

PACK LINE DEFENSE

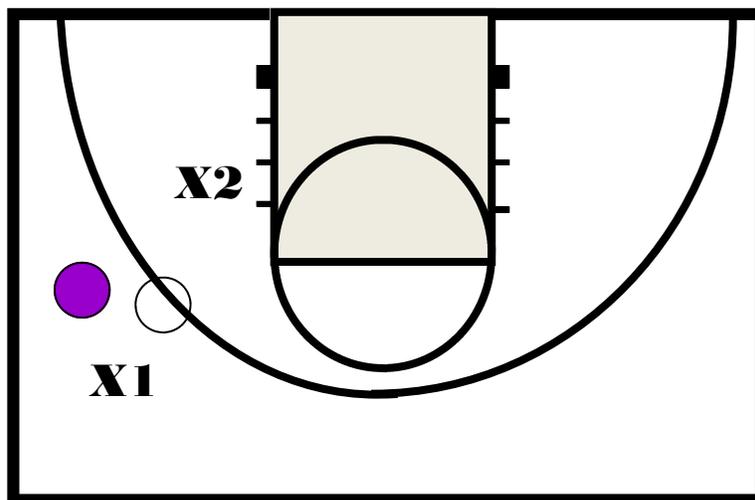
The last ball screen situation we drill is the **DOWN**. This is our defense of choice when the intent of the offense is to use the screen to reverse the side of the court.

SCREENER DEFENSE:

- 1) **CALL** ...the type of screen coming as the offensive player begins in that direction to screen
- 2) **SPRINT**... to the action. Arriving before the screen is set gives us the best chance to defend
- 3) **DOWN**... the screener defense appears to be completely out of this action but on purpose. They are waiting on the under side (the down side) of the screen eliminating the space the ball handler can drive.
- 4) **RECOVER**... after the screener defense is back in position.

SCREENEE DEFENSE:

- 1) **ON BALL**... responsibilities as always
- 2) **FORCE**...The instant they hear **SCREEN** called by teammate, she will position her body to insure the ball handler has no option but to reject the screen. She is all the way above the screen forcing the ball handler to reject the screen in the direction of her waiting teammate.
- 3) **DOWN**... easy to recover back to ball handler as the screen is rendered virtually useless to the intent to the play.
- 4) **RECOVER**... to ball pressure



PACK LINE DEFENSE

We can call any combination of the mentioned actions to create a variety of options as to how we will defend the PNR action. Communication of the call is key and must be executed properly by both of the defenders involved in the action. The decision of how to defend the PNR will depend on the strength and weaknesses of the personnel involved in the offensive action. That comes through scouting as well as in game adjustments.

Armed with these varieties and an easy manner in which to communicate them, we have had success over the years making calls on the spur of the moment when we get a “call” on a set play or see an action being set up in a last second situation.

To recap actions of defender guarding the ball:

- A. Second— over the screen
- B. Third- under the screen
- C. Fourth- under the screen and teammate jamming the screen
- D. TRAP- again we have a call that varies throughout the year for this
- E. DOWN- jump hard to top side of the screen and force down toward baseline

To recap actions of the defender guarding the screener:

- A. Hedge- force ball handler two dribbles toward half court before recovering
- B. Plug- force the ball handler side-line to side-line
- C. 4th- jam the screener as not to allow her to move screen down and stay connected to her
- D. TRAP- stay with ball handler and trap with teammate until stolen or ball passed out.
- E. DOWN- Waiting on the under side of the screen to discourage rejection of the screen

Obviously incorporating the other three defenders is a huge key, you must first master the two player defending of the various offensive actions. We will work two or three days incorporating ball actions with non-ball actions in our 4 around 0 Shell Drill before introducing the three remaining defenders.

We are relentless in our teaching the precise LANGUAGE and the manner in which the teammates communicate them to each other as well as the manner we communicate them to players. Not talking on defense is a non-negotiable for us and is not tolerated from DAY ONE