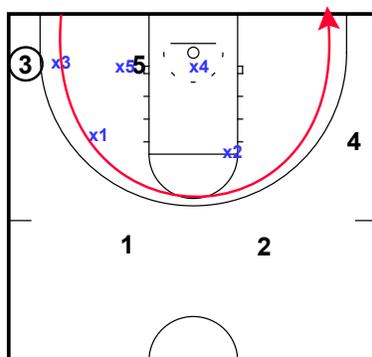
- x1- "Help"
- x2- "Gap"
- x3- "Help"
- x4- "Ball"
- x5- "Help"

Pack Line Technique- Positioning



- x1- "Gap"
- x2- "Help"
- x3- "Ball"
- x4- "Help"
- x5- 3/4 post position with hand in the lane eliminating touch inside the post area.

Pack Line Technique- Positioning

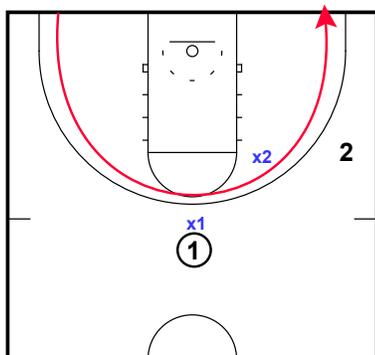


- x1- "Gap"
- x2- "Help"
- x3- "Ball"
- x4- "Help"
- x5- if the ball is as low or lower than the post player, the post defender will slide to full front (if in post box) or slide behind (if out of post box).

Pack Defense Playbook

Pack Line Defense- Positioning & Technique

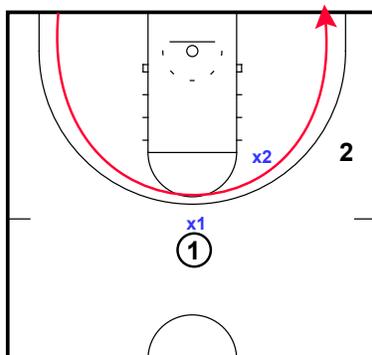
Pack Line Technique- Gap Integrity



The Pack Line defense philosophy is designed to prevent penetration of the basketball. The defense is designed to give you the best chance to compete against any level of talent, improve defensive rebounding, force tough shots, reduce fouling, and limit penetration of the basketball through the dribble or the pass.

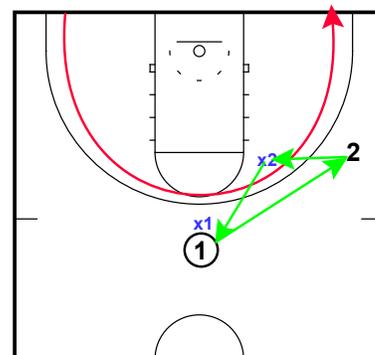
Gap Integrity is most important part of the Pack Line defense.

Pack Line Technique- Gap Integrity



RULE: If the player that you are guarding does NOT have the ball, you have BOTH feet inside the arc.

Pack Line Technique- Gap Integrity

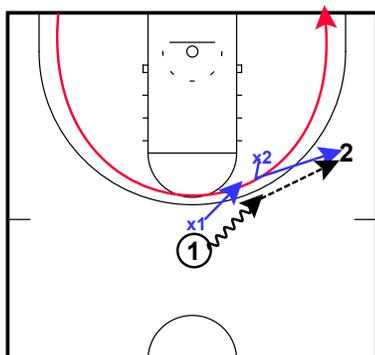


Your position is your help. When your player does NOT have the ball on the perimeter, you are:

1. You are about half way between the ball and your player.
2. You have 2 feet inside the pack line and a step off the line that connects the ball to your man.
3. You are actively able to see ball and man.

This position is also referred to as the flat triangle. You always want your triangle to be as flat as possible with your feet inside the pack line.

Pack Line Technique- Gap Integrity

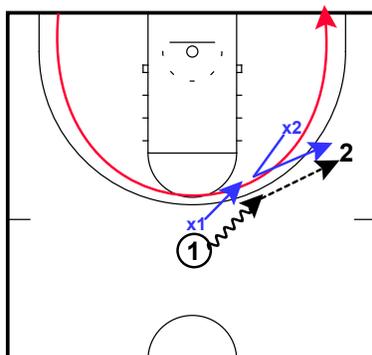


Your position in early help is key!

By having good, early gap positioning, it provides:

1. Visual to offense that there is no open driving lane.
2. If the ball is driven, x2 is able to bluff- thus providing minimal help, and then being able to recover to own man and take away shot.

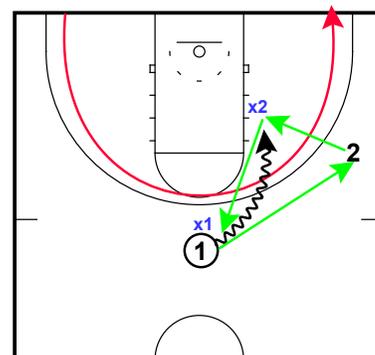
Pack Line Technique- Gap Integrity



If x2 is not half way between ball and man (too glued to man), on it:

1. Provides open driving lane to ball handler.
2. It puts x2 into a help and recover situation where a lot of ground needs to be covered. It is really hard in this situation to help on the penetration and recover to own man to take away shot.

Pack Line Technique- Gap Integrity



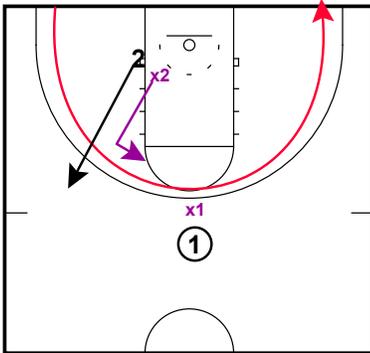
If x2 is too deep in his positioning, also known as the "deep triangle"...the ball handler is able to get deep penetration of the ball and x2 is forced to "sell-out" in his help. This deep position is impossible to recover from when the ball is kicked out to his man for a shot.

Compare the triangle in this frame to the one in frame 3. It is much larger.

Pack Defense Playbook

Pack Line Defense- Positioning & Technique

Pack Line Technique- Guarding the Cutter

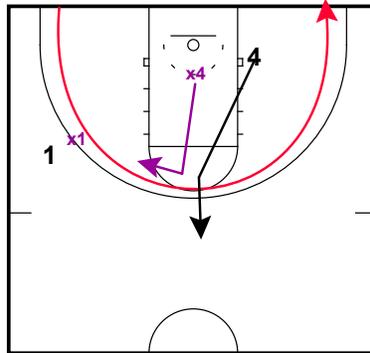


2 things to remember when guarding cutters:

1. Deny any pass inside the arc. The defense wants to prevent any and all penetration inside the pack arc, including passes. So all passes are denied when cutter is inside arc. Defender should not be glued to man, he should be "up the line, on the line" in denial position.

2. Do not chase cutters outside the arc. As soon as cutter has reached pack line arc, defender releases and slides into proper gap position.

Pack Line Technique- Guarding the Cutter

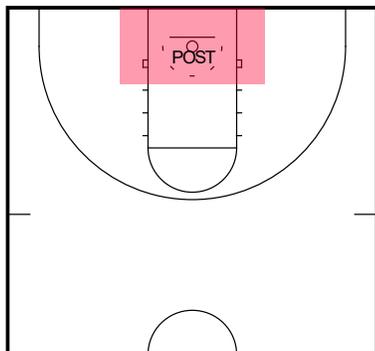


Big flashing high. x4 denies high post entry pass until the offensive player has stepped outside the pack line arc. x4 then slides into proper gap position.

Pack Defense Playbook

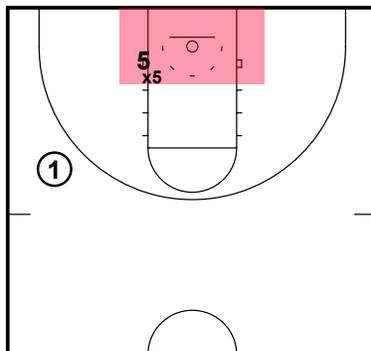
Pack Line Defense- Positioning & Technique

Pack Line Technique- Guarding the Post (w/o the Ball)



You must have a very clear and concise philosophy of how you are going to defend the low post. How you defend the low post dictates everything else you do defensively.

Pack Line Technique- Guarding the Post (w/o the Ball)

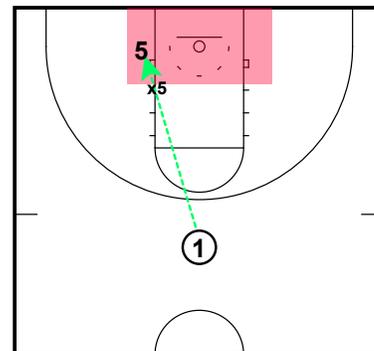


When the ball is on the side, the defense will play 3/4 on the high side of the low post player. x5 is attempting to "smother" the low post. He is working to push the catch outside of the post box.

They are able to do this because there is no baseline dribble penetration, so they do not have to worry about help.

It also helps because when ball is moved to top, now x5 is in position to take away the high low pass.

Pack Line Technique- Guarding the Post (w/o the Ball)

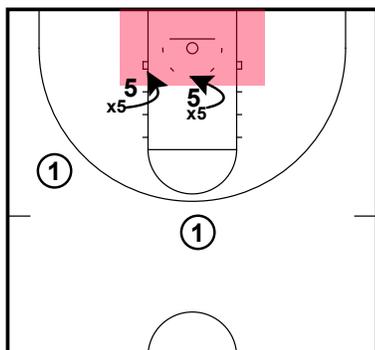


There can never be a feed to the low post from the top.

The defender must play "on the line and up the line" so that he is on top of the offensive post player.

However, he can not get himself too high that the offense is able to lob the ball over the top.

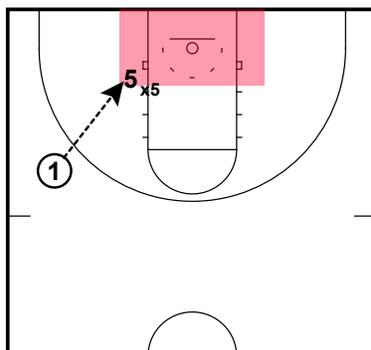
Pack Line Technique- Guarding the Post (w/o the Ball)



By making it difficult to enter the ball in a scoring area of the post, a team will counter by having their post player walk/push the defender higher and lobbing the ball over the top.

The defense must recognize this "slip point". Upon approaching this point, the defender must break contact and slip behind the offensive player and "wall up" as to not give up an easy basket.

Pack Line Technique- Guarding the Post (w/o the Ball)



On a catch, the post defender on the "air time" must quickly slide behind the offensive player to put himself between the ball and basket.

The defender does NOT reach or gamble for the ball giving the post a free basket.

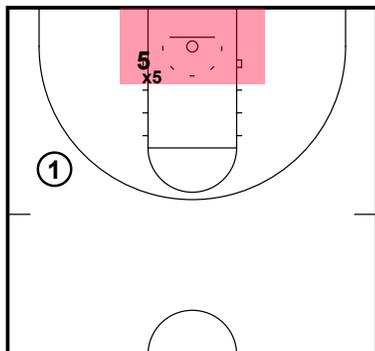
From here, the team guards the post usually 1 of the 3 ways...

1. 1 v 1- make post score over the top
2. Crowd/Dig/Choke the post with active perimeters
3. Double the post

Pack Defense Playbook

Pack Line Defense- Positioning & Technique

Pack Line Technique- Guarding the Post (with the Ball)

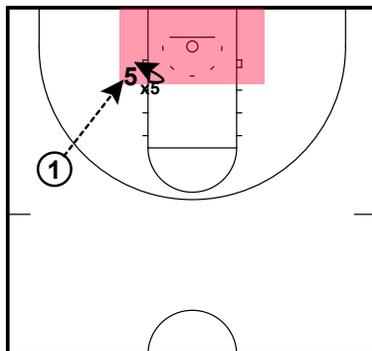


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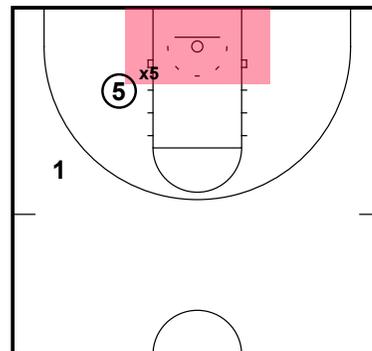
Pack Line Technique- Guarding the Post (with the Ball)



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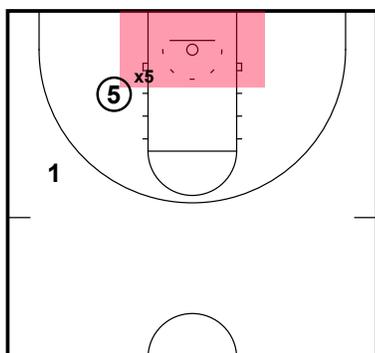
Pack Line Technique- Guarding the Post (with the Ball)



On the post catch, x5 will have "pop back" (or slid behind). He is in stance with small gap between him and the offensive post player- he is not leaning on him. He may have an arm bar on him to protect himself from back down, but cannot extend that arm for it is a foul. Inside hand is high taking away vision to basket and pass out weak.

As the post player makes his move, x5 will throw his hands high with elbows "in his ears", trying to hold position with lower body and walk through the offensive player. "Walling up" provides a great box out position and prevents easy offensive rebounds.

Pack Line Technique- Guarding the Post (with the Ball)

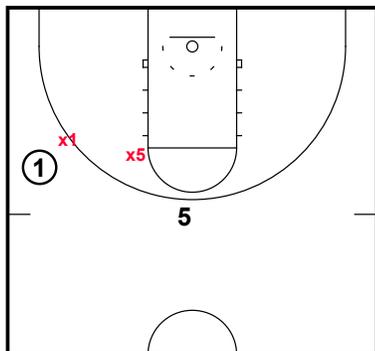


Undisciplined post defenders pick up cheap fouls or give up easy baskets by leaving their feet to block shots. Should never leave "wall up" position to block a shot. Blocked shots come from the weak side in help.

Pack Defense Playbook

Pack Line Defense- Positioning & Technique

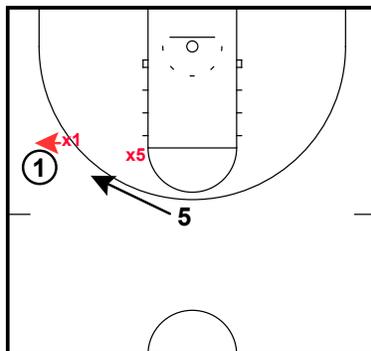
Pack Line Technique- Guarding the Ball Screen (Hard Show)



The most common way of defending the ball screen in the pack line defense is the Hard Show (or Hedge).

It all starts with proper positioning and communication.

Pack Line Technique- Guarding the Ball Screen (Hard Show)

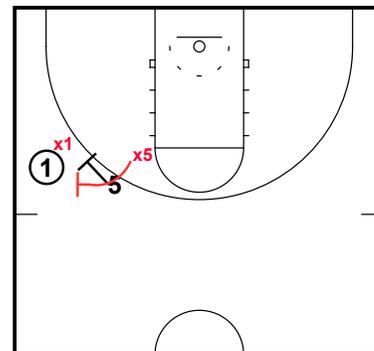


x1 should be on applying pressure on the ball influencing the ball middle (taking away baseline). x5 should be in "flat triangle" plugging the gap.

As soon as x5 recognizes that the offense is setting a ball screen, he immediately communicates with x1 by calling "screen [direction]".

When x1 hears x5 call out the screen, he immediately shifts his positioning to bottom side of offensive player to eliminate any baseline and force into him into the ball screen.

Pack Line Technique- Guarding the Ball Screen (Hard Show)



As 5 is going to set the screen, x5 steps up and positions himself early.

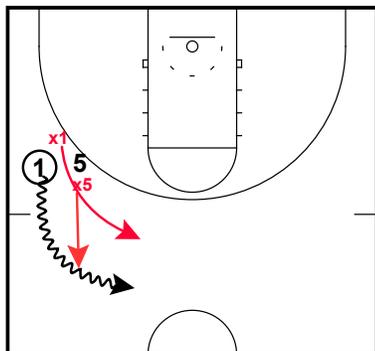
x5 positioning:

- chest parallel to the sideline
- low and wide stance
- "extension of the screen" --> inside hand on screener (5). Having a hand on the screener is key as it helps eliminate the chance of being split by the ball handler.
- high, wide arms/hands. This makes the show wider and eliminates the defender from picking up a cheap hand check foul.

Pack Defense Playbook

Pack Line Defense- Positioning & Technique

Pack Line Technique- Guarding the Ball Screen (Hard Show)



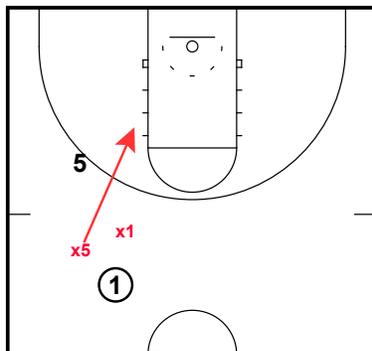
x1 forces the ball handler into the screen and the show man.

As the ball handler attacks, it is x5 job to drive the ball handler up the floor towards the half court line.

In a hard show, x5 will give 2 hard slides up the floor. He must be very careful as to not commit a blocking foul when sliding as the ball handler attacks. He must be in a stance with active feet, have arms out, and hands to the sky.

x1 goes over the screen and under x5 taking an angle to cut off the ball handler and square the ball up.

Pack Line Technique- Guarding the Ball Screen (Hard Show)

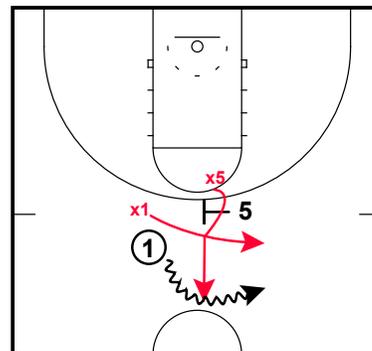


x1 will square up the ball and x5 will recover.

x5 recovery will be based on communication from other big- he may recover to own man or they may have "x-out" (switch).

x5 sprints with high hands in recovery.

Pack Line Technique- Guarding the Ball Screen (Hard Show)

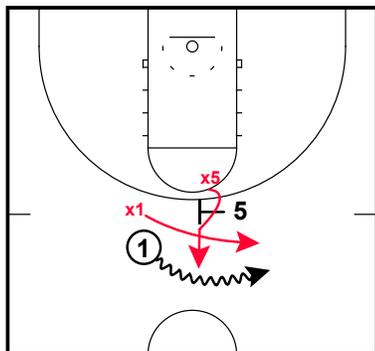


Here's a look at a middle ball screen.

Pack Defense Playbook

Pack Line Defense- Positioning & Technique

Pack Line Technique- Guarding the Ball
Screen (Hard Show)



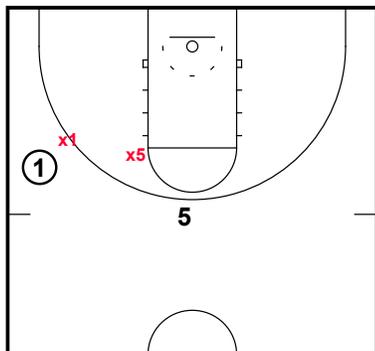
An adjustment that a team can make with the show is to give a "peek-a-boo" (quick) show. They may adjust to doing this if the screener is good perimeter shooter and don't want to get too far removed from him.

In that case, x5 will do everything the same as the standard hard show, except instead of driving the ball handler up the floor with two hard slides, he will either give 1 slide or possibly no slide at all. x1 will have to work hard to get through screen quicker as x5 is committing less time to the ball.

Pack Defense Playbook

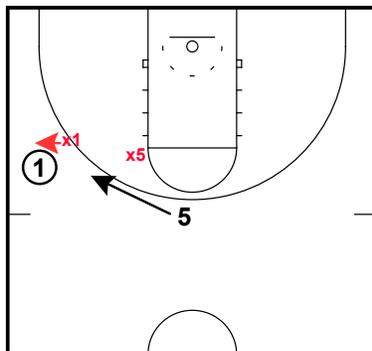
Pack Line Defense- Positioning & Technique

Pack Line Technique- Guarding the Ball Screen (Trap)



Although it isn't used too often, some teams will use the trap against a really talented offensive player to force the ball out of his hands.

