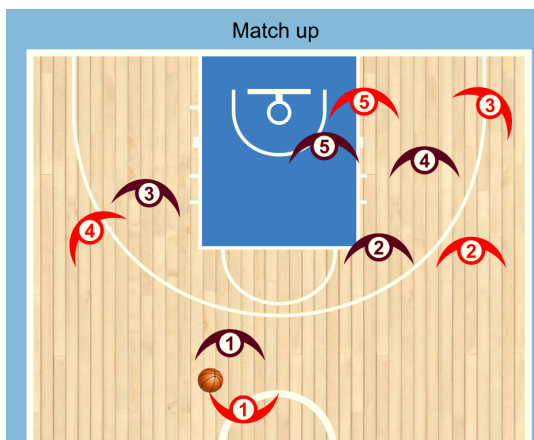


Zone Defence Concepts

What follows are some zone defensive concepts that we want to look at for our WHP program. These should allow for more clarity and consistency for our Next Gen player and coaches.



Concept #1 – You are responsible for a player

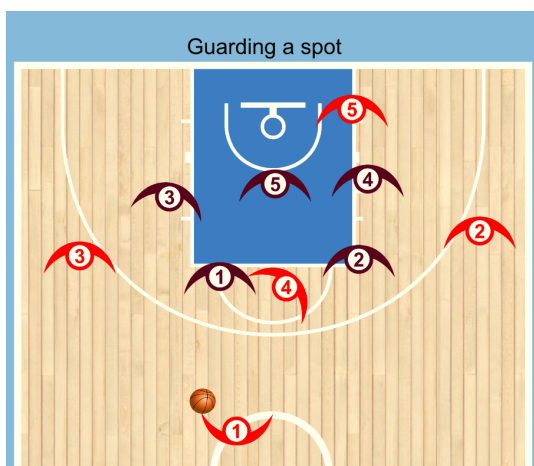
Be responsible for an offensive player. We do not guard air. At any time in a possession the coach should be able to stop the play and have the players know exactly who they are matched on.

It also makes it more difficult for the offence to recognize the zone defence.

It all starts with the player declaring the ball early. This allows the remaining players to verbally connect on their match ups.

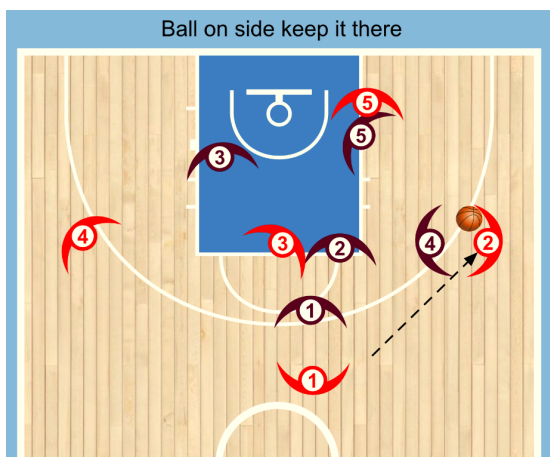


Here the offence takes on a 1-3-1 look. Each defender is responsible for an offensive player. They match up. To the offence this is very hard to identify the zone defence. Valuable time can be wasted.



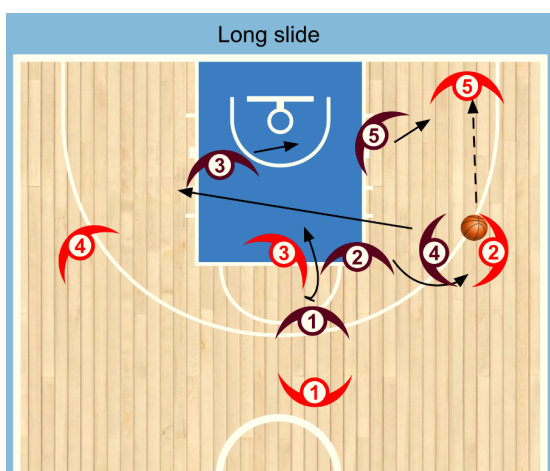
In this example the players are defending spots. Confusion can occur when a pass is made since two players end up defending the same player. When the offensive players start to move this confusion is often magnified.

It is also easier for the offence to identify that the defence is a zone.



