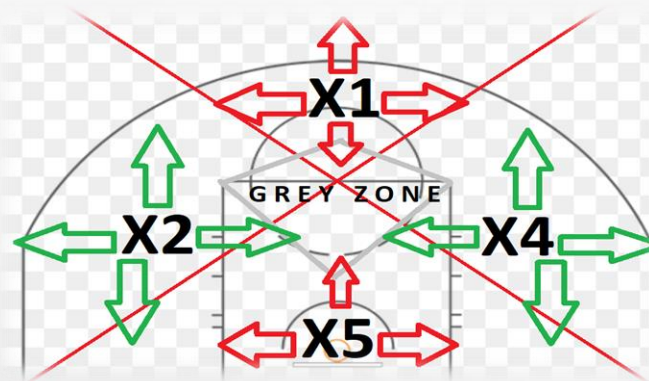
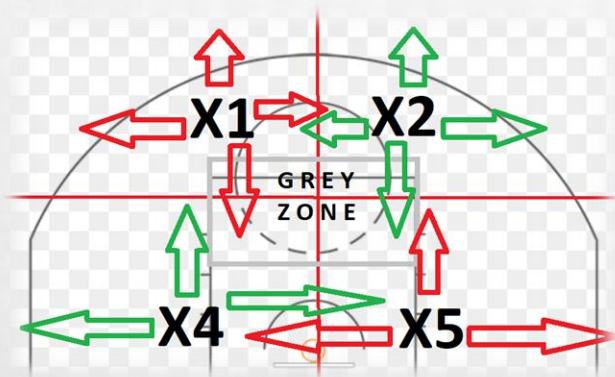


# **JUNK DEFENSE BOX & ONE**

**YOU CAN'T GO »BANKRUPT« BECAUSE OF IT, BUT YOU CAN HIT A JACKPOT**



# JUNK DEFENSE – BOX & ONE



## 4 PLAYERS IN MATCH UP ZONE / ZONE + 1 »CHASER« IN MAN-TO-MAN

- BOX / DIAMOND / RHOMBUS > MATCH UP ZONE
- ALL LEVEL OF BASKETBALL (NBA, NCAA, INTERNATIONAL BASKETBALL...)
- DIFFERENCES BECAUSE NBA »3 SECONDS DEFENSIVE RULE«

## DIFFERENT ADJUSTMENTS, DIFFERENT RULES (COACH'S IDEAS)

- CAN CHASE PLAYERS AT ALL POSITIONS (MOSTLY 1 – 3, OR 4)
- G A M B L E
- VERY GOOD OPTION FOR „UNDERDOGS“

## AGAINST TEAMS WITH ONE GREAT OFFENSIVE PLAYER (STAR PLAYER)

- AGAINST TEAMS WITHOUT EXCELLENT SHOOTERS
- AGAINST TEAMS WHICH ARE VULNERABLE AT SOME POINT OF THE GAME



**SOME COACHES DON'T LIKE IT. SOME SAY IT IS DISRESPECTFUL. I SAY IT IS BRILIANT, MASTERY. IT IS A COACH'S CHOICE !**

**ISN'T IT COACHING (AMONG OTHERS) ABOUT USING & ENCOURAGING YOUR TEAM'S ADVANTAGES TO PUNISH YOUR OPPONENT'S WEAKNESSES? ISN'T COACHES' JOB TO TRY TO FIND THE WAY TO HIDE THEIR WEAKNESSES AND FIND THE WAY TO BE SUCCESSFUL AND WIN GAMES DESPITE NOT HAVING PERFECT TOOLS? SO, USE IT IF YOU THINK IT WILL HELP YOU TO WIN GAMES !**

# YOU NEED...

- EXPERIENCED PLAYERS, SELFCONFIDENT PLAYERS, „CHEATERS“
- SMART PLAYERS, PLAYERS WITH HIGH BBALL IQ
- EXCELLENT COMMUNICATORS
- »BIG« PLAYERS, PLAYERS WITH HUGE WINGSPAN, GOOD HANDWORK
- „CHASER“ WHO IS AGGRESSIVE ATHLETE AND HAS PRIDE



# WHY?

- SURPRISE
- CONFUSION
- FRUSTRATION OF STAR PLAYER
- TO CAUSE FATIGUE OF STAR PLAYER
- PUTTING ROLE PLAYERS (PLAYERS THAT DON'T USUALLY MAKE AN IMPACT ON THE SCOREBOARD) IN POSITION TO TAKE OFFENSIVE RESPONSIBILITIES
- TO WIN GAMES !



# **RULES, ROLES & RESPONSABILITIES**

## **BASIC RULES**

**RULES THAT EVERYBODY MUST  
RESPECT**

## **FOR ACTIONS WHERE STAR PLAYER IS NOT INVOLVED**

**RULES WHERE CHASER IS NOT  
INVOLVED IN ACTION**

**ON-BALL ACTIONS**

## **FOR ACTIONS WHERE STAR PLAYER IS INVOLVED**

**THE MOST IMPORTANT RULES.  
RULES WHERE COMMUNICATION  
IS NON-NEGOTIABLE**



# BASIC RULES

- STAR PLAYER CANNOT TOUCH THE BALL OR DENY STAR PLAYER TO BE IN TOUCH WITH THE BALL ON REGULAR BASIS
  - WHEN STAR PLAYER HAS A BALL, EVERYBODY IS FOCUSED ON HIM
    - CHASER TAKES CARE ONLY OF STAR PLAYER
  - FORM BOX & ONE ALREADY IN TRANSITION D (AS SOON AS POSSIBLE)
- IF CHASER IS LOST OR LATE, THE CLOSEST PERIMETER PLAYER SHOULD BECOME CHASER
  - MATCH UP PLAYERS – ADJUST
- PREVENT PAINT – STAY IN FRONT OF THE BALL - NO BALL IN THE PAINT
  - HELP SIDE – BALL SIDE
- ADJUST YOUR POSITION BASED ON SHOOTERS / NON-SHOOTERS
  - POST UP DEFENSE > BASIC MAN-TO-MAN RULES
- X4 AND X5 STAY DOWN / LOW, X1 AND X2 STAY UP / HIGH
  - BOX OUT THE CLOSEST PLAYER