Pack Line Technique- Guarding the Ball Screen (Trap)

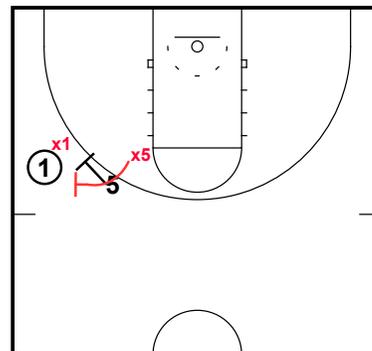


x1 should be on applying pressure on the ball influencing the ball middle (taking away baseline). x5 should be in "flat triangle" plugging the gap.

As soon as x5 recognizes that the offense is setting a ball screen, he immediately communicates with x1 by calling "screen [direction]".

When x1 hears x5 call out the screen, he immediately shifts his positioning to bottom side of offensive player to eliminate any baseline and force into him into the ball screen.

Pack Line Technique- Guarding the Ball Screen (Trap)



As 5 is going to set the screen, x5 steps up and positions himself early.

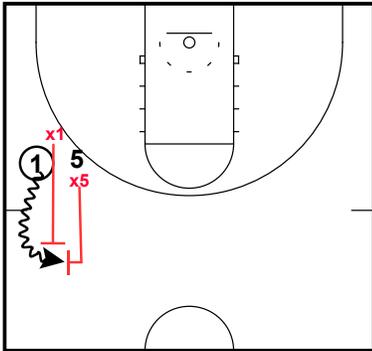
x5 positioning:

- chest parallel to the sideline
- low and wide stance
- "extension of the screen" --> inside hand on screener (5). Having a hand on the screener is key as it helps eliminate the chance of being split by the ball handler.
- high, wide arms/hands. This makes the show wider and eliminates the defender from picking up a cheap hand check foul.

Pack Defense Playbook

Pack Line Defense- Positioning & Technique

Pack Line Technique- Guarding the Ball Screen (Trap)



x1 forces the ball handler into the screen and the show man.

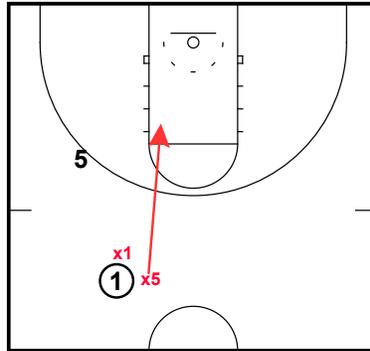
As the ball handler attacks, it is x5 job to drive the ball handler up the floor towards the half court line.

Much like a hard show, x5 will give slide up the floor. He must be very careful as to not commit a blocking foul when sliding as the ball handler attacks. He must be in a stance with active feet, have arms out, and hands to the sky.

x1 goes over the screen and aggressively attacks the ball.

On the trap, x1 and x5 must be shoulder to shoulder as not to allow the ball handler split them with the dribble. That is the cardinal sin.

Pack Line Technique- Guarding the Ball Screen (Trap)



x5 will stay with the trap until the ball is picked up. He does not need to stay with it even if the ball hasn't been passed. The ball handler is no longer a threat to make a play with the dribble or shot, x5 may recover.

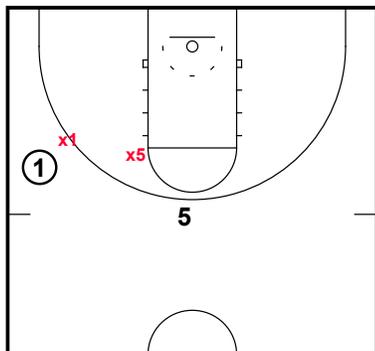
x5 recovery will be based on communication from other big- he may recover to own man or they may have "x-out" (switch).

x5 sprints with high hands in recovery.

Pack Defense Playbook

Pack Line Defense- Positioning & Technique

Pack Line Technique- Guarding the Ball Screen (Soft Show)

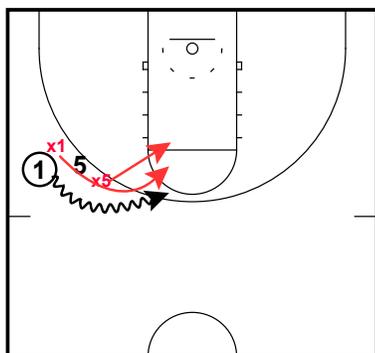


A common way of defending the ball screen in the pack line defense is the Soft Show (can also be called a "flat show", or "lateral").

This method may be used in a couple of situations:

- the defensive big is slow footed and has hard time getting out to give effective shows- leading to guard turning the corner and making plays. It may also be used if big has trouble getting out early and is committing fouls due to poor positioning.
- May be switched to on fly if big knows he is getting out to screen late and will not be able to provide a good show on the screen.

Pack Line Technique- Guarding the Ball Screen (Soft Show)



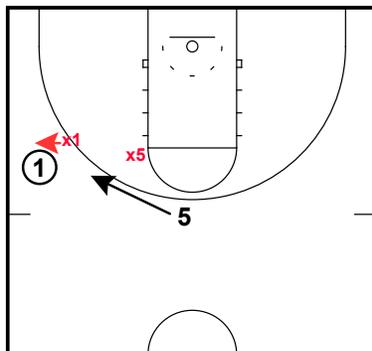
x1 forces the ball handler into the screen and the show man.

x5 forces the ball out and around, thus giving x1 ample time to recover.

His job is to stay between ball and basket and to contest the pull-up jumper.

As the ball handler attacks, x1 goes over the screen and over the top of x5 taking an angle to cut off the ball handler and square the ball up.

Pack Line Technique- Guarding the Ball Screen (Soft Show)

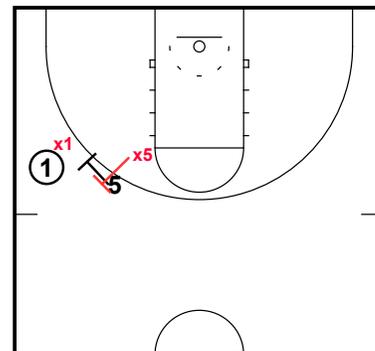


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Pack Line Technique- Guarding the Ball Screen (Soft Show)



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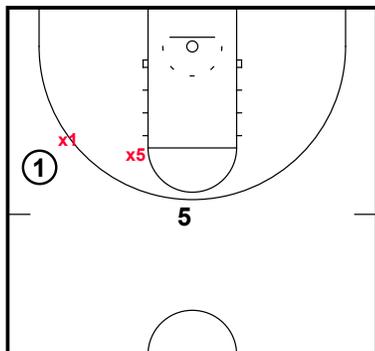
x5 positioning:

- 2 steps removed from screen
- chest flat (more square to ball handler)
- low and wide stance
- high, wide arms/hands. This makes it wider and eliminates the defender from picking up a cheap hand check foul or splitting the defenders

Pack Defense Playbook

Pack Line Defense- Positioning & Technique

Pack Line Technique- Guarding the Ball Screen (Bump and Under)

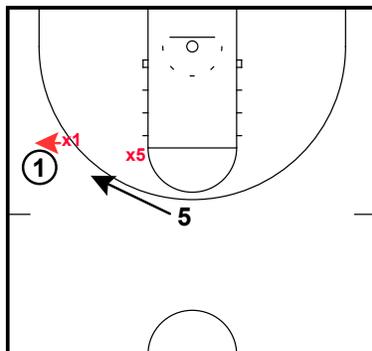


Another defending the ball screen in the pack line defense is the Bump and under (can also be called a "plug & go").

This technique may be used when the the screener is a perimeter shooting threat and the defense does not want to become unattached from the screener.

It all starts with proper positioning and communication.

Pack Line Technique- Guarding the Ball Screen (Bump and Under)

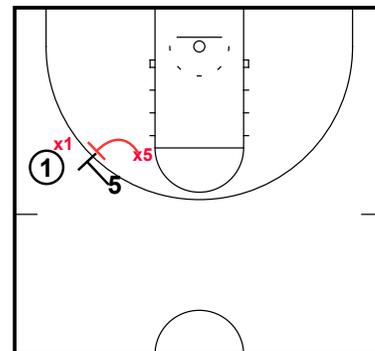


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Pack Line Technique- Guarding the Ball Screen (Bump and Under)

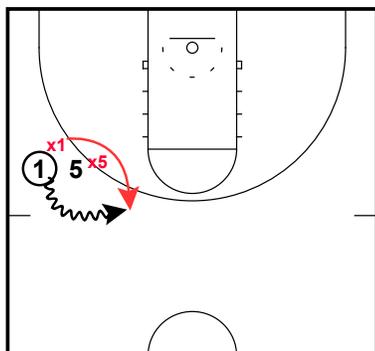


As 5 is going to set the screen, x5 steps up and makes early contact with the screener.

x5 positioning:

- chest parallel to the screener
- low and wide stance
- chest pressed against the screener pushing the screen further out
- high hands to eliminate fouling and for contesting the shot of the ball handler if he pulls up from behind the screen.

Pack Line Technique- Guarding the Ball Screen (Bump and Under)



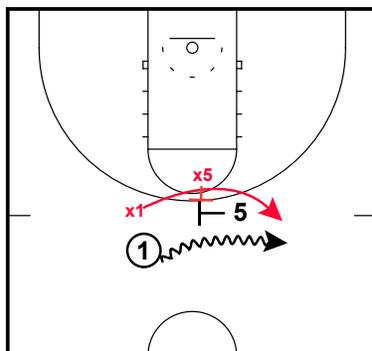
x1 forces the ball handler into the screen.

As the ball handler attacks, it is x5 job to hold the screen firm so that the roller can not roll into x1 when he goes under the screen.

x1 goes under both the screen and x5 to cut off the dribbler on the other side of the screen.

x1 takes angle to cut off ball handler and square up the basketball.

Pack Line Technique- Guarding the Ball Screen (Bump and Under)

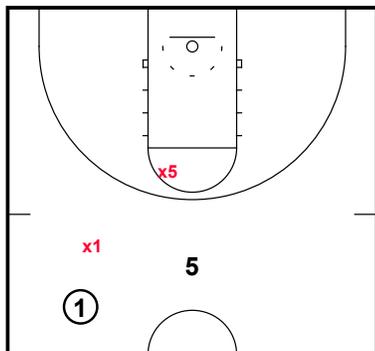


Here's a look at a middle ball screen.

Pack Defense Playbook

Pack Line Defense- Positioning & Technique

Pack Line Technique- Guarding the "Non-Scoring Area" Ball Screen (Soft Show)



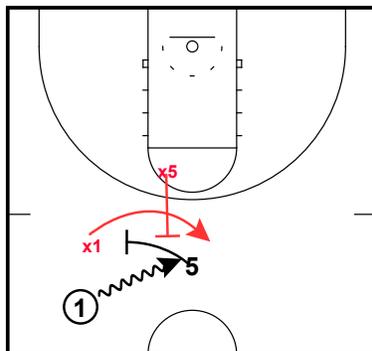
We just covered the "soft show" coverage.

Teams who may hard show will also use this coverage as an exception when the ball screen and ball are out of a "scoring area". This area can be defined by a line on the floor or a developed judgment call by the big.

This is designed to stay soft and keep ball in front of the defense.

An example of this would be a transition drag screen or sometimes a late clock play.

Pack Line Technique- Guarding the "Non-Scoring Area" Ball Screen (Soft Show)

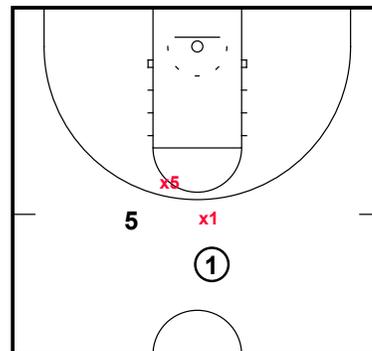


As the screen is happening, x5 is communicating to x1 the action that is happening. Normally he would call "screen [direction]" and then get into his normal screen coverage.

Due to the location of the screen, he is now communicating a little differently. He is still calling "screen [direction]", but now he is also directing x1 to go "under" the screen.

x1 forces ball into screen. x5 "soft shows" to keep ball in front. x1 then slides under screen AND under x5 quickly to cut off and square ball back up.

Pack Line Technique- Guarding the "Non-Scoring Area" Ball Screen (Soft Show)

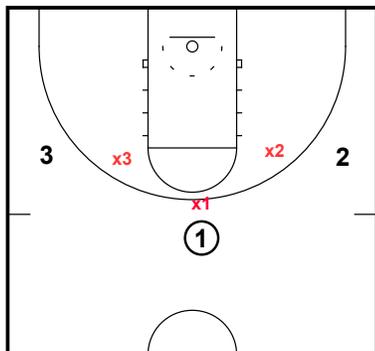


With ball back in scoring area, the defense will revert back to their standard ball screen defense rules/principles.

Pack Defense Playbook

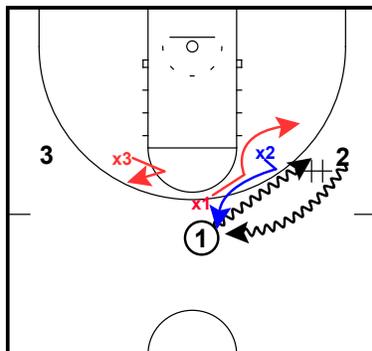
Pack Line Defense- Positioning & Technique

Pack Line Technique- Guarding the Dribble Hand Off



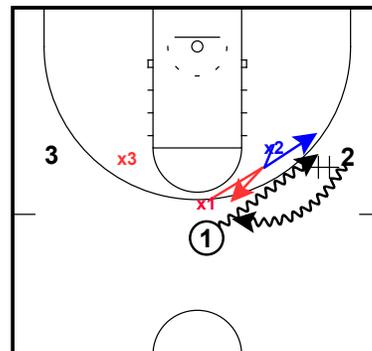
Guarding the DHO. There are a few different ways to approach guarding the DHO.

Pack Line Technique- Guarding the Dribble Hand Off



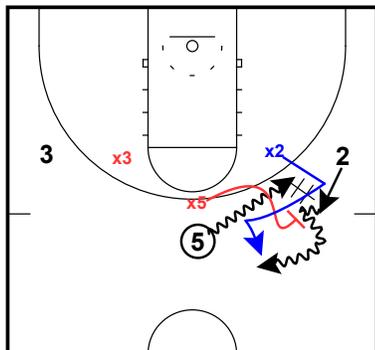
One option for guarding the dribble hand off (usually guard to guard): x1 sees the dribble hand off happening, they will jump back to let x2 through when the ball is exchanged from 1 to 2. x2 will take an angle to square up ball so that 2 can not turn the corner. x3 will provide gap coverage.

Pack Line Technique- Guarding the Dribble Hand Off



A second option that can be used to defend the DHO is to switch (most used when DHO happens between "likes"). x1 goes with ball handler. When he recognizes the DHO action, he communicates "switch" with x2 and trade men.

Pack Line Technique- Guarding the Dribble Hand Off



When the DHO occurs between a big and guard, the defensive big may provide a quick hedge to slow ball handler down and provide time for ball defender to recover.

This is much like hedging on a ball screen. When x5 recognizes the hand off, he jumps out into a quick show.

x2 recognizing the handoff has jumped up from gap position to meet his man and slide over the top of the handoff in attempts to "blow it up". If he doesn't he slides over top of DHO and under big.

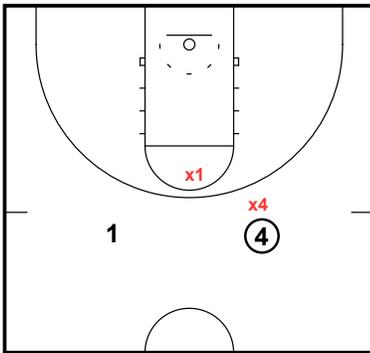
Adjustments that can be made:

- If the hand off is going to talented player, the show can be harder or trap may even be used.
- If the handoff goes to a non-perimeter threat, guard can go under hand off and big.
- The show/hedge can adjusted- hard, trap, soft/flat, etc. based on personnel

Pack Defense Playbook

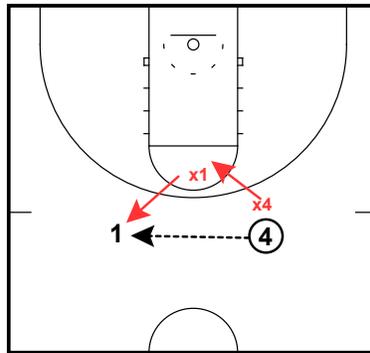
Pack Line Defense- Positioning & Technique

Pack Line Technique- Guarding the Blur Cut

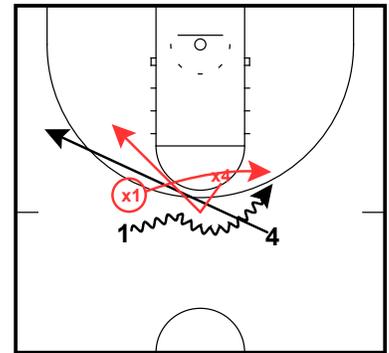


The dribble drive uses the blur cut to rub the defender and create driving opportunity for offense.

Pack Line Technique- Guarding the Blur Cut

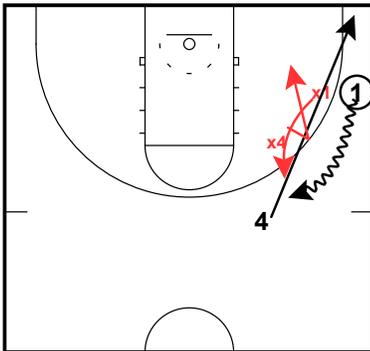


Pack Line Technique- Guarding the Blur Cut



As 4 goes to blur cut, instead of chasing him, x4 hold and sits in driving gap like he is giving a soft/flat show. This will deny 1 the straight line drive into open driving lane and allow x1 to slide through and square ball up.

Pack Line Technique- Guarding the Blur Cut

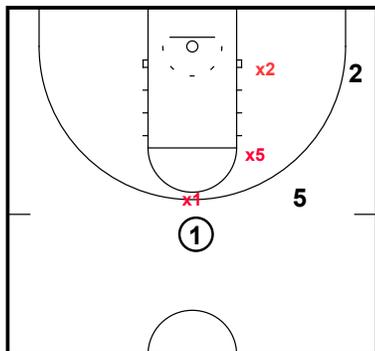


Here is a look from the wing.

Pack Defense Playbook

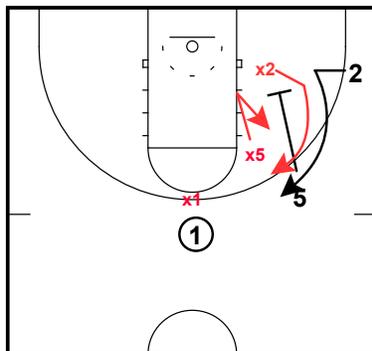
Pack Line Defense- Positioning & Technique

Pack Line Technique- Guarding the Down Screen



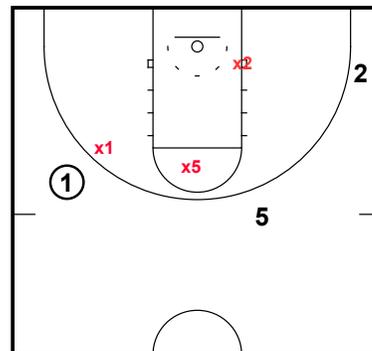
Down screen with ball in middle 1/3.

Pack Line Technique- Guarding the Down Screen



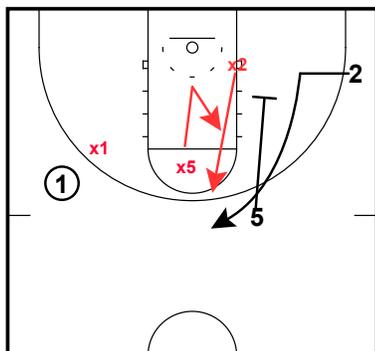
5 pins down for 2. x5 communicates the "down screen" to x2. x2 attaches to the cutter and chases same side. x5 loosened and is arm length away from screener. x5 provides help against the curl from the cutter. x2 is responsible for taking away catch and shoot opportunity.

