
XAVIER

BASKETBALL

PACK LINE

DEFENSE

Four Questions You Must Answer in Regards to Your DEFENSE

1. Can it put you in a position to beat the **BEST** teams on your schedule?
2. Can it win on the Road?
3. Do you improve as the season goes on?
4. Can you advance in post-season tournaments?



XAVIER NON-NEGOTIABLES

1. Committed to Transition D
2. Keep the Ball out of the Post
3. Must Pressure On-Ball
4. EARLY help on dribble penetration
5. Awareness off the ball
6. Contest ALL shots



DICK BENNET/SEAN MILLER

A. Identity

1. Important Concept
2. Do What WE Do
3. Xavier Defense/Rebounding
 - (a) Have an identity
 - (b) Notre Dame Zone Defense
 - (c) Texas A&M Denial Defense
4. Why Pack Line

B. How To Measure the Success of Identity

1. FG% Defense
 - (a) 2009– 33.2%— 1st in NCAA
 - (b) 2010– 34.9%— 11th in NCAA
2. Rebounding Margin
 - (a) 2009-- +11.2— 3rd in NCAA
 - (b) 2010-- +11.1— 4th in NCAA



DICK BENNET/SEAN MILLER

C. Terminology/Language

1. Ball Pressure
2. The Pack Line
3. The Post
4. Half Back/Full Back
5. Screening Terminology
6. Why Language is Important



PERIMETER DEFENSE

A. On-Ball

1. Tough
2. No Straight Line Drives
3. Don't Get Beat Outside

B. 1 Pass Away

1. Gap Defined
2. Talk on Early Help
3. Close-Out

C. 2 Passes Away

1. Line of the Ball/ Step Off
2. About 1/2 Way with foot in paint
3. Move on Flight of the ball
4. Recover to the Gap



PERIMETER DEFENSE

D. Working with the Post

1. Dig
2. Recover

E. Drills

1. Chair Close outs
2. Vegas Close outs
3. Three around One





POST DEFENSE

“How you defend in the post has to be related to how you defend on the perimeter”

Below the FT Line

- 3/4 chin on shoulder high side
- Slide behind on the catch

Above the FT Line

- on the line
- up the line

Deny inside the Pack Line

- Smash Cutters

On Catch

- Pop Back
- Wall Up on Dribble





3 THINGS YOU HAVE TO HAVE

1. Believe In It
2. Prepare Everybody
3. Be Honest with Your Players



XAVIER

BASKETBALL

**Transition D
and
Defending Screens**

TRANSITION

- 1. Sprint**
 - 2. Get Ahead of the Ball**
 - 3. Point/Talk**
 - 4. Be On Assignment**
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- A. Three to the Offensive Glass (3,4,5)**
 - B. 1 and 2 sprinting**
 - C. 1 (Full-Back) all the way beyond 1/2 ct**
 - D. 2 (Half-Back) between top of the key and 1/2 Court**

DRILLS:





REBOUNDERS

Half-Back



Full-Back



DEFENDING SCREENS

“Great players don’t get screened because they have great awareness and give great effort”

1. Defending a CUTTER is your only responsibility
2. Defending a SCREENER you are a help defender

DEFINE Numbering System

4 People Involved in Each Screening Action



WHY LANGUAGE IS IMPORTANT

1. **Timeouts**
2. **Play Call During Games**
3. **Quick Turnaround in Tournaments**



XAVIER

BASKETBALL

**SPECIAL
SITUATIONS**



Why is END OF GAME SITUATIONS even a topic for a clinic when we all as coaches know that the first possession after tip-off, or the third possession after the 8:00 media, or the 43rd possession of the game all have the same point value potential?

It's because everything gets magnified at the END OF THE GAME. Pressure seems greater. Emotions run higher. Coaches have to talk louder in timeouts because everyone in the crowd has stopped text messaging and is now laser locked onto the action. Referee's huddle and make sure they are all on the same page. The number of in game distractions increase.