Concept #2 – Keep the ball on a side

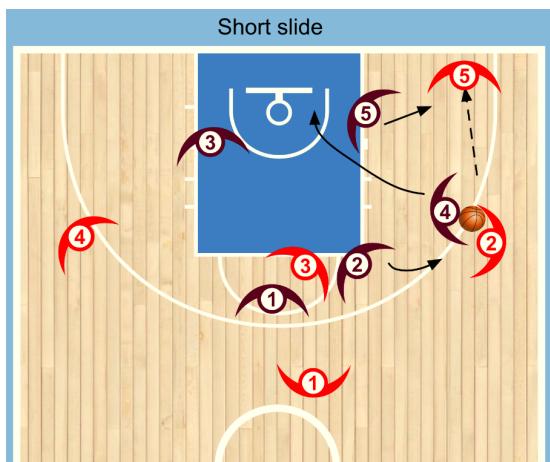
Once the ball is entered to a wing we want to position our body to keep the ball on the side. Our toes are parallel to the sideline. We also pressuring the ball to make passing difficult.



Concept #3 – Defending the corner /short corner passes

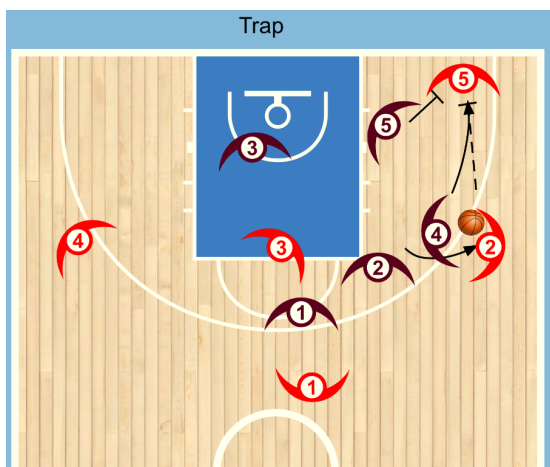
When a pass is made to the corner or short corner there are different ways to cover the pass.

Long slide – The middle of the zone takes the corner pass, the offside wing covers the middle and the ball side wing sprint to the help side. The ball side top defender covers the pass out of the corner. The players must find players in their area.



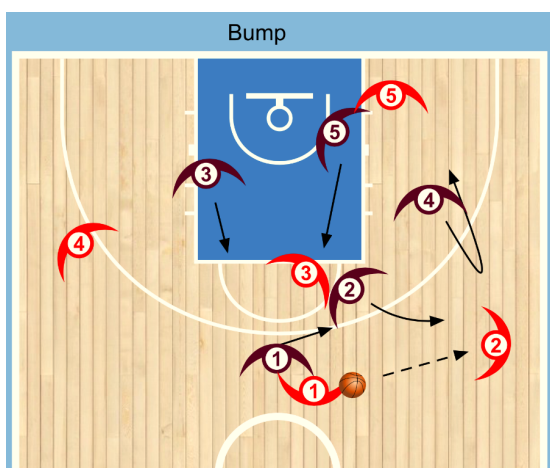
Concept #3 – Defending the corner /short corner passes

Short slide – The middle of the zone takes the corner pass, the offside wing stays at home, and the ball side wing sprint to the ball side block. The ball side top defender covers the pass out of the corner. The players must find players in their area.



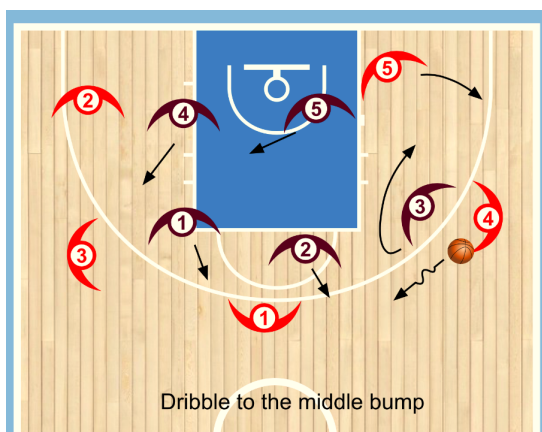
Concept #3 – Defending the corner /short corner passes

Trap – The middle of the zone takes the corner pass, the offside wing covers low block ball side and the ball side wing sprint to trap the ball. The ball side top defender covers the pass out of the corner. The players not in the trap must read the eyes of the trap.