Pack Line Technique- Guarding the Down Screen



Down screen on weak side with ball in outer 1/3.

Pack Line Technique- Guarding the Down Screen

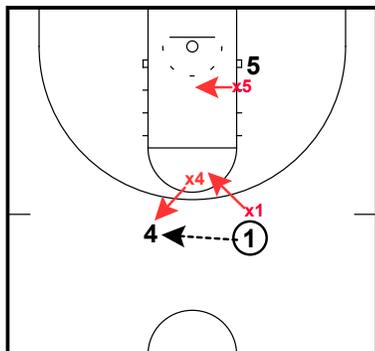


5 pins down for 2. x5 communicates the "down screen" to x2. x2 already in a help position, goes "removed" and shoots the gap. x5 loosens to get x2 through the screen.

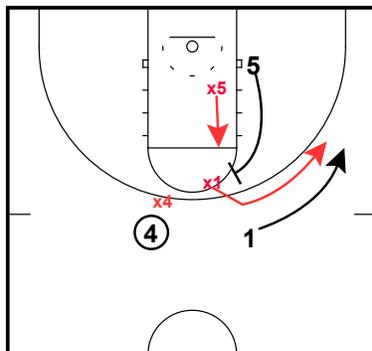
Pack Defense Playbook

Pack Line Defense- Positioning & Technique

Pack Line Technique- Guarding the Flare Screen



Pack Line Technique- Guarding the Flare Screen



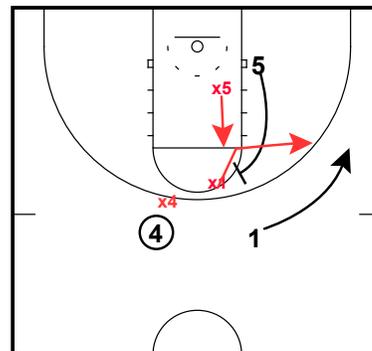
When 5 goes to flare screen for 1, x5 communicates "flare" to x1.

x4 pressures the ball and disrupts vision.

x1 steps up and into his man and chases over the screen. His responsibility is to take away the catch and shoot jumper on the flare.

x5 loosens a couple of steps below the screen, even with the screen, with high hands. He is the basket protector. He provides help against the curl on the flare and against the slip of the screen.

Pack Line Technique- Guarding the Flare Screen

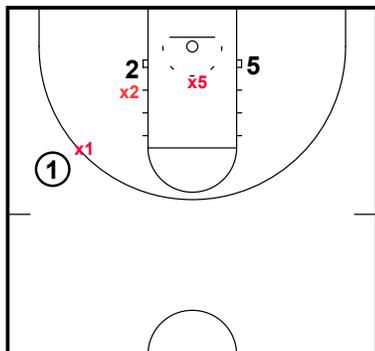


An adjustment that teams can make is to go under the flare screen. This is ONLY done when the person being flared for is a 100% non-perimeter threat. In this case, x1 is free to go under to keep the offensive player in front of him.

Pack Defense Playbook

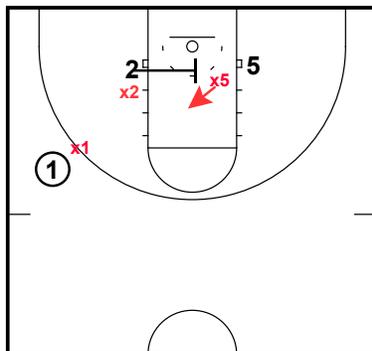
Pack Line Defense- Positioning & Technique

Pack Line Technique- Guarding the Cross Screen



Guarding the cross screen.

Pack Line Technique- Guarding the Cross Screen

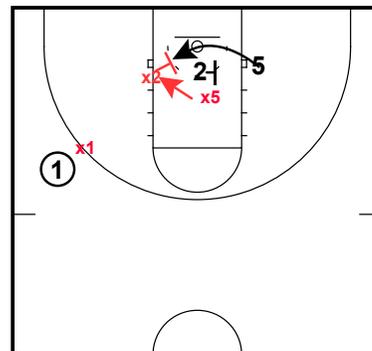


When 2 goes to cross screen for 5, x2 communicates "cross screen" to x5.

x1 pressures the ball and disrupts vision.

x5 should be a little higher than his man and to the ball in his help position. As soon as he hears "cross screen", he makes sure to get on top side of screen, forcing 5 to take the low side of the screen.

Pack Line Technique- Guarding the Cross Screen



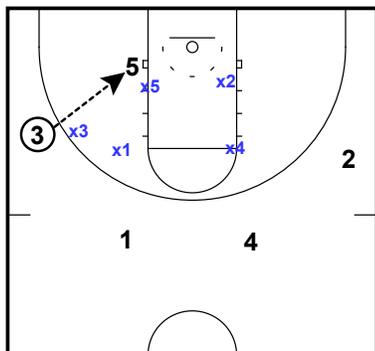
With x5 on top of screen and forcing 5 to low side, x2 gets to low side of screen and bumps the cutter, providing x5 time to get over top of screen and to recover to front to keep 5 from getting touch inside post area.

Once 5 makes this "V" move and recovers, x2 can release "hold" and recover to his man/proper position.

Pack Defense Playbook

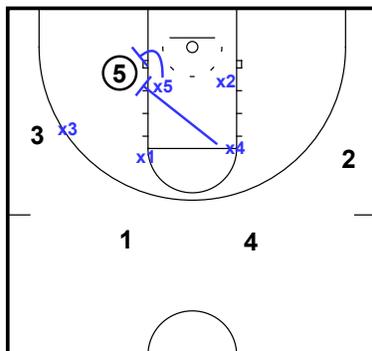
Pack Line Defense- Defending the Post

Pack Line- Post Double Big to Big



x5 is 3/4 on top shoulder pushing the post catch outside the post area box.

Pack Line- Post Double Big to Big



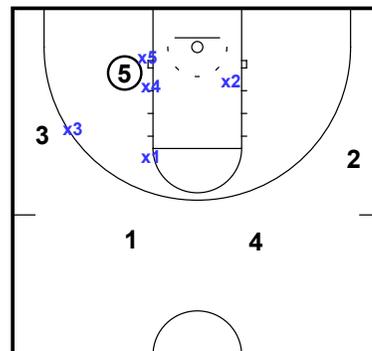
Pack line defensive teams will often double the post against a good offensive player. The most common way of doubling the post is to double "BIG TO BIG".

On the air time of the pass, x5 will slide behind the offensive player to put himself between him and the basket and slide to the low side of the player with high hands. x5 cannot allow 5 to beat him baseline side.

On the air time, x4 will sprint into double team taking the high side of the offensive player. He comes aggressively with high hands taking away quick pass out.

x4 and x5 have to be tight to avoid letting the offensive player split them. High hands take away vision and easy kick out. Their job is not to steal the ball, but make offense uncomfortable and difficult to pass out.

Pack Line- Post Double Big to Big



x3 plays tight and locks up man not allowing direct pass back out.

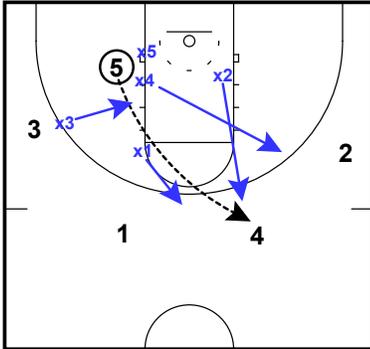
x2 is low man and keeps everyone else above him. He is helper on any type of dive cut from top or weak side. If the ball is skipped out to weak side to 2, he will close to the ball.

x1 sinks to elbow area where he can see both men on the top.

Pack Defense Playbook

Pack Line Defense- Defending the Post

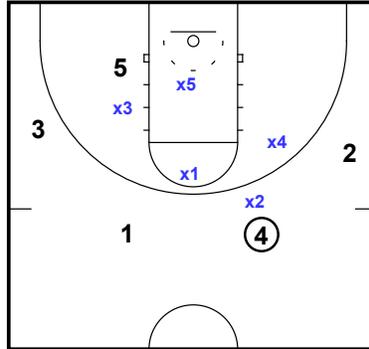
Pack Line- Post Double Big to Big



x4 and x5 stay with trap until...

1. Ball is passed out.
2. Ball is dribbled out of "scoring area" for post player. He will then recover to own man/position leaving to x5 to play 1 v 1 with 5. This is used when 5 is not real skilled with the dribble and making plays, but is good with back to basket.
3. Ball is dribbled out and then picked up killing any threat of the offensive player making a play.

Pack Line- Post Double Big to Big

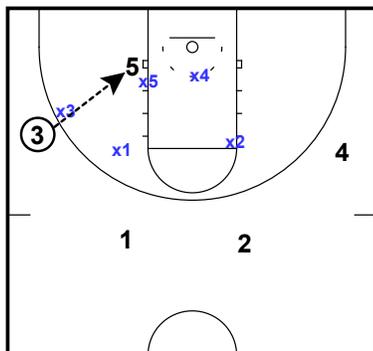


On the pass out of the double team, players will communicate and sprint to "ball" and "help" positioning. It is ideal if players can return to their own player, but sometimes they may have to rotate and get cross matched.

Pack Defense Playbook

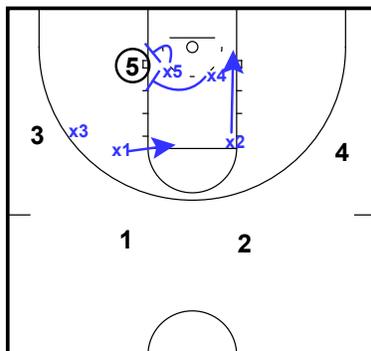
Pack Line Defense- Defending the Post

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Pack Line- Post Double Big to Big



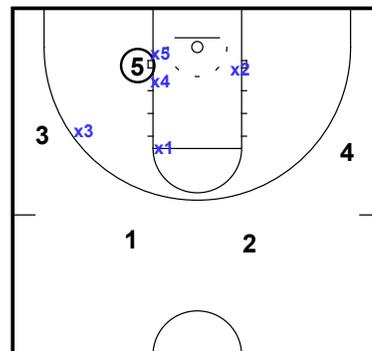
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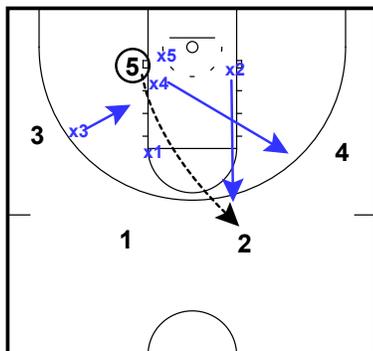
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Pack Defense Playbook

Pack Line Defense- Defending the Post

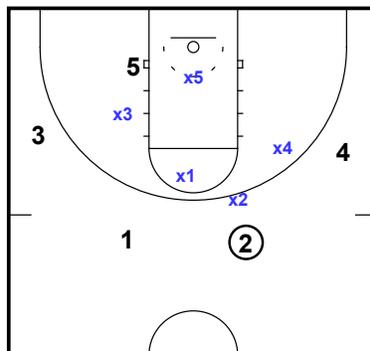
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Pack Line- Post Double Big to Big

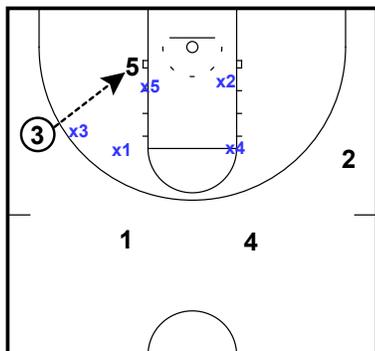


On the pass out of the double team, players will communicate and sprint to "ball" and "help" positioning. It is ideal if players can return to their own player, but sometimes they may have to rotate and get cross matched.

Pack Defense Playbook

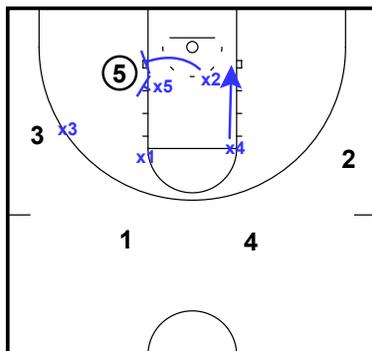
Pack Line Defense- Defending the Post

Pack Line- Post Double Low Man



x5 is 3/4 on top shoulder pushing the post catch outside the post area box.

Pack Line- Post Double Low Man



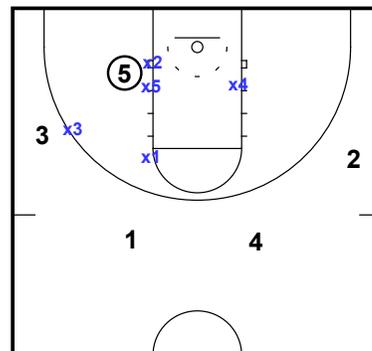
Pack line defensive teams will often double the post against a good offensive player. The most common way of doubling the post is to double "big to big". However, another way that is utilized is to double from the **low man on the weak side**.

On the air time of the pass, x5 will slide behind the offensive player to put himself between him and the basket and slide to the high side of the player with high hands. x5 cannot allow 5 to beat him middle.

On the air time, x2 will sprint into double team taking the low side of the offensive player. He comes aggressively with high hands taking away baseline.

x4 and x5 have to be tight to avoid letting the offensive player split them. High hands take away vision and easy kick out. Their job is not to steal the ball, but make offense uncomfortable and difficult to pass out.

Pack Line- Post Double Low Man



x3 plays tight and locks up man not allowing direct pass back out.

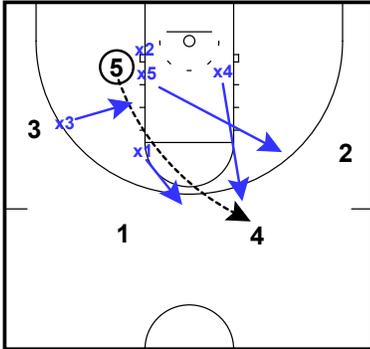
x4 sinks to rim and keeps everyone else above him. He is helper on any type of dive cut from top or weak side. If the ball is skipped out to weak side to 2, he will close to the ball.

x1 sinks to elbow area where he can see both men on the top.

Pack Defense Playbook

Pack Line Defense- Defending the Post

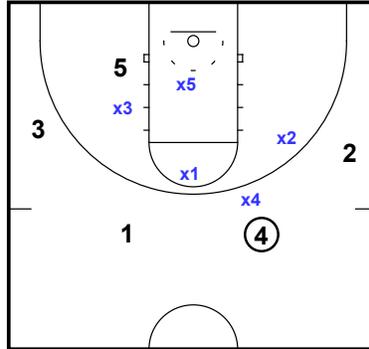
Pack Line- Post Double Low Man



x2 and x5 stay with trap until...

1. Ball is passed out.
2. Ball is dribbled out of "scoring area" for post player. He will then recover to own man/position leaving to x5 to play 1 v 1 with 5. This is used when 5 is not real skilled with the dribble and making plays, but is good with back to basket.
3. Ball is dribbled out and then picked up killing any threat of the offensive player making a play.

Pack Line- Post Double Low Man

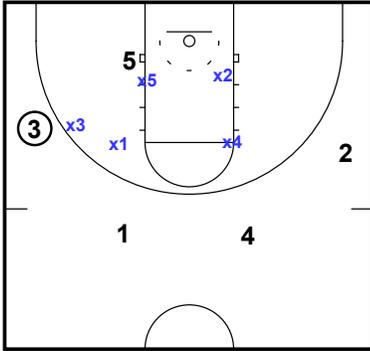


On the pass out of the double team, players will communicate and sprint to "ball" and "help" positioning. It is ideal if players can return to their own player, but sometimes they may have to rotate and get cross matched.

Pack Defense Playbook

Pack Line Defense- Defending the Post

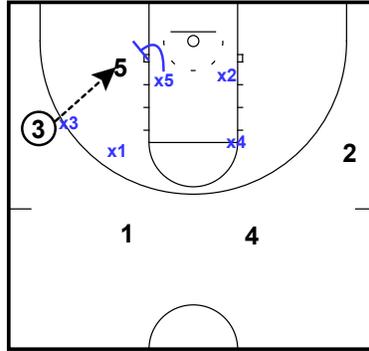
Pack Line- Digging/Crowding the Post



In the pack defense, there are options on how to guard once the ball is entered into the post.

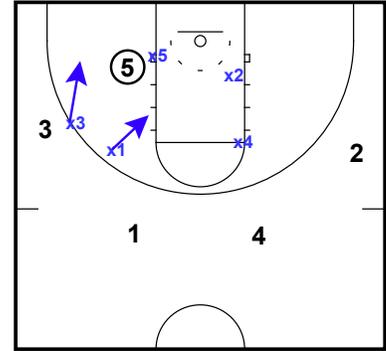
If the offensive player is not a major threat, you may decide not to double. If you don't double, crowding the post is a good option. It can also be a good option if the other team has good post player but you are worried about giving up 3's to good perimeter shooters. "Crowding" or "digging" on the post can make the post player feel uncomfortable without having to double, and take away open 3's.

Pack Line- Digging/Crowding the Post



x5 is on the 5 shoulder playing 3/4 defense trying to push the post catch outside the post box. On the pass (if x5 can't deflect/steal the pass), x5 slides behind 5 to put his body between him and the basket.

Pack Line- Digging/Crowding the Post



x3 and x1 will sink to about 1/2 way between ball and man playing cat and mouse with the post player.

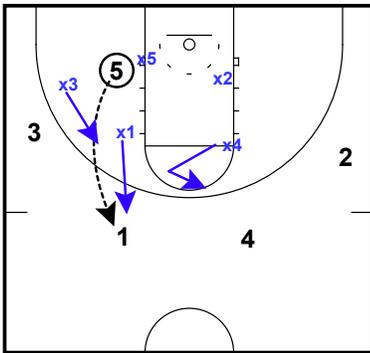
x3 will get his "butt to the baseline" so that he can see everything above him.

All off-ball defenders must have an open stance so that they see ball and man.

They must have active hands and feet so they can properly react when ball is passed out.

The amount of help from off ball defenders can be dependent on strength of post player and perimeter player's ability to shoot.

Pack Line- Digging/Crowding the Post



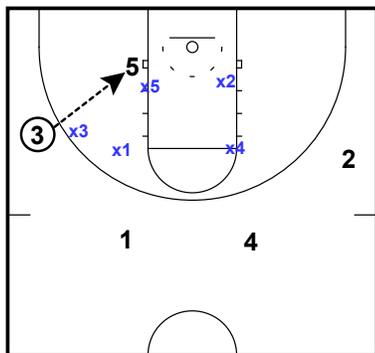
The most likely pass out is to the top.

On the pass, all perimeter defenders actively jump to the ball. x4 bluffs and recovers providing some help and time for x1 to recover to his man.

Pack Defense Playbook

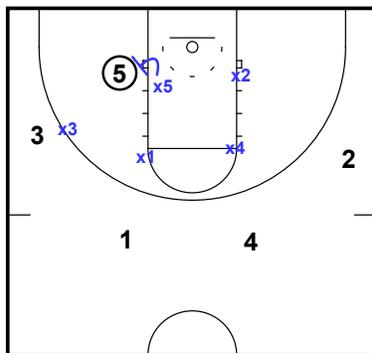
Pack Line Defense- Defending the Post

Pack Line- Post Double Cutter



x5 is 3/4 on top shoulder pushing the post catch outside the post area box.

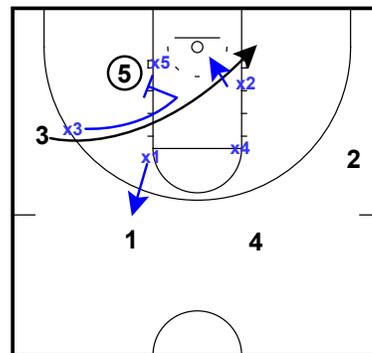
Pack Line- Post Double Cutter



Pack line defensive teams will often double the post against a good offensive player. The most common way of doubling the post is to double "big to big". However, a doubling technique that has become popular is **doubling off the ball side cutter (the player who fed the post)**.