It as become evident to me that the teams who are BEST at EOG's are teams that throughout the course of the game have treated every single possession with the same respect as the very last ones. These teams appear to be oblivious to any of the mentioned distraction and repeatedly execute game winning situations when the pressure is the greatest. They display a composure that others don't. Their coach has a control that others don't. Their players demeanor is consistent. They are in character. As a result THEY WIN more than they LOSE!!

Once you establish that approach it is still imperative that you have a plan for implementing and executing. That is where we come up with the D.I.E.

- D- Develop your philosophy**
- I- Implement you strategy**
- E- Execute your tactics**



Develop your philosophy

You can attend clinics, buy books, look on-line, or steal from others but to be successful your EOG Philosophy has to be YOURS!!! My grandpa always said “You can’t sell what’s not yours” and he was right. If you don’t believe in it, your players won’t and you’ll LOSE more than you’ll WIN. So utilize all the resources you can to think through as many situations as possible then MAKE THEM YOURS!!!

Some philosophy things to consider:

Are you going to foul on the floor ahead by three points? Does it depend on the time left? Is that time 8 seconds? Is that time 5 seconds?

Are you going to get the ball in your best players hands or use that player as a decoy for option #2? Do you work in practice as if your first option has fouled out already?

Are you going to take a quick two point shot then foul if down three with a certain amount of time?

Are you going to miss a FT on purpose with a lead to force opponent who is out of time outs to rebound and hit a last second shot?

Are you going to run plays that your players already know or draw something up? Are you going to run a “dork” play?

Are you a go with the stats coach? Are you a go with your gut coach? Are you depends-on-the-situation coach?

Are you going to switch all screens? Stay on and play 1-on-1 defense? Trap a ball screen? Change defenses out of the time-out? Show a defense play another defense?

Are you going to put a big player on the inbounds passer or play centerfield?

And the countless other situations that we encounter at the end of game.



IMPLEMENT YOUR STRATEGY

Now that you have your philosophy, you must implement the strategy with your players and your team.

This is where you determine which players on your rosters can perform certain skills... *who can throw it the length of the floor, who can catch that pass, who can dribble from end-line to end-line in five seconds, who can create their own shot, who can throw a lob pass at the rim, who can simply inbound the ball safely*

This is how you are going to teach the skills necessary to be successful when pressure and distractions are at their highest level... *will you devote time in practice to these situations, will you turn on the PA system to simulate crowd noise, will you stop practice in the most stressful moment and work on an EOG,*

This is the plays the you are going to call or the defenses you are going to play to win games in the last few minutes... *beg, borrow, steal from the best, find ones that have worked*

Some great EOG things I've stolen from various coaches:

Throwing tryouts... A coach stood at one end of the court and let players try to throw balls to hit them. Whoever could, was their long throw in girl

Set the shot clock to various times and see who can go score 1-0, 1-1, 2-0, 3-0 etc.

Team worked on saving the ball to their own basket and keeping the ball in play as the clock ran down

Keep away in working on not allowing a team to foul ball handler

Dribbling the ball to various spots on the court to call timeouts

Loose ball scramble to work on creating held ball situations and NOT creating held ball situations

Deck of Cards



EXECUTE YOUR TACTICS

Now that you have a philosophy and a strategy, it is time to **EXECUTE** your tactics to win the game.

Your very first thought should be that **HOW** you say what you are going to say is just as (if not more so) important as **WHAT** you say!!! Your demeanor and your tone will be directly reflective of how your team will perform.

Are you talking to them in the same manner?

Are you on the same spot on the floor as you normally are for timeouts?

Are you using a wipe board or not?

Are your assistants scrambling and frantic in your ear?

Are the subs in their 'normal' huddle mode?
(if it's not how you successfully practiced it, then don't expect them to perform in the game)

Do you have a method for knowing the number of fouls on each team, who has the possession arrow, have you pointed out in the various arena's where the game/shot clocks are located?

Do YOU know the situation?