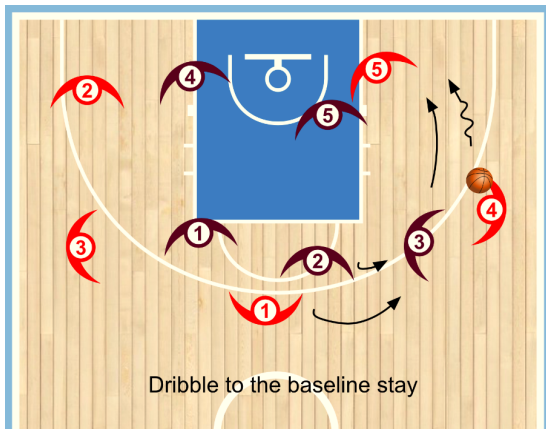
Concept #3 – Defending the corner /short corner passes

Bump – In certain situation (initial pass to wing is too high, do not want the middle to cover the corner or the offence already has an extra player on the ball side) the top player can bump the wing defender back. This will usually mean the middle defender must step up to match a high post.



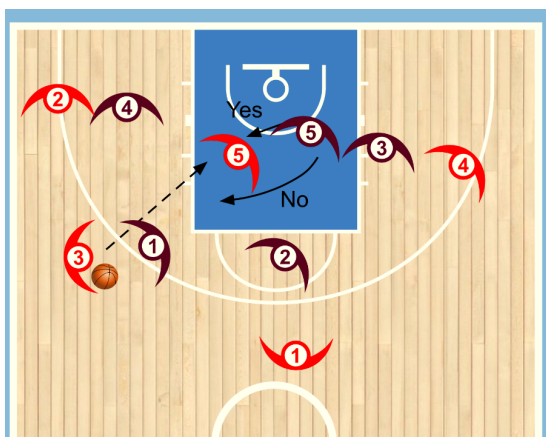
Concept #4 – Offence dribbles the ball

Bump coverage on a dribble to the top. When the offence dribbles to the top we want to bump (pass on the defensive responsibility to the next perimeter player) the coverage to the player at the top. The offence will attempt to pull the defender out of position and use a snapback pass to the player behind the dribble.



Concept #4 – Offence dribbles the ball

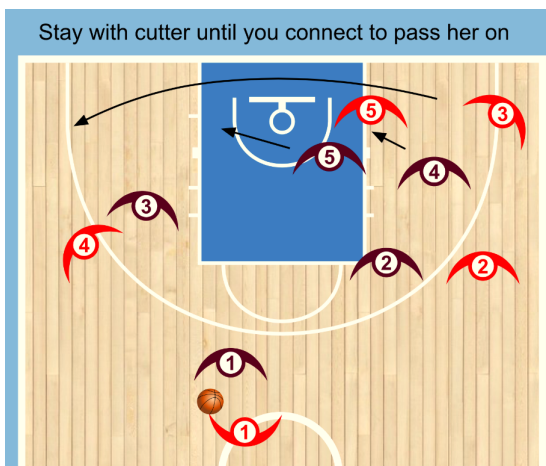
Stay coverage on a dribble to the baseline. When the offense dribbles to the baseline we want the defender on the ball to maintain coverage. The other players rotate with the player in their area accordingly. This prevents freeze dribbles to a pass and shot.



Concept #5 – Protect the basket

If there is a choice of gambling over the top or protecting the basket, choose the later. If the ball is caught by #5 red she has no vision on the basket. She has to worry about other players doubling or digging inside.

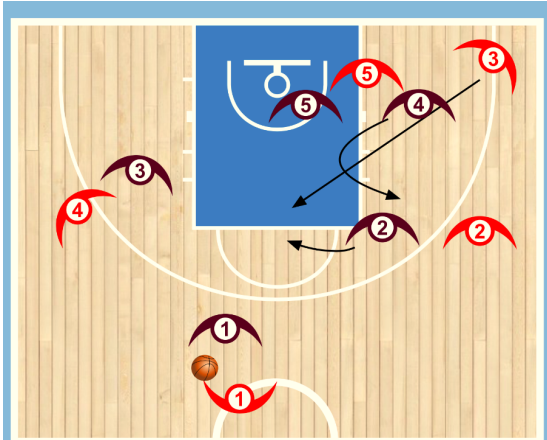
If the defender goes over the top and does not get the ball it leaves an open basket.