On the air time of the pass, x5 will slide behind the offensive player to put himself between him and the basket.

Pack Line- Post Double Cutter



Many teams like to basket cut the post feeder after passing the ball in the post.

x3 has locked up the pass back out to ball side. As his man basket cuts, he goes with denying him the give and go pass.

When the cutter passes the shoulder of 5, x3 will leave cutter and sprint into double team with x5.

If the cut was on the high side of the post, x3 will take the high side of the double and x5 the low side.

x3 will sink to the inside of the cutter and protect rim.

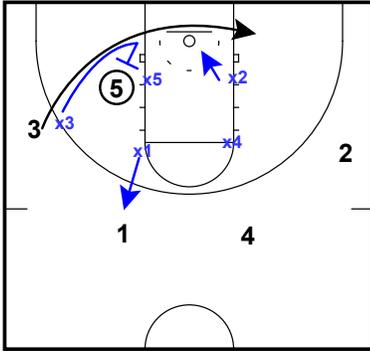
x1 is now the ball side defender and covering the easiest pass out of the double. He locks to man and denies the pass back out.

x4 sits in help and covers 2 on weak side.

Pack Defense Playbook

Pack Line Defense- Defending the Post

Pack Line- Post Double Cutter



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x3 has locked up the pass back out to ball side. As his man basket cuts, he goes with denying him the give and go pass.

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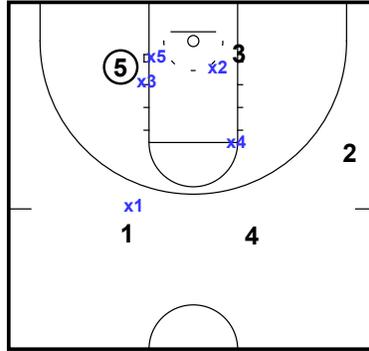
If the cut was on the low side of the post, x3 will take the low side of the double and x5 the high side (more common in the NBA).

x3 will sink to the inside of the cutter and protect rim.

x1 is now the ball side defender and covering the easiest pass out of the double. He locks to man and denies the pass back out.

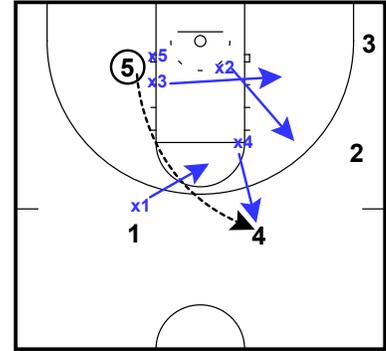
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Pack Line- Post Double Cutter



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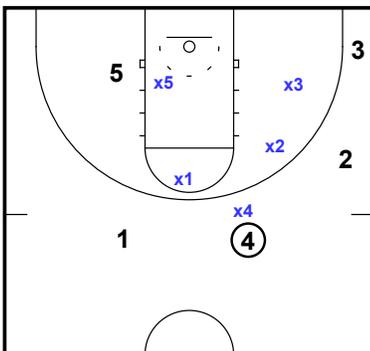
Pack Line- Post Double Cutter



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Pack Line- Post Double Cutter

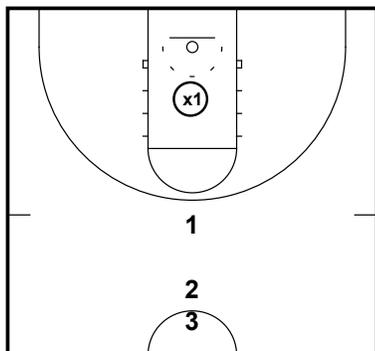


On the pass out of the double team, players will communicate and sprint to "ball" and "help" positioning. It is ideal if players can return to their own player, but sometimes they may have to rotate and get cross matched.

Pack Defense Playbook

Pack Line Defense Drills- Ball Pressure

1 v 1 Closeouts

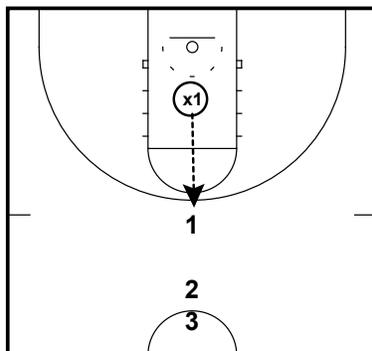


1 defensive player with the ball in the middle of the key.

1 offensive player at top of key.

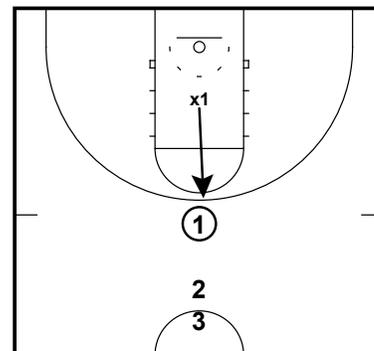
Everyone else in line at half court.

1 v 1 Closeouts



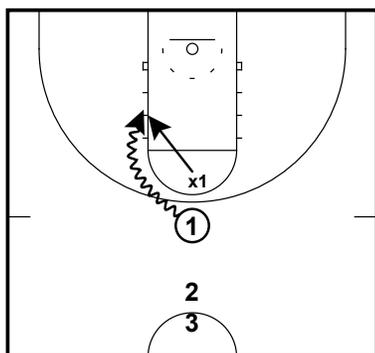
Defensive player tosses the ball to the offensive player.

1 v 1 Closeouts



Defensive player closes out.

1 v 1 Closeouts



Ball is live on the catch.

The offense has 2 dribbles max to score.

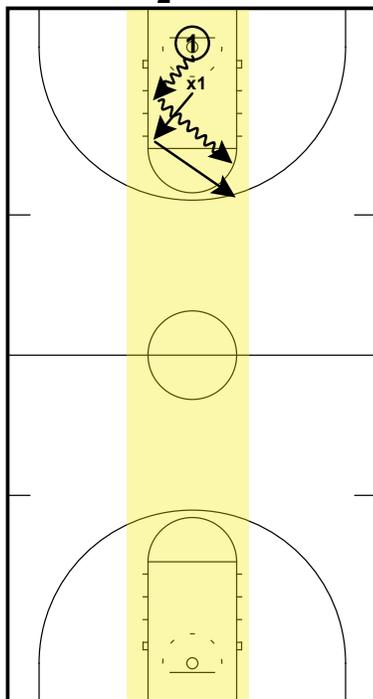
Play through the rebound or made basket.

If offense scores, defense stays and plays next player in line. If defense gets stop, they go off, offense goes to defense and next player steps on offense.

Pack Defense Playbook

Pack Line Defense Drills- Ball Pressure

1 v 1 Full Court
3 x3
2 x2



Defense (x1) hands offense (1) the ball when ready. Offense must stay in "chute". Defense works offense and tries to turn as many times as possible. If ball goes out of bounds/stolen-defense wins and rep is over. Play through the rebound.

Next pair in line goes when group is finished.

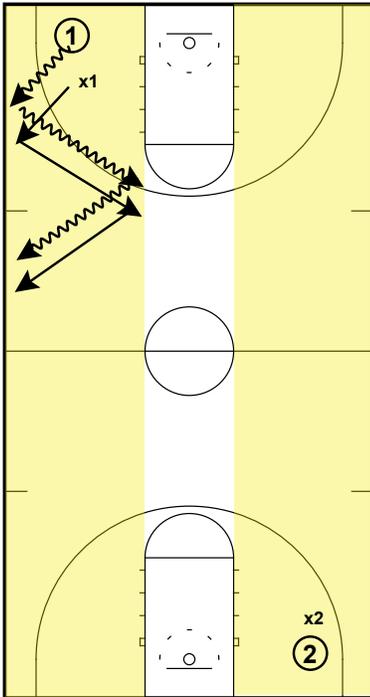
Switch offense and defense and come back other way.

*Texas rules- cannot shoot ball until it touches the paint.

Pack Defense Playbook

Pack Line Defense Drills- Ball Pressure

Alley Drill (1 v 1 Drill)



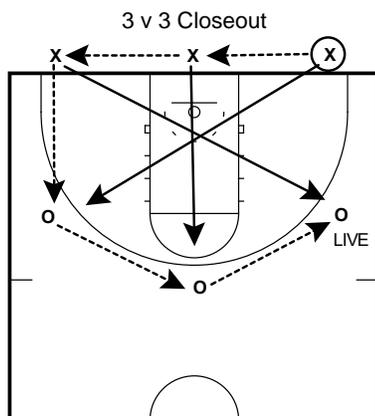
The players on the team will partner up and each take turns dribbling or defending on each end of the court.

The focus of the drill is technique and angling off the ball handler with your chest and not using your hands.

The defender must turn the ball handler as many times as possible to throughout the length of the court.

Pack Defense Playbook

Pack Line Defense Drills- Ball Pressure



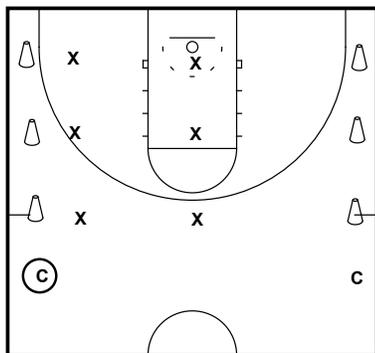
3 offense on perimeter. 3 defense on baseline.
Player with ball on baseline passes ball along the
baseline. As soon as player passes ball he can
take off to defend.

The offense swings the ball as quickly as
possible. Once it has gone around the arc- the
ball becomes live.

Pack Defense Playbook

Pack Line Defense Drills- Ball Pressure

Chair Closeouts

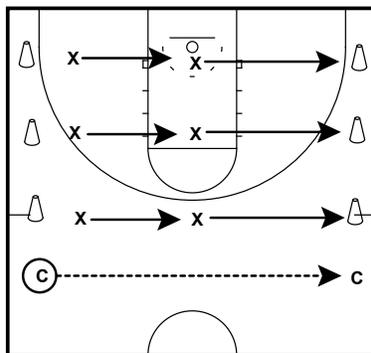


6 cones/chairs total. 3 on each sideline simulating offensive players.

Coach on each side of the floor. One with the ball.

3 defenders "on the ball" and 3 defenders in "help" in the split line.

Chair Closeouts



Coach will pass the ball across the court to the other coach.

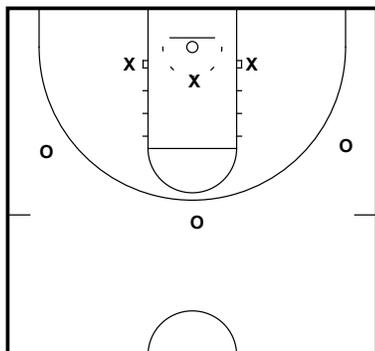
The defensive players that were in help sprint to close-out to the chairs on the air-time of the pass.

The defensive players originally on the ball, sprint to help on the air time of the pass.

Pack Defense Playbook

Pack Line Defense Drills- Ball Pressure

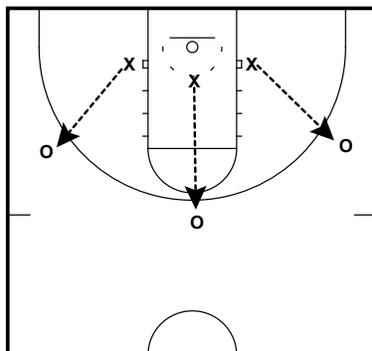
Vegas Closeouts



3 on offense.

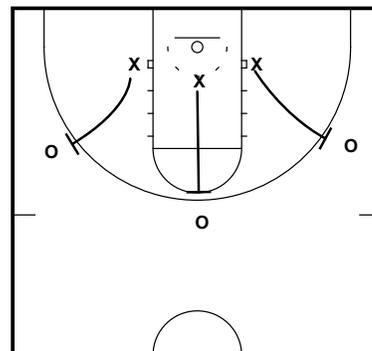
3 on defense with basketballs.

Vegas Closeouts



3 on defense pass the ball to the offense players.

Vegas Closeouts



The defense closes out to the offense.

On the flight of the ball, the defense sprints out with long strides. They then break down and chop their feet as they approach the offensive player with high hands- palms to the ceiling.

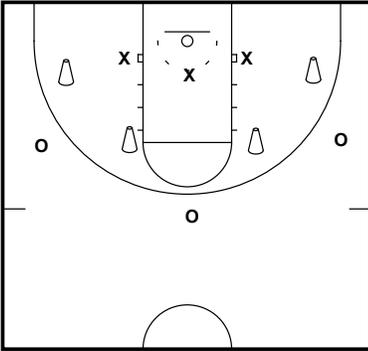
Progression:

1. Closeout, pressure and trace.
2. Closeout, pressure, guard 1-2 bounces.
3. Closeout, guard bounce, contest shot-rebound.
4. Closeout, play live (with restrictions on offense).

Pack Defense Playbook

Pack Line Defense Drills- Ball Pressure

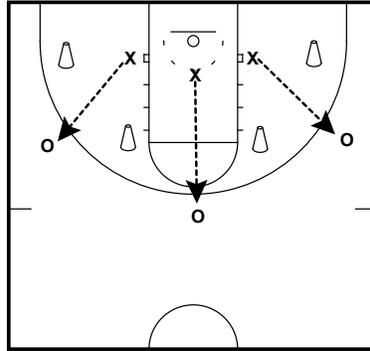
Vegas Closeouts- Guard Your Yard



3 on offense.

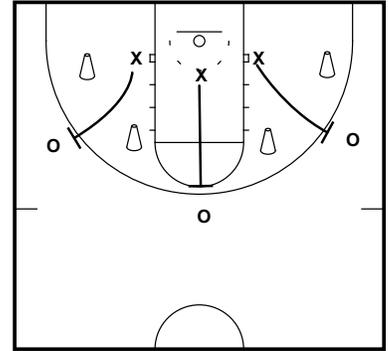
3 on defense with basketballs.

Vegas Closeouts- Guard Your Yard



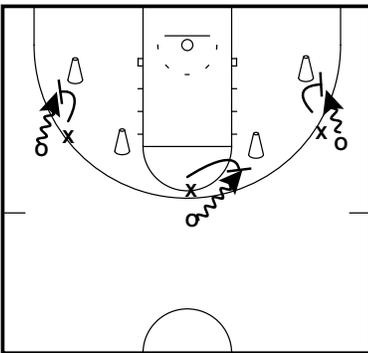
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Vegas Closeouts- Guard Your Yard

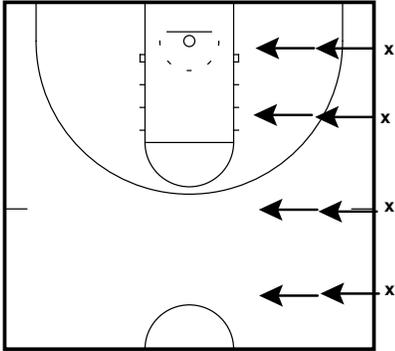


On closeout, take away catch and shoot opportunity. Win the battle to the cone.

Pack Defense Playbook

Pack Line Defense Drills- Ball Pressure

Sideline Step Slides



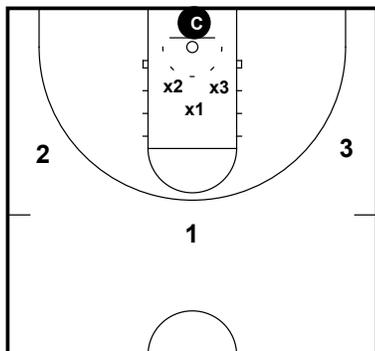
1. Big step to beat the dribble.
2. Big 2nd step to stop the dribble.

Sideline and back.

Pack Defense Playbook

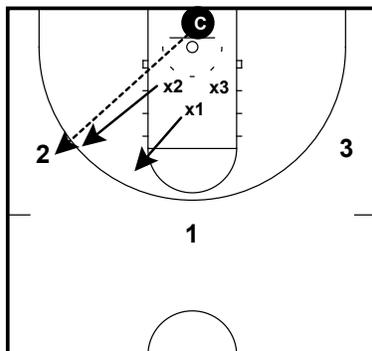
Pack Line Defense Drills- Positioning

3 v 3 Identity



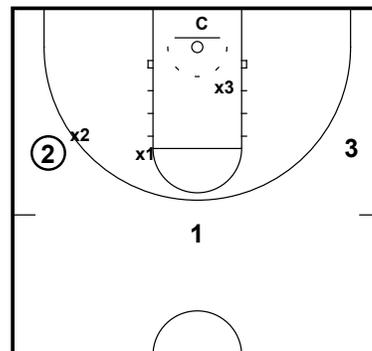
- Coach is under basket with ball.
- 3 offensive players on perimeter.
- 3 defensive players in paint.

3 v 3 Identity



- Coach passes to ball out to one of the 3 offensive players.
- Defense closes out to proper positions.

3 v 3 Identity



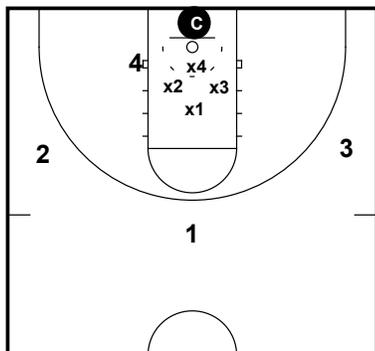
- On the catch, the drill is live.
- The offense has 20 seconds to score. They can do whatever they want, except ball screen. 3 dribble limit.
- Do 4-5 possessions for each team, then flip.

- Scoring:
- +3- 3 point shot
 - +2- 2 point shot
 - 1 for offense on TO
 - 1 for defense for foul (still same possession)
 - +2 for Off Rebound
 - +2 if ball ever goes inside of post box (not including off rebound), still same possession

Pack Defense Playbook

Pack Line Defense Drills- Positioning

4 v 4 (3 out 1 In) Identity

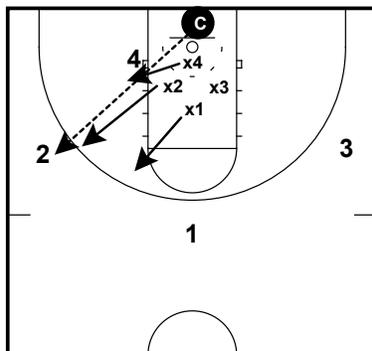


Coach is under basket with ball.

3 offensive players on perimeter. 1 post player.

4 defensive players in paint.

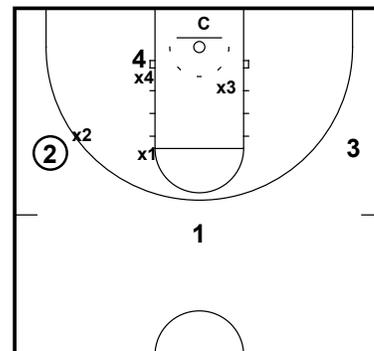
4 v 4 (3 out 1 In) Identity



Coach passes to ball out to one of the 3 offensive players.

Defense closes out to proper positions.

4 v 4 (3 out 1 In) Identity



On the catch, the drill is live.

The offense has 20 seconds to score. They can do whatever they want, except ball screen. 3 dribble limit.

Do 4-5 possessions for each team, then flip.

Scoring:

+3- 3 point shot

+2- 2 point shot

-1 for offense on TO

-1 for defense for foul (still same possession)

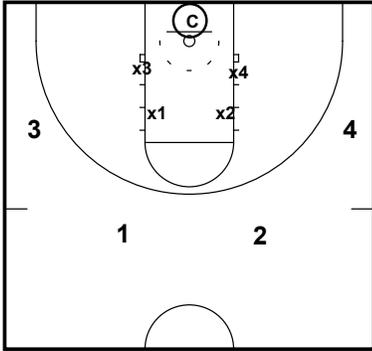
+2 for Off Rebound

+2 if ball ever goes inside of post box (not including off rebound), still same possession

Pack Defense Playbook

Pack Line Defense Drills- Positioning

4 vs 4 Shell- Stationary



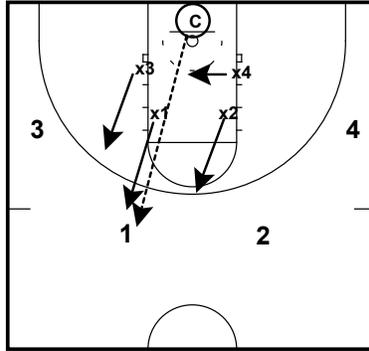
4 v 4 shell.

