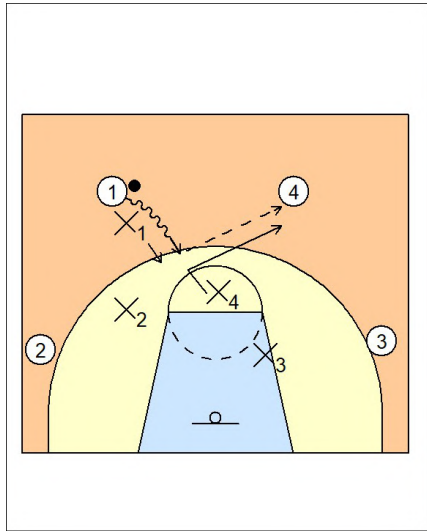


Defence

Defending gaps (simplified)

1



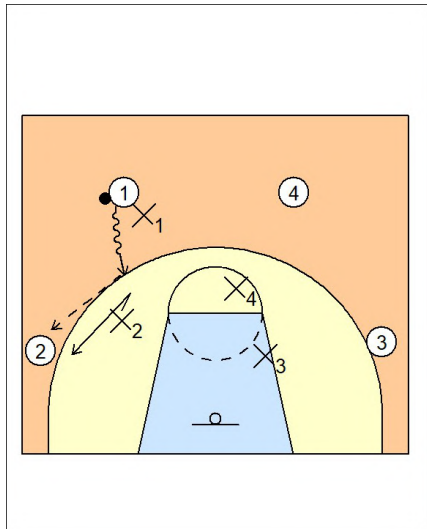
1) Help and recover

Start with single gaps between attackers. X2 and X4 are gap defenders, halfway between the ball and their check. X4 is on the nail (mid-point of the foul line).

1 drives left and beats X1, X4 stops the drive and recovers to 4 on a pass.

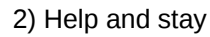
X4 can recover to 4 because he is not too far away.

2



X2 can help and recover if 1 beats X1 outside.

3



Youth teams can use a simple two-player help-and-stay rotation in most help situations. The defender who gets beat calls "help", a help defender calls "switch", and the two defenders switch checks (run and jump).

2 has a double gap to attack middle, making it hard for X4 to help and recover on a pass to 4.

X1 and X3 stay with their checks.



2 has space to drive baseline and beats X2, X1 stops the drive and stays with 2, X2 runs through to take 1 (Dean Smith).

Defence

Defending gaps (simplified)

5

c) Triple gap

1 attacks a triple gap, X3 stops the drive and stays with 1, X1 takes 3.

Option - X1 forces 1 to the crowded side of the floor.