# **ACTIONS WHERE STAR PLAYER IS NOT INVOLVED**

- RESPECT BASIC MATCH-UP ZONE RULES**
  - SWITCH ON PICK/POP**
- GO UNDER ON PICK/ROLLS (POOR OR AVERAGE SHOOTERS)**
- DROP ON PICK/ROLLS & SWITCH (GOOD SHOOTERS)**
  - OPTION IS ALSO ICE DEFENSE ON PR**
- MATCH UP / SWITCH ON FLARES, PIN DOWNS, CROSS SCREENS**
  - SWITCH ON HOF AND DHO**





# ACTIONS WHERE STAR PLAYER IS INVOLVED



- STAR PLAYER PICK/ROLL BALLHANDLER > AGGRESSIVE SWITCH WITH CLOSEST PERIMETER OR  
DOUBLE-TEAM (AGGRESSIVE TRAP)
- STAR PLAYER PICK/ROLL SCREENER > SWITCH (GUARD – GUARD) OR UNDER
- STAR PLAYER USES FLARE > SWITCH WITH CLOSEST PERIMETER OR FIGHT THROUGH
  - STAR PLAYER SETS FLARE > SWITCH OR GO SHORT CUT
- STAR PLAYER USES PIN DOWN > CHASE OR SWITCH WITH PERIMETER + JUMP TO THE BALL FROM THE PASSER
- STAR PLAYER SETS PIN DOWN > NO HELP FROM CHASER (OPTION SWITCH WITH OTHER PERIMETER)
  - STAR PLAYER SETS CROSS SCREEN > NO HELP FROM CHASER
- STAR PLAYER GOES TO HOF WITH BIG MAN ON BASELINE > CHASE, DENY ON BASELINE
- STAR PLAYER GOES TO HOF WITH PERIMETER ON THE TOP > AGGRESSIVE SWITCH

# WHEN? WHAT TIME OF THE GAME?

- WHENEVER
- END OF 3RD Q OR BEGINNING OF 4TH Q
- ATO
- STRETCHES OF 2 – 5 MINUTES
- PLAY OFF GAMES, SERIES > BATTLE OF THE STAFF, BATTLE OF THE COACHES



# **WEAKNESSES**

## **- GAMBLE**

- COULD HAVE TROUBLES AGAINST PREPARED TEAM**
- BAD REBOUNDING POSITION – OFFENSIVE REBOUNDERS**
  - MIDDLE OF THE PAINT (FLASH CUTS, CUTS)**
  - A LOT OF OPEN SPACE AT 3-POINT LINE**
- STAR PLAYER'S SCREENS (FLARE, CROSS, PIN DOWN)**
- MISS – COMMUNICATION IN DEFENSIVE TRANSITION**



# METHODOLOGY

- **SIMPLICITY; MORE IMPORTANT COMMUNICATION THAN RULES**
  - **IT IS EASY TO IMPLEMENT (YES / NO ???)**
  - **PLAYERS MUST BUY-IN TO YOUR IDEAS**
- **PLAYERS MUST BELIEVE THAT JUNK DEFENSE CAN BE BENEFICIAL**
  - **SHOW PLAYERS VIDEO OF ANOTHER TEAM USING BOX & ONE**
    - **TELL THEM RULES, ROLES AND RESPONSABILITIES**
    - **TELL THEM THAT THERE WILL BE MISTAKES, BUT CAN'T BE MISTAKES ON STAR PLAYERS**
  - **PLAY 4 : 4 MATCH-UP ZONE (NO STAR PLAYER) AT PRACTICE**
  - **PLAY 4 : 4 AT PRACTICE WITH SPECIFIC RULES AND SITUATIONS**
  - **PLAY 5 : 5 AT PRACTICE WITH SPECIFIC RULES AND SITUATIONS AND 5:5 2-3 POSSESSIONS GAME**
    - **ANALYZE AFTER THE GAME**



# CONCLUSION

**THINK IF AMOUNT OF TIME YOU USE IT AT PRACTICE IS BENEFICIAL/EFFECTIVE FOR FEED BACK YOU GET.**

**THIS ISN'T DEFENSE YOU SHOULD USE EVERY GAME. THIS DEFENSE SHOULD BE USED ONLY AGAINST CERTAIN TEAMS AND AT THE RIGHT TIME.**

**YOU WON'T USE IT A LOT, BUT I GUESS YOU HAVE TO HAVE IT IN YOUR REPERTOIRE OF DEFENSES.**

**IT IS A BIG GAMBLE – YOU CAN'T GO »BANKRUPT« BECAUSE OF IT, BUT YOU CAN HIT A JACKPOT !**



# HOW TO CONTACT ME ?

**TWITTER:**  
**@LUKABASSIN**



**Luka Bassin**

@LukaBassin

"Everything happens for a reason. Live it, love it, learn from it!" 🏀 COACH. 👍  
work of Messina, Obradović, Trinchieri...  
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📍 Republic of Slovenia

🔗 [youtube.com/channel/UC2pcY...](https://www.youtube.com/channel/UC2pcY...)