4 offensive players on perimeter.

4 defensive players in the paint.

Coach with ball underneath rim.

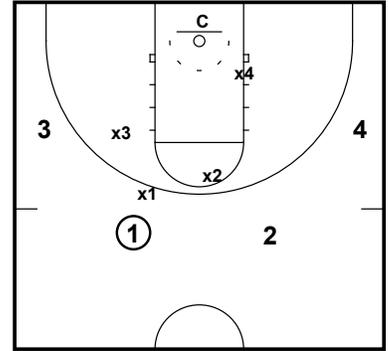
4 vs 4 Shell- Stationary



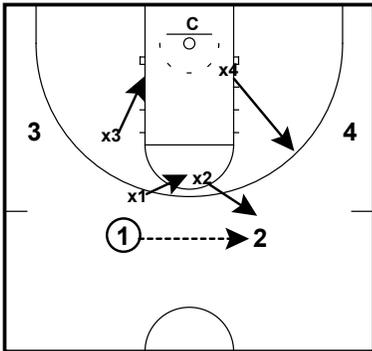
Coach passes the ball out to any of the offensive players on the perimeter.

Defensive players close to man or proper defensive positions.

4 vs 4 Shell- Stationary

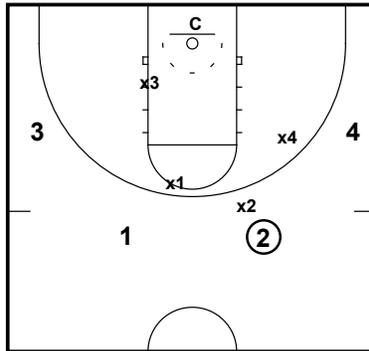


4 vs 4 Shell- Stationary

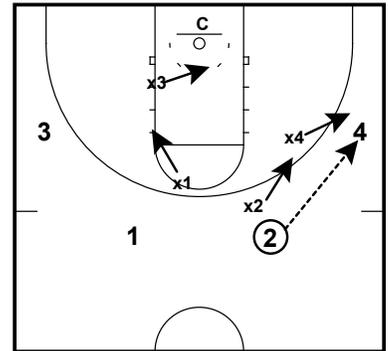


Offense moves ball around perimeter holding the ball a few seconds each touch to get the proper defensive positioning.

4 vs 4 Shell- Stationary

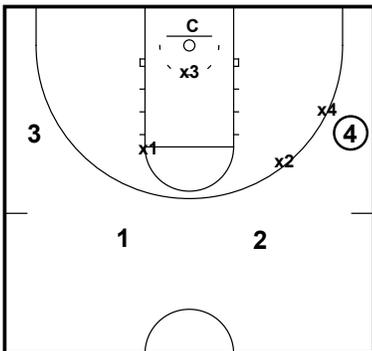


4 vs 4 Shell- Stationary



Offense stays stationary the whole time. After moving the ball around the perimeter- flip offense and defense and rotate the players position.

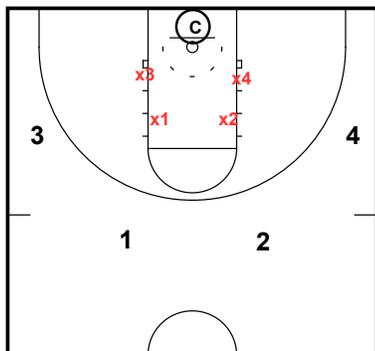
4 vs 4 Shell- Stationary



Pack Defense Playbook

Pack Line Defense Drills- Positioning

4 vs 4 Shell- Progression



4 v 4 shell. This is a great drill for repetition and review. Get quick reps and move on to live work. It also forces all players to work at every position and all actions regardless of position.

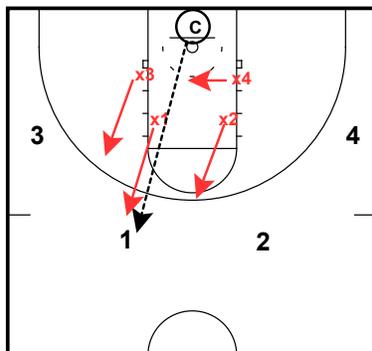
4 offensive players on perimeter.

4 defensive players in the paint.

Coach with ball underneath rim.

You will go through each action and then put up shot, block out, and rebound the ball. Then flip teams over.

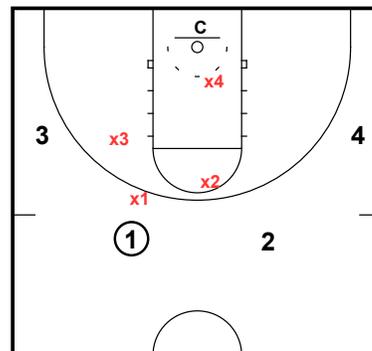
4 vs 4 Shell- Progression



Coach passes the ball out to any of the offensive players on the perimeter.

Defensive players close to man or proper defensive positions.

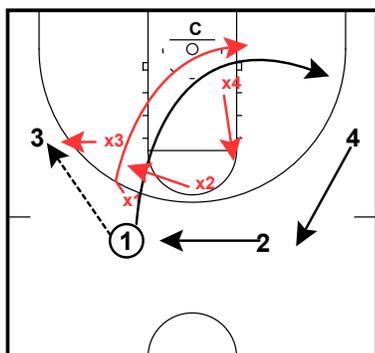
4 vs 4 Shell- Progression



Progression:

1. **Stationary**- Just move ball around perimeter and hold for 2-3 seconds to allow defense to get correct positioning.

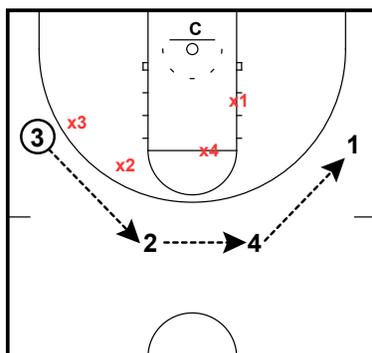
4 vs 4 Shell- Progression



Progression:

2. **Cutter**. Any time a pass is made from the high slot (top) to the wing, passer cuts through and other players rotate over and up. Continue until coach is satisfied. Flip teams.

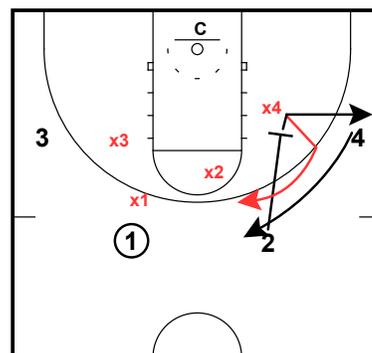
4 vs 4 Shell- Progression



Swing ball and repeat cutting action. Go until everyone on offense has cut.

Flip over.

4 vs 4 Shell- Progression



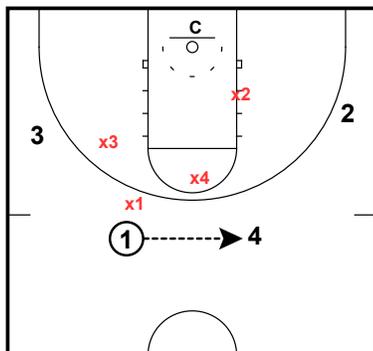
Progression:

3. **Screen away**- when the ball is passed from top to top, passer goes and screens away for wing.

Pack Defense Playbook

Pack Line Defense Drills- Positioning

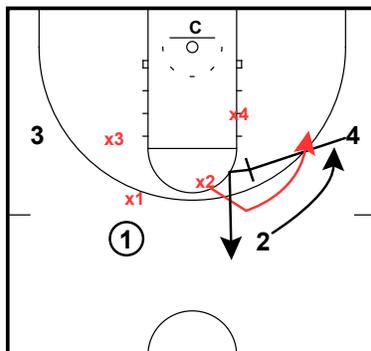
4 vs 4 Shell- Progression



Pass back across top and repeat action. Go until everyone on offense has been in action at both spots.

Flip.

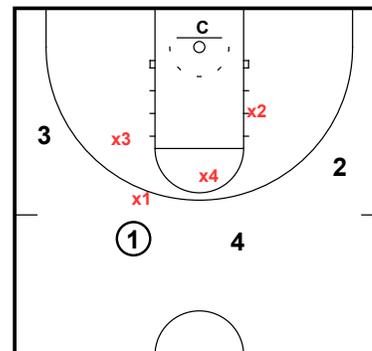
4 vs 4 Shell- Progression



Progression:

4. **Flare screen**- pass ball across top. On pass, wing will flare for passer.

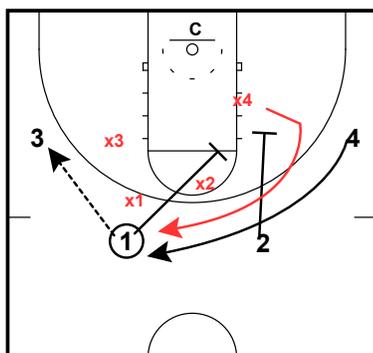
4 vs 4 Shell- Progression



Pass back across and repeat flare action. Go until everyone on offense has been in action at both spots.

Flip over.

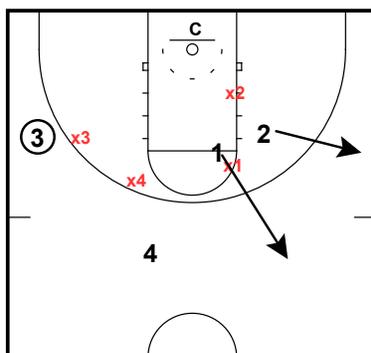
4 vs 4 Shell- Progression



Progression:

5. **Stagger**- on pass to wing, the offensive players on top stagger away for opposite wing.

4 vs 4 Shell- Progression



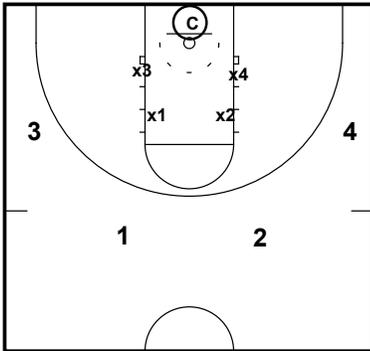
Swing ball back across and repeat stagger action. Go until everyone on offense has been all parts of the action.

Flip over.

Pack Defense Playbook

Pack Line Defense Drills- Positioning

4 vs 4 Shell- Stationary Change Drill

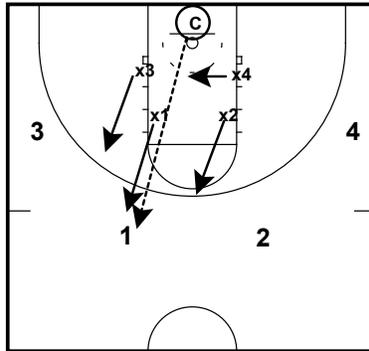


4 perimeter offense players.

4 defenders in key.

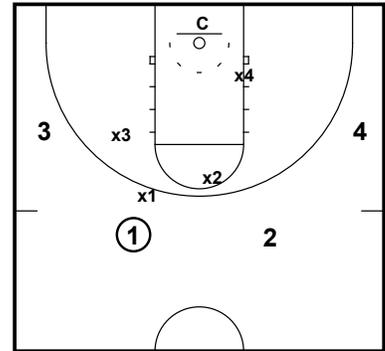
Coach with the ball underneath basket.

4 vs 4 Shell- Stationary Change Drill

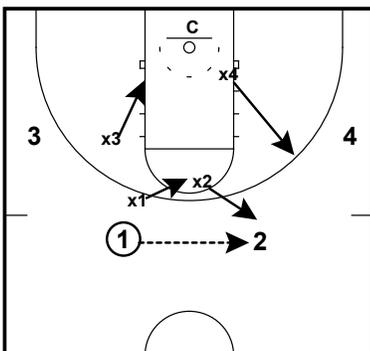


Coach throws ball out to any player. Players close to their proper position.

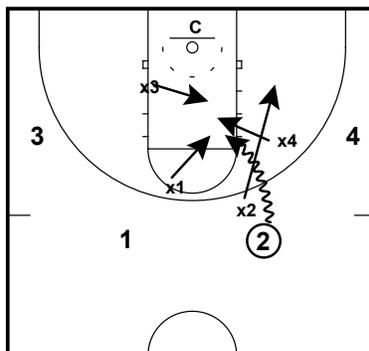
4 vs 4 Shell- Stationary Change Drill



4 vs 4 Shell- Stationary Change Drill

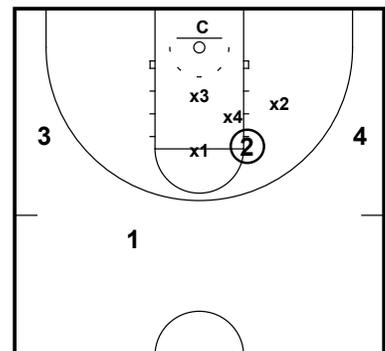


4 vs 4 Shell- Stationary Change Drill



Pass the ball till coach yells "CHANGE". Offense drives to basket. On-ball defender must let offense pass him and guard new man. Defenders must rotate, stop the ball, and other 3 must organize.

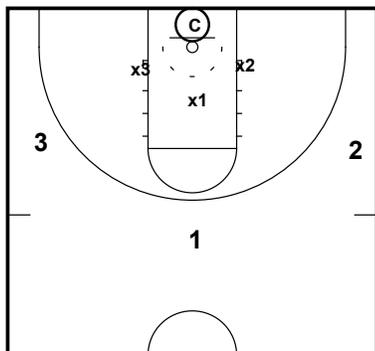
4 vs 4 Shell- Stationary Change Drill



Pack Defense Playbook

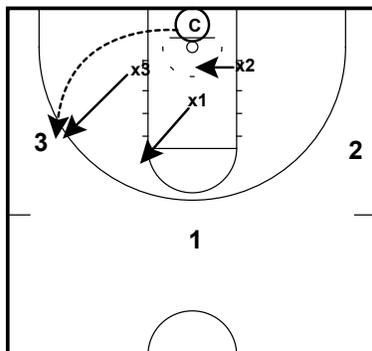
Pack Line Defense Drills- Positioning

Bennett Drill



The drill is set-up in the same way as 3-line (Vegas) closeout.

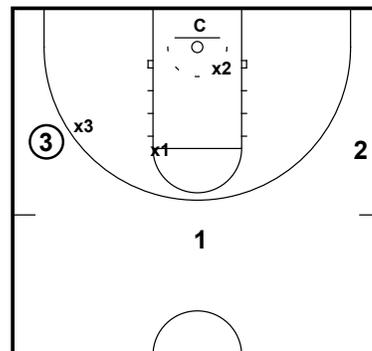
Bennett Drill



The coach will begin with the ball and pass it out to any offensive player.

On the flight of the ball, the defenders must close out to their correct positions- 1 man on ball and 2 others in gap/help positions.

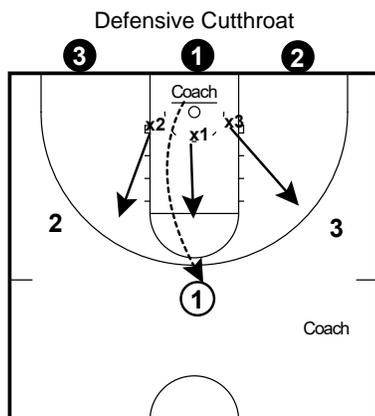
Bennett Drill



You can incorporate any rules that you like in the drill. Ex. Play is live on the catch, must pass a certain number of times, move the ball until coach calls "live", etc.

Pack Defense Playbook

Pack Line Defense Drills- Positioning



Defensive Cutthroat.

Start with the offense on the perimeter and the defense in the paint. Coach underneath basket throws ball out to an offensive player. Defense closes out to proper positions. On catch, the ball is live.

If the offense scores, defense goes off, offensive player immediately gets ball and outlets to coach on perimeter. The offense then becomes the defense and new offense comes on. Coach passes ball in and play is live. Keep pace and energy high.

Defense Rules:

1. Must be communicating.
2. Must have ball pressure.
3. Must be in proper positioning.
4. Must contest shot.
5. Must "attempt" to blockout.

If they fail to do these, blow the play dead and they are off).

Game Rules:

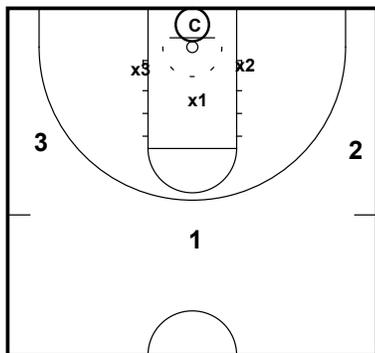
1. Get a stop, stay. Get scored on- off.
2. Limit offensive dribbles. 2-3 max.
3. No ball screens.
4. Charge wins the drill.
5. Each stop is worth 1.
6. Foul- off.

*Can add players- 4 v 4, 5 v 5.

Pack Defense Playbook

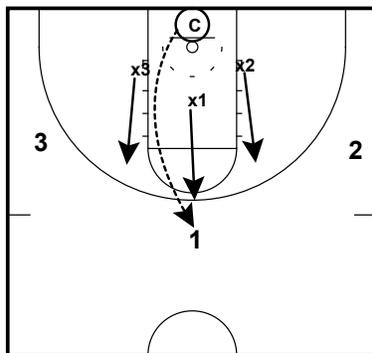
Pack Line Defense Drills- Positioning

Ranger Drill



The drill is set-up in the same way as 3-line (Vegas) closeout.

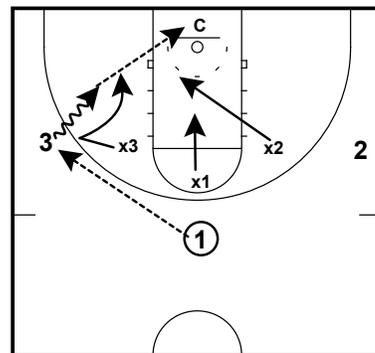
Ranger Drill



The coach will begin with the ball and pass it out to any offensive player.

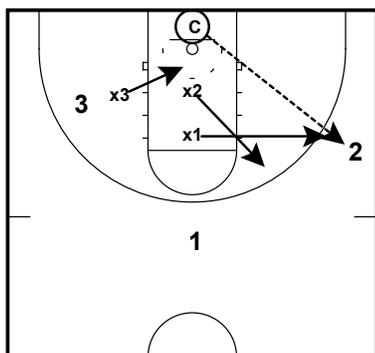
On the flight of the ball, the defenders must close out to their correct positions- 1 man on ball and 2 others in gap/help positions.

Ranger Drill



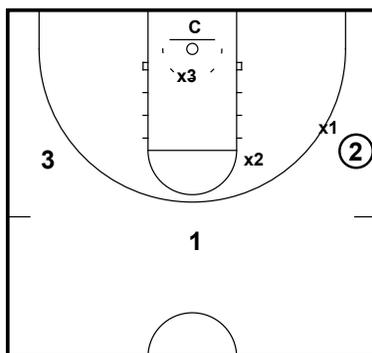
The top player will pass ball to the wing who will attempt to drive the baseline, when they are cut off, they pass the ball to the coach who immediately reverses it to the other wing.

Ranger Drill



When the pass is reversed through the coach, the defenders must rotate and close out to the correct position.

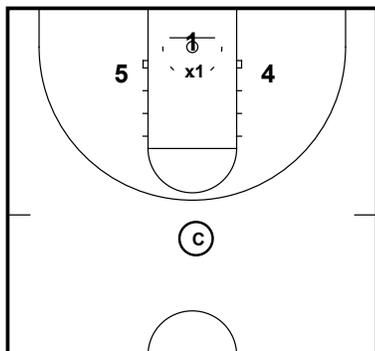
Ranger Drill



Pack Defense Playbook

Pack Line Defense Drills- Positioning

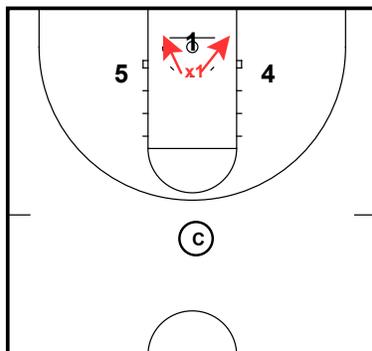
Screening Drill



Coach on top with the ball.