Concept #6 – Stay with cutter until you connect to pass her on

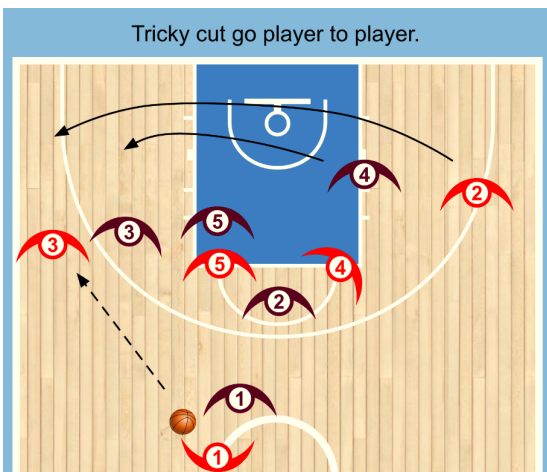
Communication must occur on all cutters. Stay with the offensive player until the next defender picks her up. Immediate look to find your new check.

In this example Defender #4 talks with defender #5 to switch checks.



Concept #7 – Stay with cutter until you connect to pass her on

In this example defender #4 talks to defender #2 to pick up the player flashing to the high post.



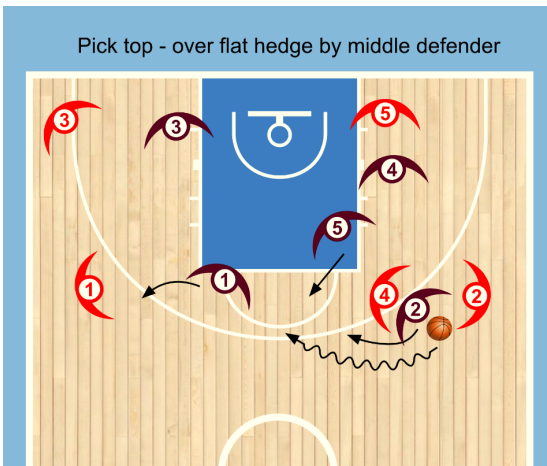
Concept #8 – On tricky cuts stays with the player.

Many zone offenses will use overloads to expose the defence. It is sometimes better to stay with the cutter.

Since the backline is very interchangeable this does not hurt the defence.

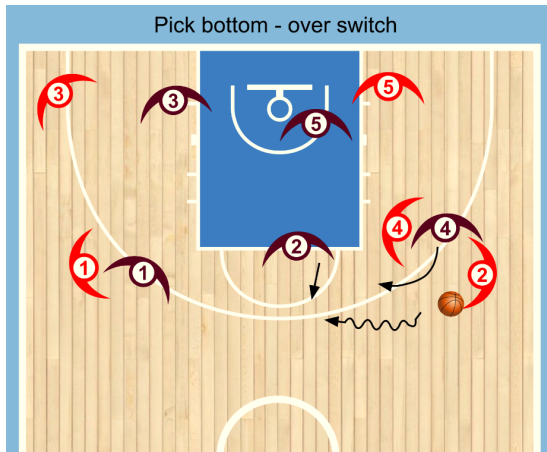
The team can re-establish their zone or stay in a player to player defence.

This can be from a scout.



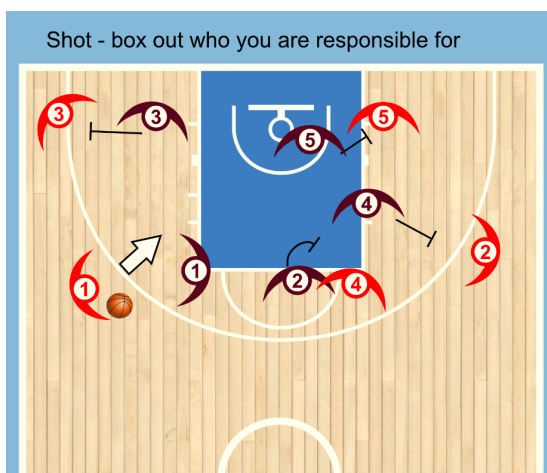
Concept #9– Defending picks on a top player

When the zone picks the top defender it is flat hedge coverage. The middle must step up and be involved.



Concept #10– Defending picks on a bottom player

When the zone picks the bottom defender it is switch coverage.



Concept #11 – Everyone is responsible for their check when rebounding the ball.