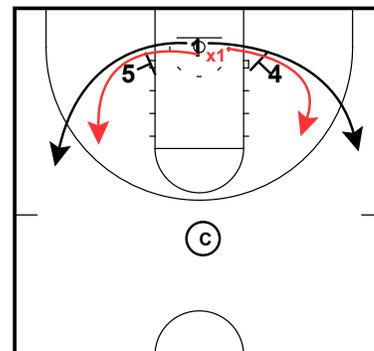
2 screeners just a step off the block. 1 offensive payer underneath rim with defender guarding him.

Screening Drill



Once the defender hears "screen", he steps to man. He is no longer responsible for help when he is being screened.

Screening Drill



The defender locks and trails while working on fighting through screens. He denys the pass until the offense is outside the pack line arc- then settles into help.

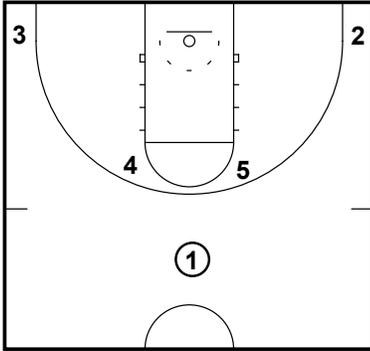
The offense continues to use screens to work the defender on technique and positioning. No curl cuts.

Initially, no scoring attempts- just work defense. Can progress to make it a live 1 v 1 situation.

Pack Defense Playbook

Pack Line Defense Drills- Positioning

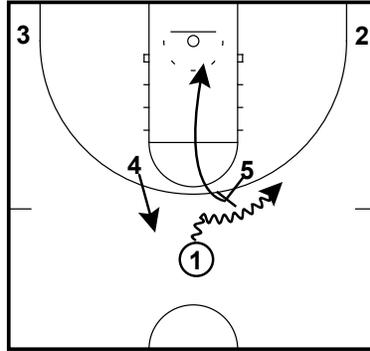
Van Gundy Drill



The Van Gundy Drill is designed to force the defense to guard a variety of actions that they would see in the game.

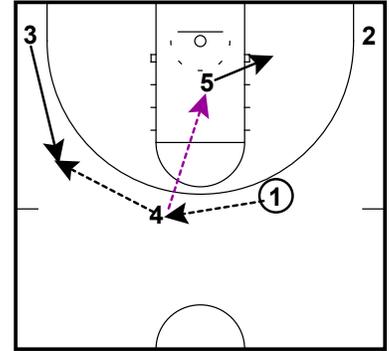
It starts in a Horns sets.

Van Gundy Drill

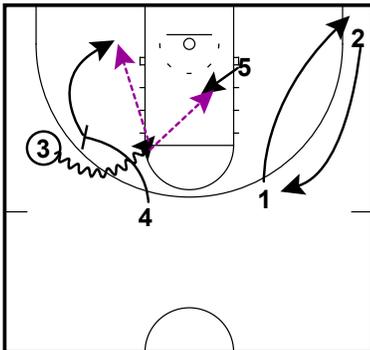


1. Horns BS action.

Van Gundy Drill

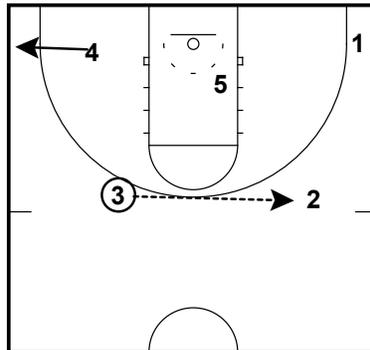


Van Gundy Drill

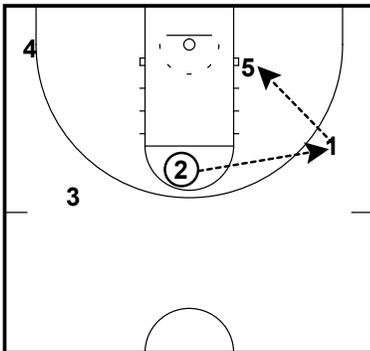


2. Wing PNR with opposite big duck-in.

Van Gundy Drill

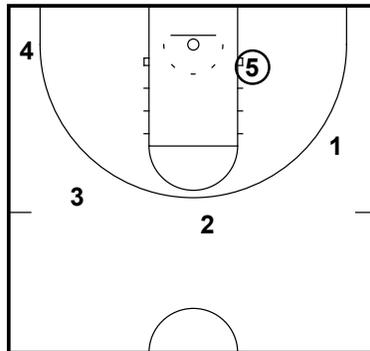


Van Gundy Drill



4. Post up off throwback.

Van Gundy Drill

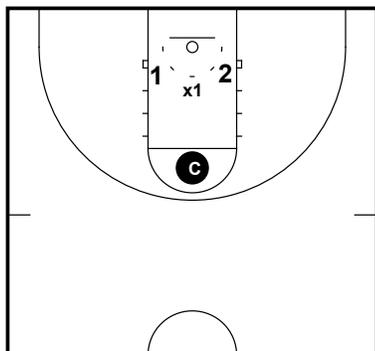


Once the offense knows the motion, the defense will step on and guard it. Play will be live and the offense can score off any of the actions.

Pack Defense Playbook

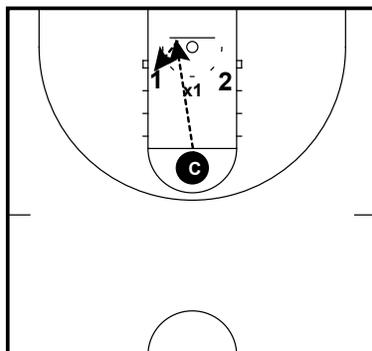
Pack Line Defense Drills- Post Defense

1 v 1 Wall Up



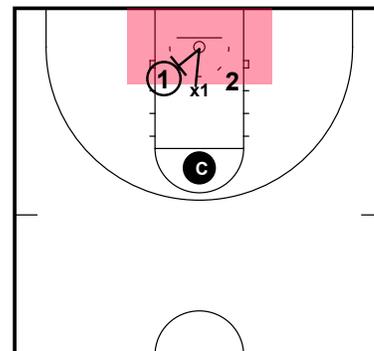
Drill works on "walling up" against shot attempts off an offensive rebound.

1 v 1 Wall Up



Drill works on "walling up" against shot attempts off Coach will lob the ball up off the backboard to the offensive player (1). 1 will offensive rebound the ball.

1 v 1 Wall Up

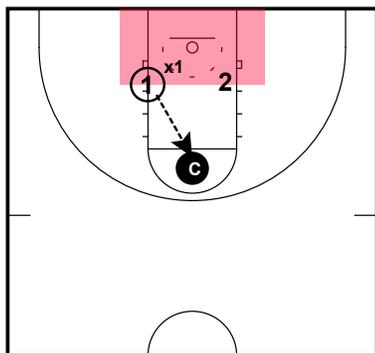


x1 will "wall up" and try and push 1 out of the post box with his chest and hips.

Keys:

1. Show your hands high.
2. Do not leave your feet.

1 v 1 Wall Up



1 does not try and shoot, rather just battle for shooting position inside the post box.

After a few pivots, 1 will pass the ball back to the coach who will then repeat the drill on the opposite side with 2.

Run this drill a certain number of reps and then rotate.

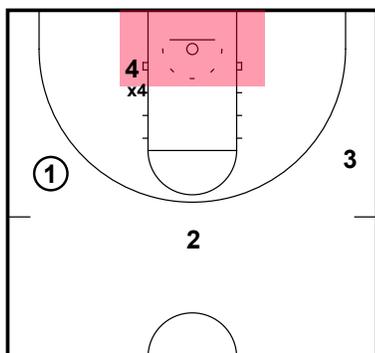
Extra coaching point:

Many offensive players will rush a put back attempt without setting their feet or being off balance. This drill allows them to work on rebounding and finding balance before shooting put back.

Pack Defense Playbook

Pack Line Defense Drills- Post Defense

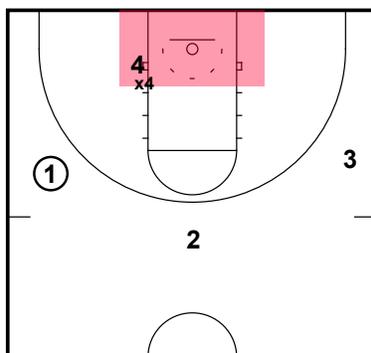
3 Out 1 In



3 players on perimeter. 1 offensive player in the post and 1 defensive post player.

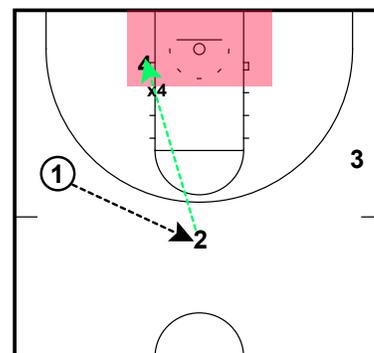
Drill begins with ball on the wing.

3 Out 1 In



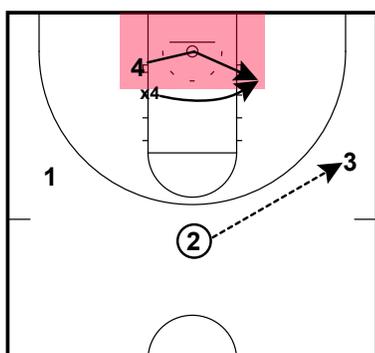
Offensive post tries to get position inside the box. The post defender plays 3/4 on the high side and uses arm bar to force a catch outside the box.

3 Out 1 In



On the pass from the wing to the top, the post defender plays "on the line, up the line" as the offensive player tries to leg whip and seal the defender, but the post defender must be sure not to play too high that he gives up the lob.

3 Out 1 In

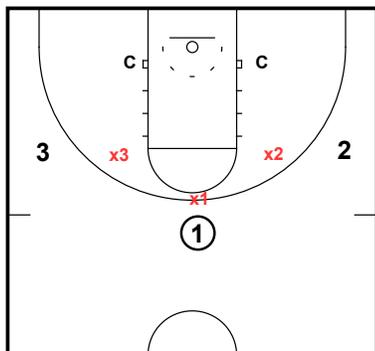


On pass from the top to the opposite wing, the post defender hits the offensive post with arm bar and "peels" to resume 3/4 high side positioning outside the post box.

Pack Defense Playbook

Pack Line Defense Drills- Post Defense

Post Trap Drill

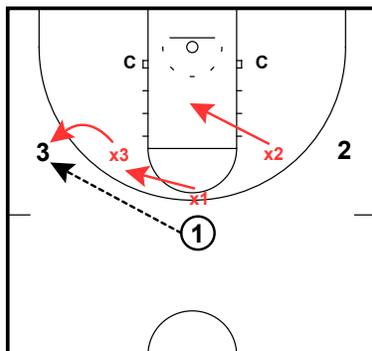


3 offensive perimeter players.

3 defensive players.

2 coaches/manager- one on each block.

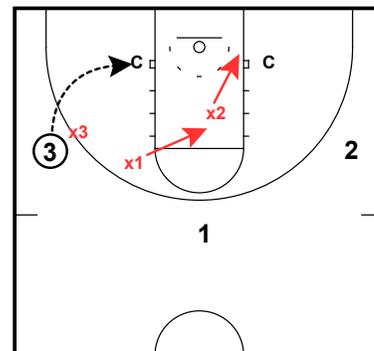
Post Trap Drill



Ball is passed to wing.

Defenders jump to ball with proper positioning.

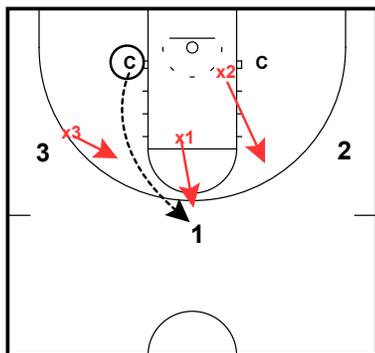
Post Trap Drill



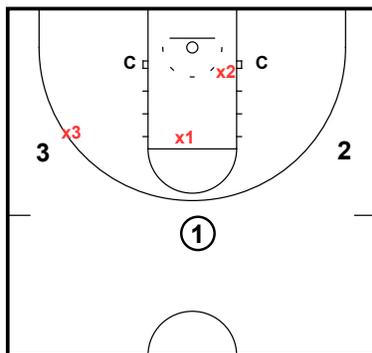
When the ball enters the post...

-The ball side wing defender locks up man. The ball must not be allowed to be kicked out same side. Even if he cuts, you deny the ball.
 -Other 2 defenders must talk. One drops to protect rim. One must guard the top.

Post Trap Drill



Post Trap Drill

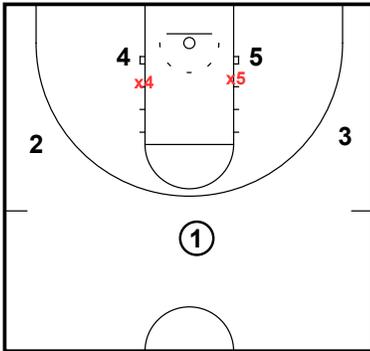


You can do this drill stationary at first to get down the rotations. Then progress where the offense has the freedom to move, pass, cut.

Pack Defense Playbook

Pack Line Defense Drills- Post Defense

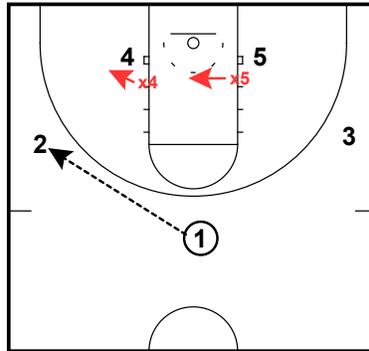
5 v 2 Post



3 players, coaches, or managers on offense around the perimeter.

2 offensive post player and 2 post defensive players on the blocks.

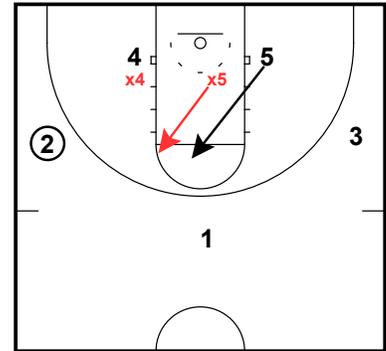
5 v 2 Post



Post players play 2 v 2 working on getting open while the defense works on technique and positioning.

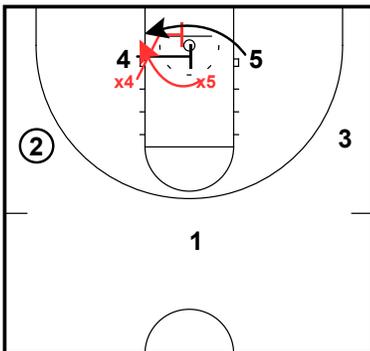
The defense must not allow any post flashes and not allow any catches on flashes or cross screens.

5 v 2 Post



Deny any flashes.

5 v 2 Post



x5 jumps high and gets over top of screen, forcing 5 to take underside.

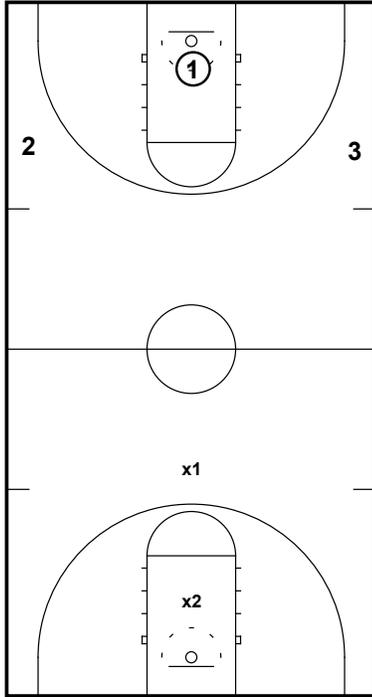
x4 bumps cutter buying x5 time to recover to a 3/4 denial position.

*Can also work on switching the big to big cross screen if you like.

Pack Defense Playbook

Pack Line Defense Drills- Transition Defense

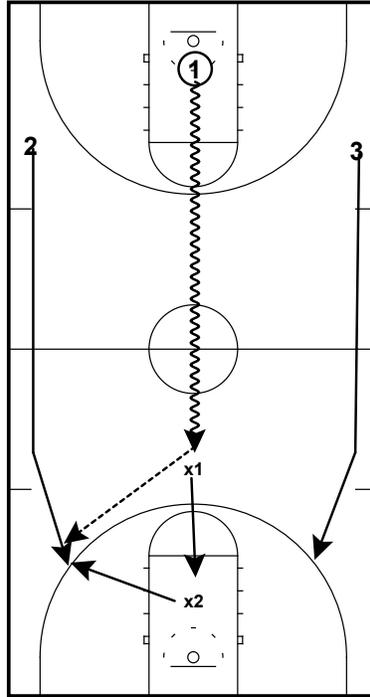
3 on 2 2 on 1



3 on 2, 2 on 1.

Transition defense drill.

3 on 2 2 on 1

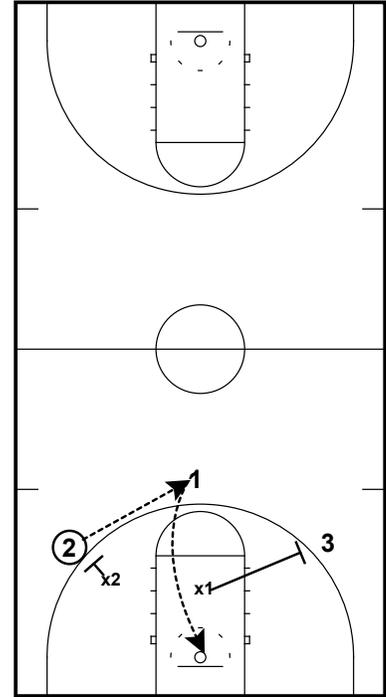


Offense push ball down floor and attack 2 defenders.

Offense looks for quick, open shot. Should be 2 passes or less. Spacing is key and must be maintained.

Defense needs to talk. The defender on top of the stack will stop the ball. Bottom defender will take first pass. Their goal is to work together to get the offense to pass the ball as many times as possible. Play through the rebound/make.

3 on 2 2 on 1

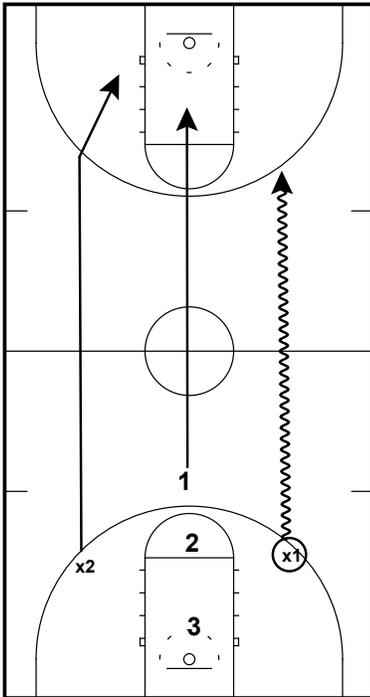


Defense must finish with 2 blockouts.

Pack Defense Playbook

Pack Line Defense Drills- Transition Defense

3 on 2 2 on 1



Offensive player in middle will retreat on defense.
Other 2 players will remain as defenders for next round.

2 defensive players will attack other direction.

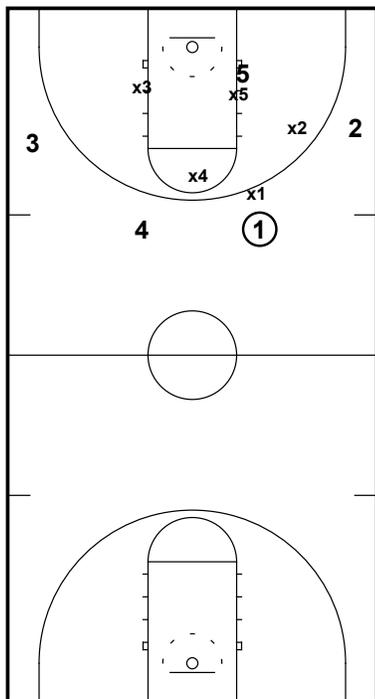
The defender (1) works on bluff and recover.

Play through the rebound.

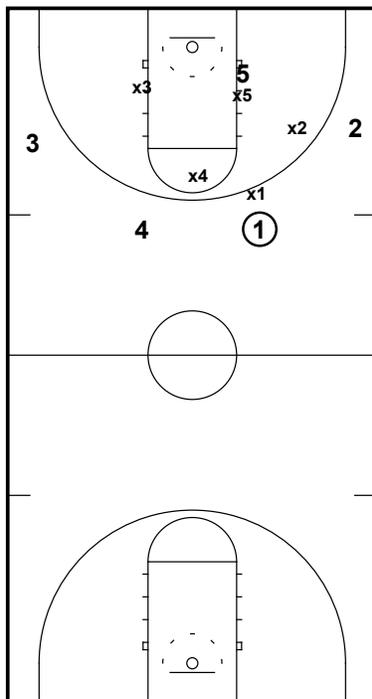
Pack Defense Playbook

Pack Line Defense Drills- Transition Defense

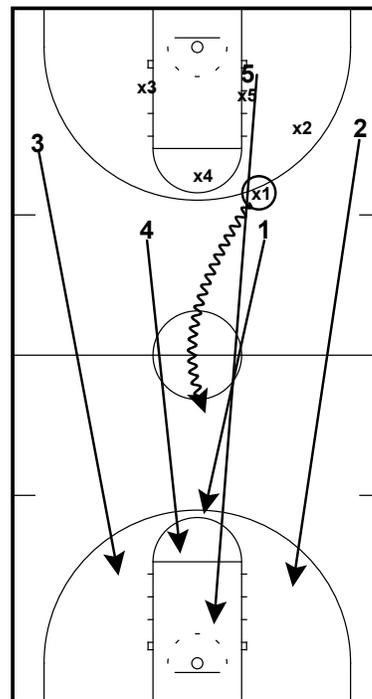
Change Drill



Change Drill



Change Drill



5 v 5. One team on offense and one team on defense.

This can be out of any alignment or shell that you would work on in the half court.

While the offense is trying to execute, the coach will yell out "CHANGE"...

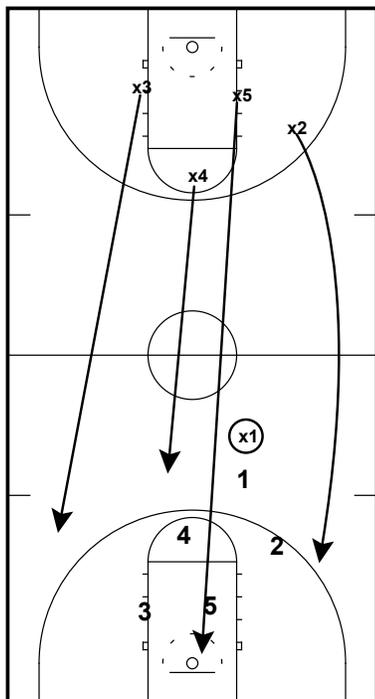
"Change" means that the person with the ball simply drops it and the offense goes into transition mode. A player on the defense will retrieve the ball and attack the other direction.

The team that was on offense is now the defensive team and sprints back to other end. They sprint, get ahead of the ball, build a wall, and get organized.

Pack Defense Playbook

Pack Line Defense Drills- Transition Defense

Change Drill



The new offense pushes the ball hard trying to score as quickly as possible.

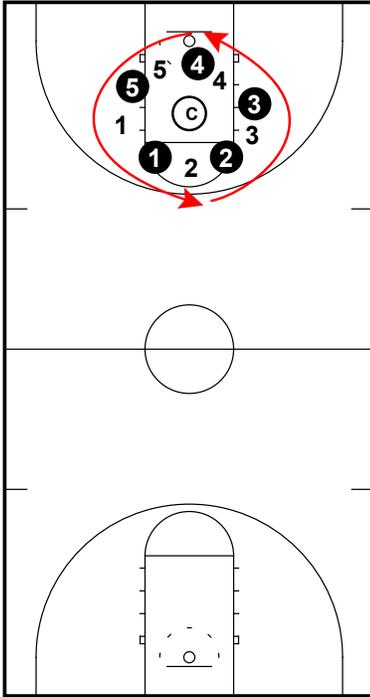
Make the drill competitive by keeping score and flipping teams to give equal amount of possessions.

To quicken attack of transitional change, coach will pass a ball to new offense on "change" rather than having player pick it up off floor.

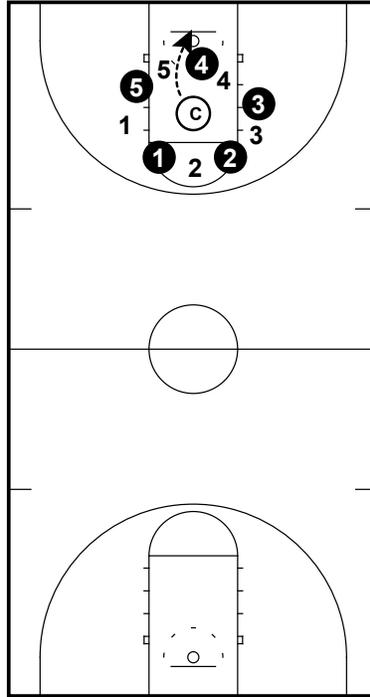
Pack Defense Playbook

Pack Line Defense Drills- Transition Defense

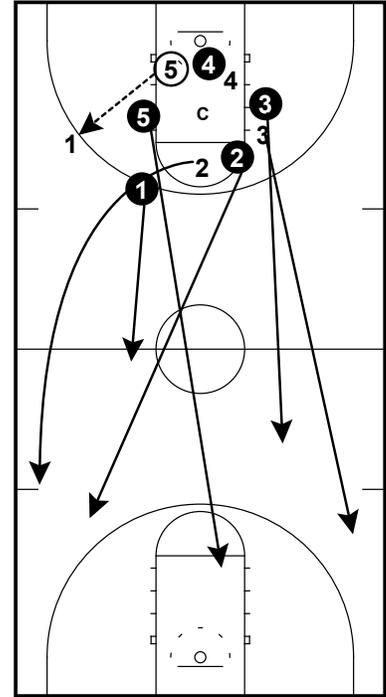
Circle Transition



Circle Transition



Circle Transition



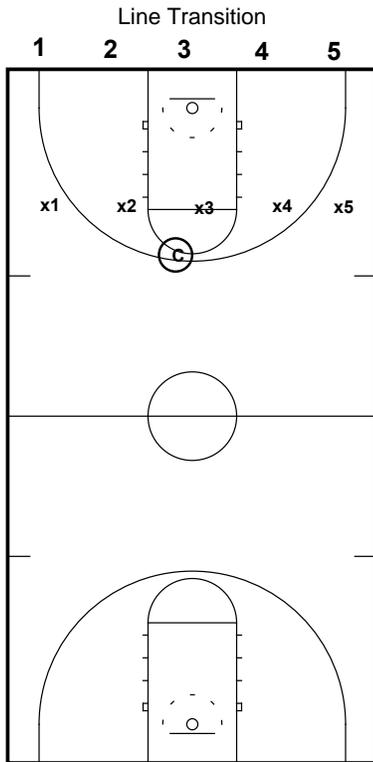
All 10 players align themselves in a circle. They start by moving in a circular motion.

Coach shoots the ball. All 10 players attempt to rebound the ball.

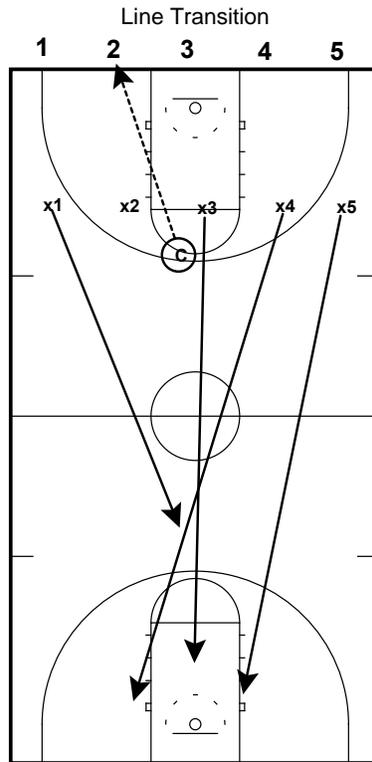
Player who rebounds the ball- that team is on offense and attacking the other way. The other team sprints back and is on defense.

Pack Defense Playbook

Pack Line Defense Drills- Transition Defense



Coach starts with the ball. 5 offense are lined up on baseline. 5 defense are lined up across FT line extended.

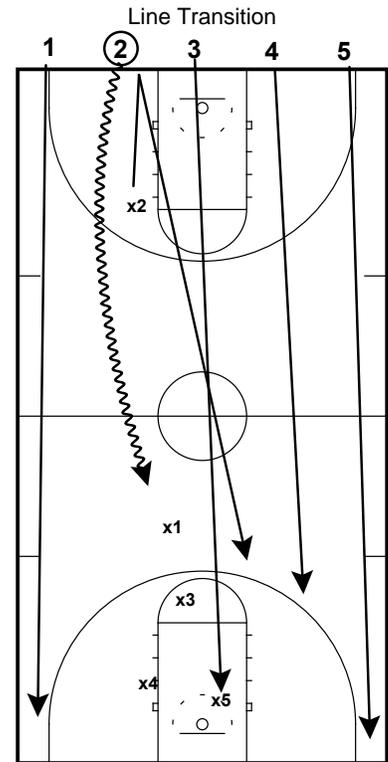


Coach throws ball to player on baseline.

Options:

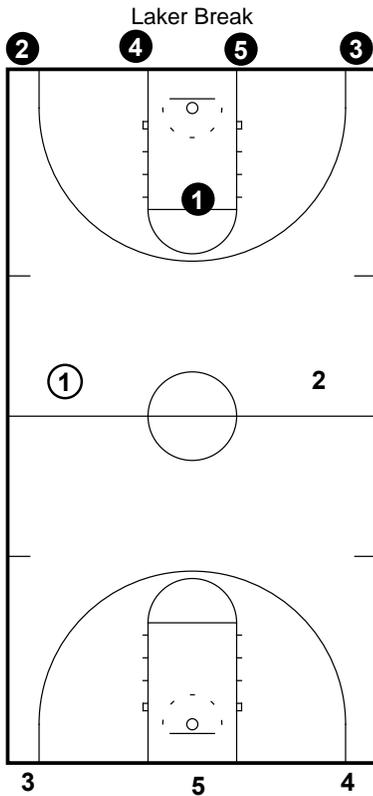
1. Defensive player across from offensive player who gets the ball (x2) runs and touches baseline
2. Coach calls name and that defensive player sprints and touches baseline (or multiple players)

Defense sprints back on defense.

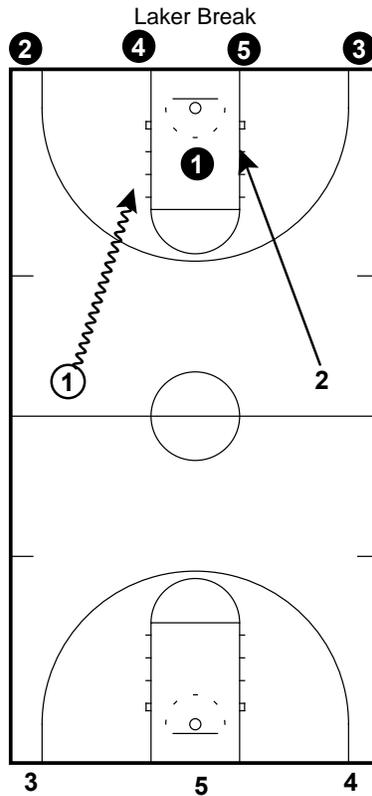


Pack Defense Playbook

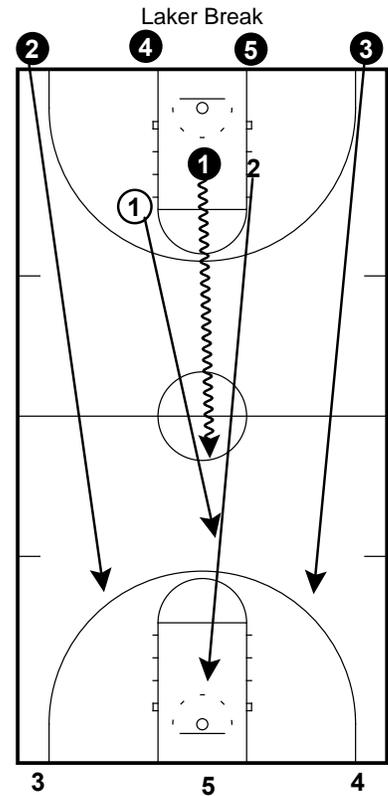
Pack Line Defense Drills- Transition Defense



Starts with a 2 v 1 situation. Other players wait on the baseline.



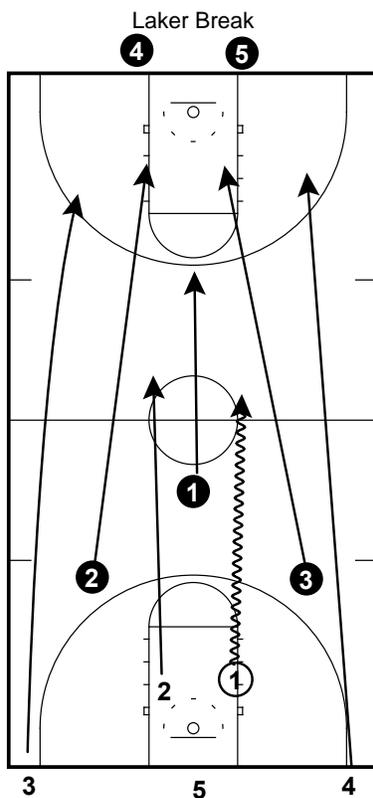
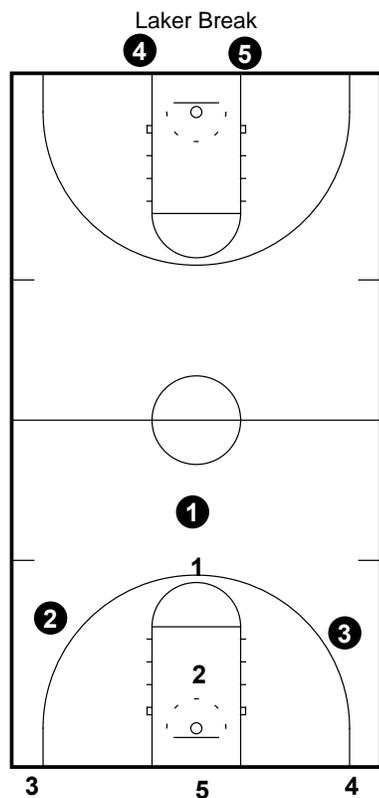
2 v 1 attack.



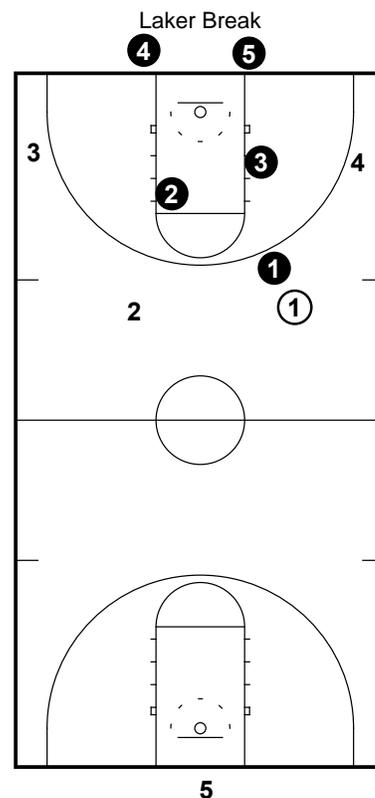
Once the ball changes possession, 2 more players come on for Team 2 (black circles) and attack the other way making it a 3 v 2 situation.

Pack Defense Playbook

Pack Line Defense Drills- Transition Defense



Once ball changes possession, team 1 adds 2 more players and attack the other end making it a 4 v 3 situation.



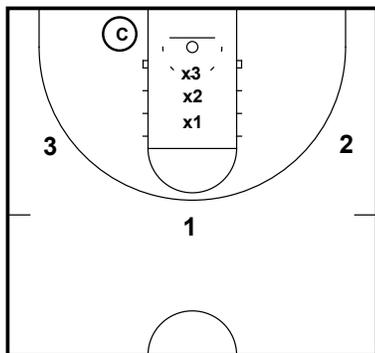
The drill continues until it is 5 v 5. You can decide on how many possessions of 5 v 5 to play or just reset the drill. Play to a certain score or time.

*BYU rules- play with a 7-10 sec shot clock in advantage situation.

Pack Defense Playbook

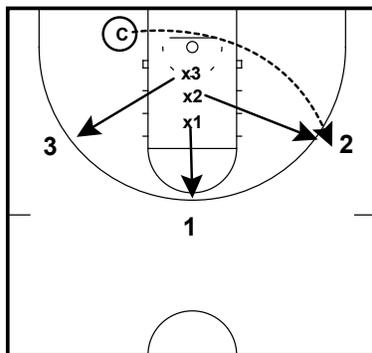
Pack Line Defense Drills- Rebounding

Line Rebounding



3 offensive players position themselves around the perimeter. 3 defensive players line up in a line in the middle of key. The defensive players will be assigned a number 1 through 3.

Line Rebounding

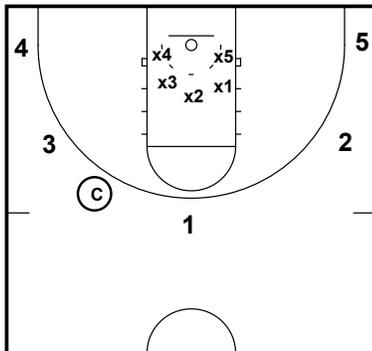


The coach will pass the ball to any of the offensive players while shouting a number (1-3). The number that is yelled out must close out to the shooter, while the other 2 defenders communicate who they are guarding. The offensive player who receives the ball shoots. The defense blocks out and attempts to secure the rebound.

Pack Defense Playbook

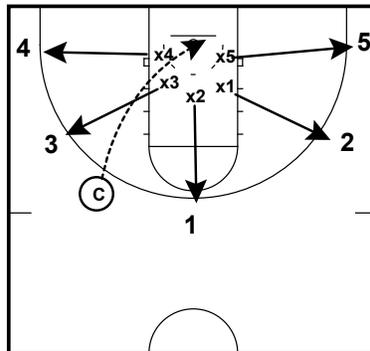
Pack Line Defense Drills- Rebounding

War



5 offensive players position themselves around the perimeter. 5 defensive players begin in the paint.

War

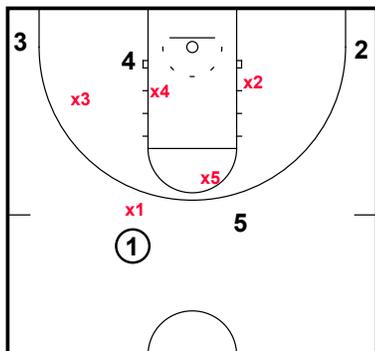


Coach shoots the ball. The defense attempts to block out the offense and secure the rebound. The offense crashes the glass looking for the offense rebound.

Pack Defense Playbook

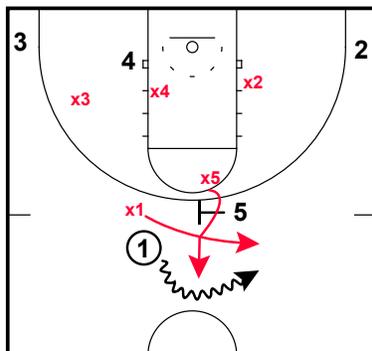
Pack Line Defense- Guarding Popular Actions

Pack Line- Guarding High Roll-Replace



High Roll-Replace.

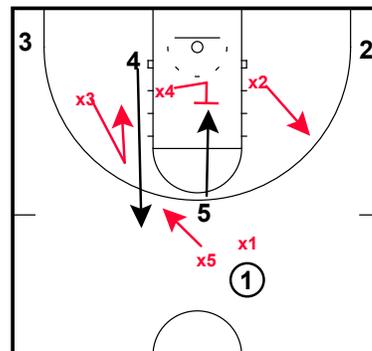
Pack Line- Guarding High Roll-Replace



x1 forces the ball handler into the screen. x5 sprints and gives hard show on ball screen making ball handler dribble up floor towards half court line.

x1 gets skinny and fights over screen and under x5, recovering to square the ball up.

Pack Line- Guarding High Roll-Replace

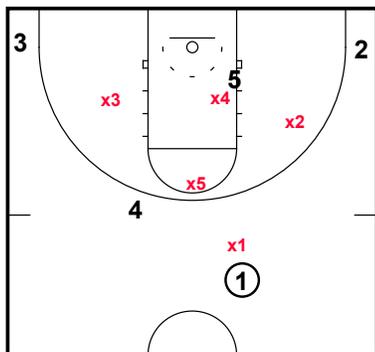


As 4 sprints up on the roll-replace action, x4 communicates the "x-out" to x5. x4 steps up and takes on the roll man meeting him up the lane and not allowing him to just roll to rim and post.

x3 slides up to bluff and recover providing help and buying x5 time to recover to new man.

x5 sprints out of show with high hands through passing lane to 4 and then slides into proper help position.

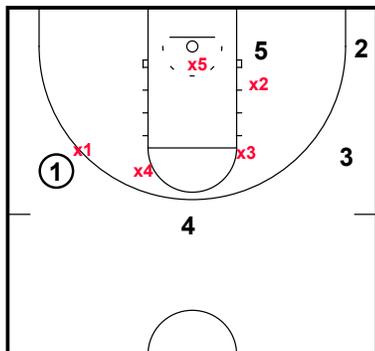
Pack Line- Guarding High Roll-Replace



Pack Defense Playbook

Pack Line Defense- Guarding Side Pick and Pop

Pack Line- Guarding Side Pick and Pop (Empty)

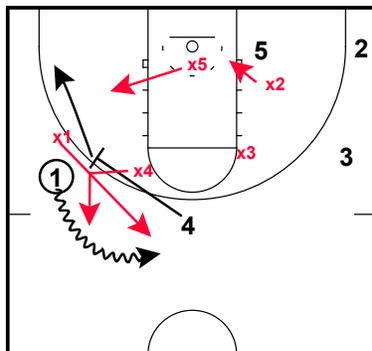


Side pick and pop.

If the offense has a skilled 4 man, they will often try and expose the hard show of the defense by pick and popping for a jumper.

In this case, the defense may have to adjust by "x-ing" out (switching) the bigs.

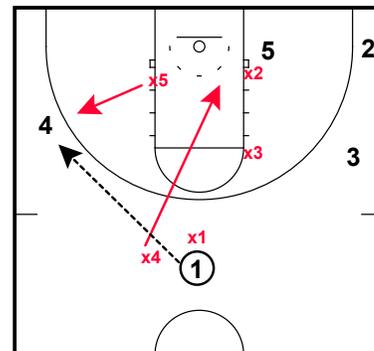
Pack Line- Guarding Side Pick and Pop (Empty)



x1 forces the ball handler into the screen. x4 sprints and gives hard show on ball screen making ball handler dribble up floor towards half court line.

x1 gets skinny and fights over screen and under x4, recovering to square the ball up. x5 slides over to X-out on the pass from 1 to 4. x2 slides over and sits on top of 5.

Pack Line- Guarding Side Pick and Pop (Empty)

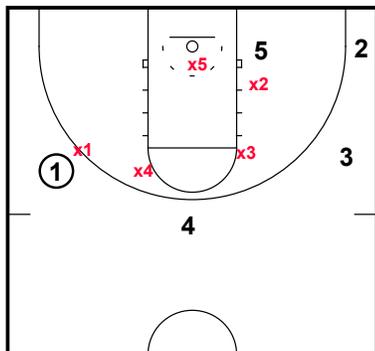


1 passes to 4. x5 "X" out to take ball. He communicates this with x4 who then sprints and recovers to take 5.

Pack Defense Playbook

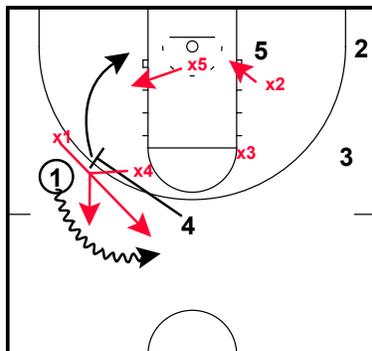
Pack Line Defense- Guarding Popular Actions

Pack Line- Guarding Side Pick and Roll (Empty)



Side pick and roll. The defense will guard by giving a hard show and recover.

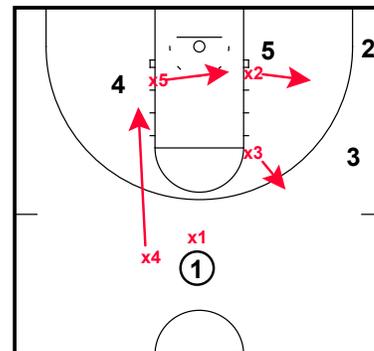
Pack Line- Guarding Side Pick and Roll (Empty)



x1 forces the ball handler into the screen. x4 sprints and gives hard show on ball screen making ball handler dribble up floor towards half court line.

x1 gets skinny and fights over screen and under x4, recovering to square the ball up. x5 slides over to help on the roll. x2 slides over and sits on top of 5.

Pack Line- Guarding Side Pick and Roll (Empty)

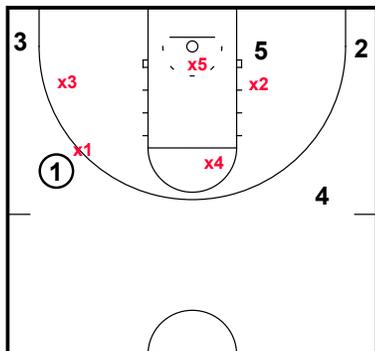


x1 has recovered and squared ball up. x4 is on dead sprint with high hands back to his man. x5 and x2 recover to their men.

Pack Defense Playbook

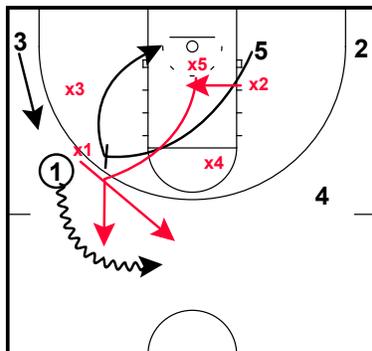
Pack Line Defense- Guarding Popular Actions

Pack Line- Guarding Side Pick and Roll
(with Fill)



Side pick and roll with fill man.

Pack Line- Guarding Side Pick and Roll
(with Fill)



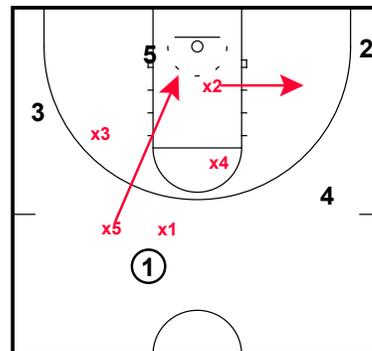
x1 forces the ball handler into the screen. x5 sprints and gives hard show on ball screen making ball handler dribble up floor towards half court line.

x1 gets skinny and fights over screen and under x5, recovering to square the ball up.

x2 slides over to help on roll. x3 hold and lifts with fill man.

Depending on personnel, x3 can provide more help if his man is a non-shooter.

Pack Line- Guarding Side Pick and Roll
(with Fill)

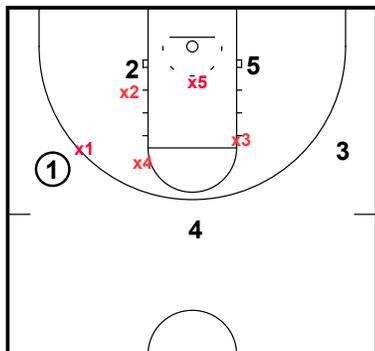


x5 sprints with high hands and recovers to his man. On recovery and as ball move towards his side of the floor, x2 starts to recover out to his man.

Pack Defense Playbook

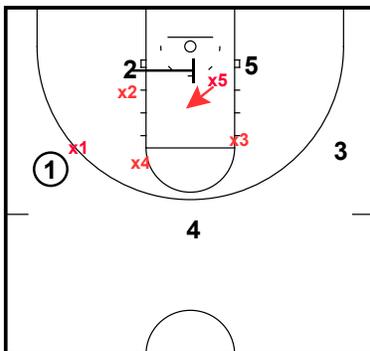
Pack Line Defense- Guarding Popular Actions

Pack Line- Guarding the Little on Big Screen with Down Screen



This is a common action you see. There are numerous way to get to this part of the play.

Pack Line- Guarding the Little on Big Screen with Down Screen

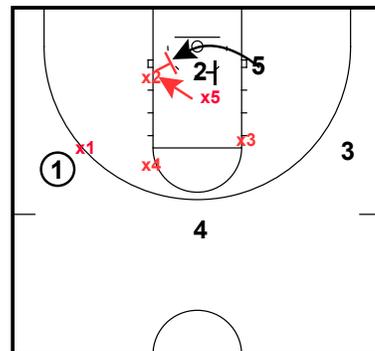


When 2 goes to cross screen for 5, x2 communicates "cross screen" to x5.

x1 pressures the ball and disrupts vision.

x5 should a little higher than his man and to the ball in his help position. As soon as he hears "cross screen", he makes sure to get on top side of screen, forcing 5 to take the low side of the screen.

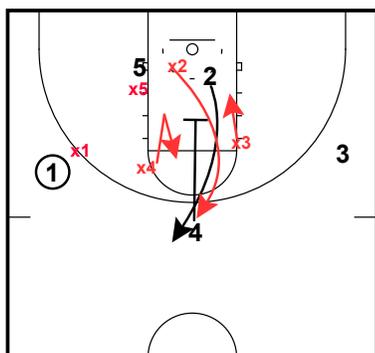
Pack Line- Guarding the Little on Big Screen with Down Screen



With x5 on top of screen and forcing 5 to low side, x2 gets to low side of screen and bumps the cutter, providing x5 time to get over top of screen and to recover to front to keep 5 from getting touch inside post area.

Once 5 makes this "V" move and recovers, x2 can release "hold" and recover to his man/proper position.

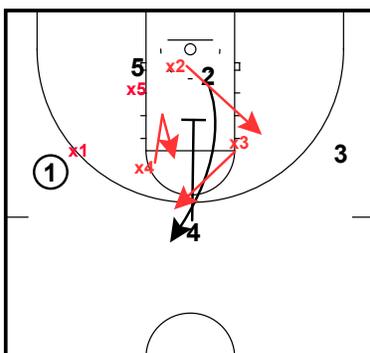
Pack Line- Guarding the Little on Big Screen with Down Screen



There are two ways of guarding this.

The first way is: teams that play the pack do NOT like to switch. So, after "holding" and helping x5, x2 does their best to lock and trail 2 coming off the down screen. x2 responsibility is to get through screen as quickly as possible and take away catch and shoot jumper. x4 will be arms length away from screener towards the ball and 1 step up the floor (towards half court) providing a show on the screen. x4 must remained attached to screen though so they are not slipped to rim for basket. x4 will only provide more help if it is absolutely necessary to buy x2 time to recover (or emergency switch). x3 will sink a little to provide help on any slip.

Pack Line- Guarding the Little on Big Screen with Down Screen

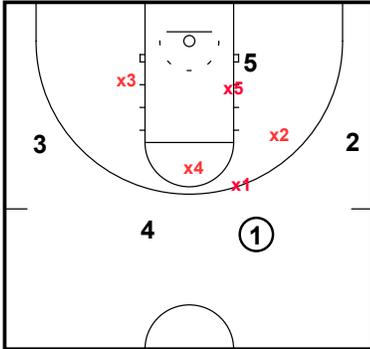


The second way of guarding this is if you "X-out" the guards. This is usually done in scouting so that x2 can hold on cross screen as long as he wants and not have to worry about chasing shooter out. Instead, x3 will call "X" and take the cutter out and x2 will switch out and take 3.

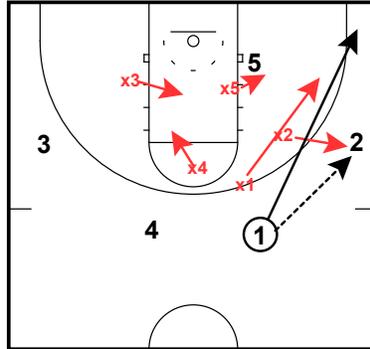
Pack Defense Playbook

Pack Line Defense- Guarding Popular Actions

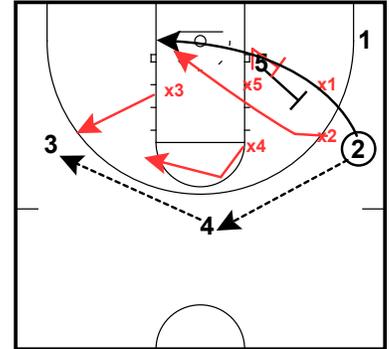
Pack Line- Guarding the Shuffle-Stagger



Pack Line- Guarding the Shuffle-Stagger



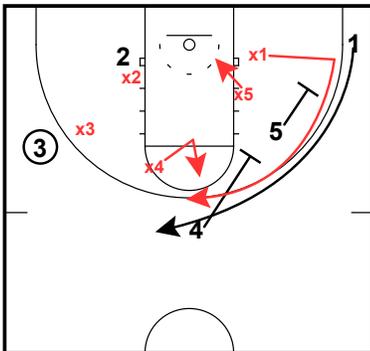
Pack Line- Guarding the Shuffle-Stagger



Ball is reversed from wing to wing.

When 5 steps out to set shuffle screen for 2, x5 calls out "back" screen. x2 should have jumped to ball when ball was reversed, thus putting him on top side of the screen forcing 2 to take the under side of the screen. x2 goes over top of the screen and sprints to beat 2 to the spot. x5 loosens and bumps the cutter buying time for x2. x3 pressures the ball.

Pack Line- Guarding the Shuffle-Stagger

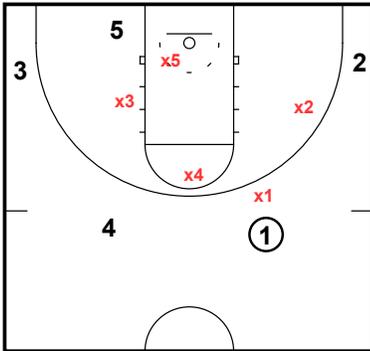


4 and 5 stagger for 1. x1 should be able to see all the action as he is bottom defender. As soon as he sees stagger, he bodies up to man as he is going to chase over top of screen. x5 drops and becomes rim helper. He will be there to help on slip of screen. x4 shows on last screen and protects against the curl.

Pack Defense Playbook

Pack Line Defense- Guarding Popular Actions

Pack Line- Guarding the Dribble Drive

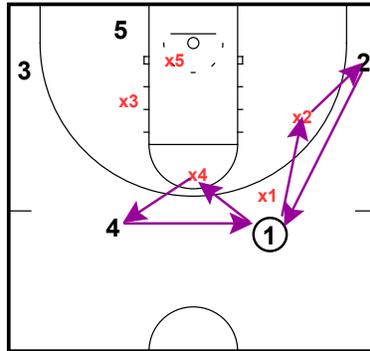


Gap integrity is highly crucial when guarding the dribble drive as the whole offense is based on attacking the rim with the dribble using open driving lanes.

It is very easy to get "too deep" or in a "deep triangle" and have ball handler drive ball deep into arc to point where help man cannot recover to open shooter.

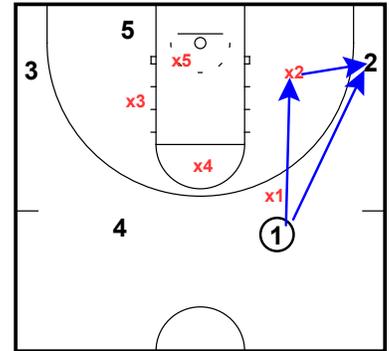
The technique of the stance is also extremely important as the defender can not get to square to the ball handler thus losing vision to his man and getting cut back door.

Pack Line- Guarding the Dribble Drive



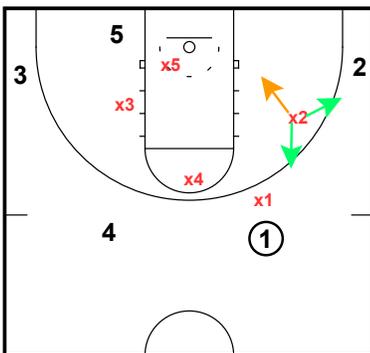
It is vital that the players plug the driving to give visual of no open driving lane, as well as providing early bluff and recover help in their flat triangle.

Pack Line- Guarding the Dribble Drive



It is very easy to get "too deep" or in a "deep triangle" and have ball handler drive ball deep into arc to point where help man cannot recover to open shooter.

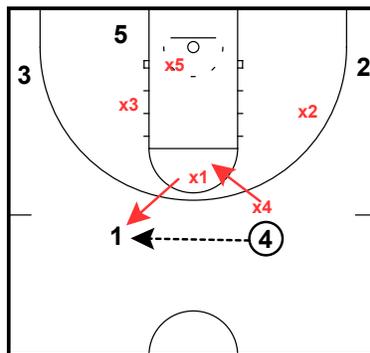
Pack Line- Guarding the Dribble Drive



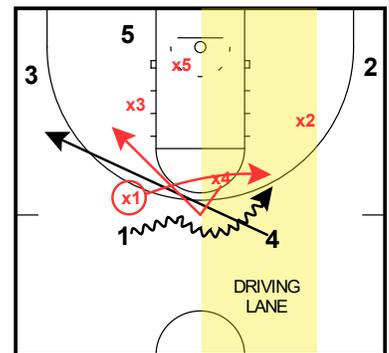
The technique of the stance is also extremely important as the defender can not get to square to the ball handler thus losing vision to his man and getting cut back door.

Body and feet are NOT square to ball handler or half court. Top foot is pointed at ball handler but chest is more pointed at sideline. Butt pointed towards hoop, thus giving defender vision to ball and man while plugging the gap.

Pack Line- Guarding the Dribble Drive



Pack Line- Guarding the Dribble Drive

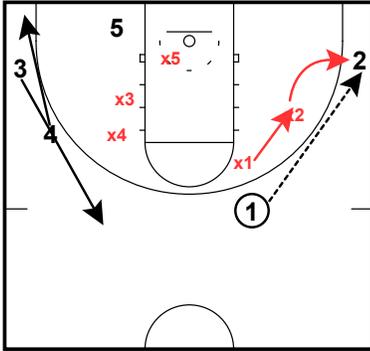


As 4 goes to blur cut, instead of chasing him, x4 hold and sits in driving gap like he is giving a soft/flat show. This will deny 1 the straight line drive into open driving lane and allow x1 to slide through and square ball up. x2 is plugging the gap.

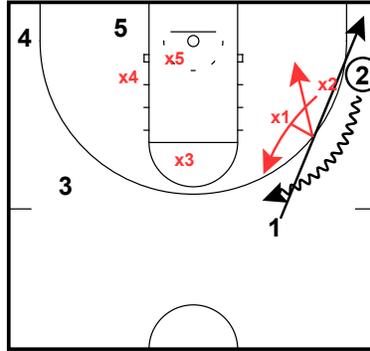
Pack Defense Playbook

Pack Line Defense- Guarding Popular Actions

Pack Line- Guarding the Dribble Drive



Pack Line- Guarding the Dribble Drive



x1 holds and x2 quickly slides through the blur cut.