

WMAA Aviators

Packline

Defense



Now this is the law of the jungle, as old and as true as the sky, And the wolf that shall keep it may prosper, but the wolf that shall break it must die. As the creeper that girdles the tree trunk, the law runneth forward and back; For the strength of the pack is the wolf, and the strength of the wolf is the pack.

Rudyard Kipling, The Jungle Book

Aviator Packline Defense

One Shot

No Fouls

Contest All

Shots

Aviator Packline Defense Components

1. Make Them Shoot Over You.

Simply stated, when your opponent has the basketball you must stay between him and the basket. This obviously prevents all layups. For your opponent to shoot, he must shoot over you. Work at not being in a position where the offense must shoot over us, but also to contest every shot with a hand in the shooters face

2. Only Give Them One Shot.

Defensive rebounding (blocking out) is a major component of our defense. We want to allow the opponent only one shot at the basket each possession, and that being a contested shot. This is accomplished with great success in our Packline.

3. Do Not Foul

No matter how you look at it, a foul is a mistake. Maybe at the time they just get the ball out bounds, but after a few fouls pile up, you give the opponent an opportunity to score easily from the foul line. Fouls early on will quite possibly give a mediocre player a chance to score points he would not have score on his own. Do not Foul!

This is an important component in our Packline defense because by fouling we have actually made two mistakes. The first is the foul itself— as stated above. The second is that we were not in good defensive position if we had to foul. We do not foul the opponent shooting a layup because if we are executing the first component, “make them shoot over you”, there are no layups!

We do not want to be forced to sit any player because of foul trouble. We do not want the opponent shooting free throws because a free by an opponent violates our first defensive component— “Make Them Shoot Over You”

Positioning

The Packline: Only person outside the Packline is the guy on the ball. Everyone else is about 3 ft inside the 3 PT line. Everyone else has at least 1 foot inside the packline.

Man on the ball: Low butt, high hands, but give a cushion so that you cannot get beat with penetration.

In the gap: We are always in the inside gaps if 1 pass away. Utilize a closed stance and deny the pass.

If ball is on the wing: No middle, establish position with your top foot above the offensive player

Be in the gap and in help right away: Cover the gap and make recovering is easier – since you only need to recover in 1 direction. Helps in guarding faster teams.

Cowboy: Always see your opponent and the basket.

Two Passes away: Use an closed stance to be seen and to help.

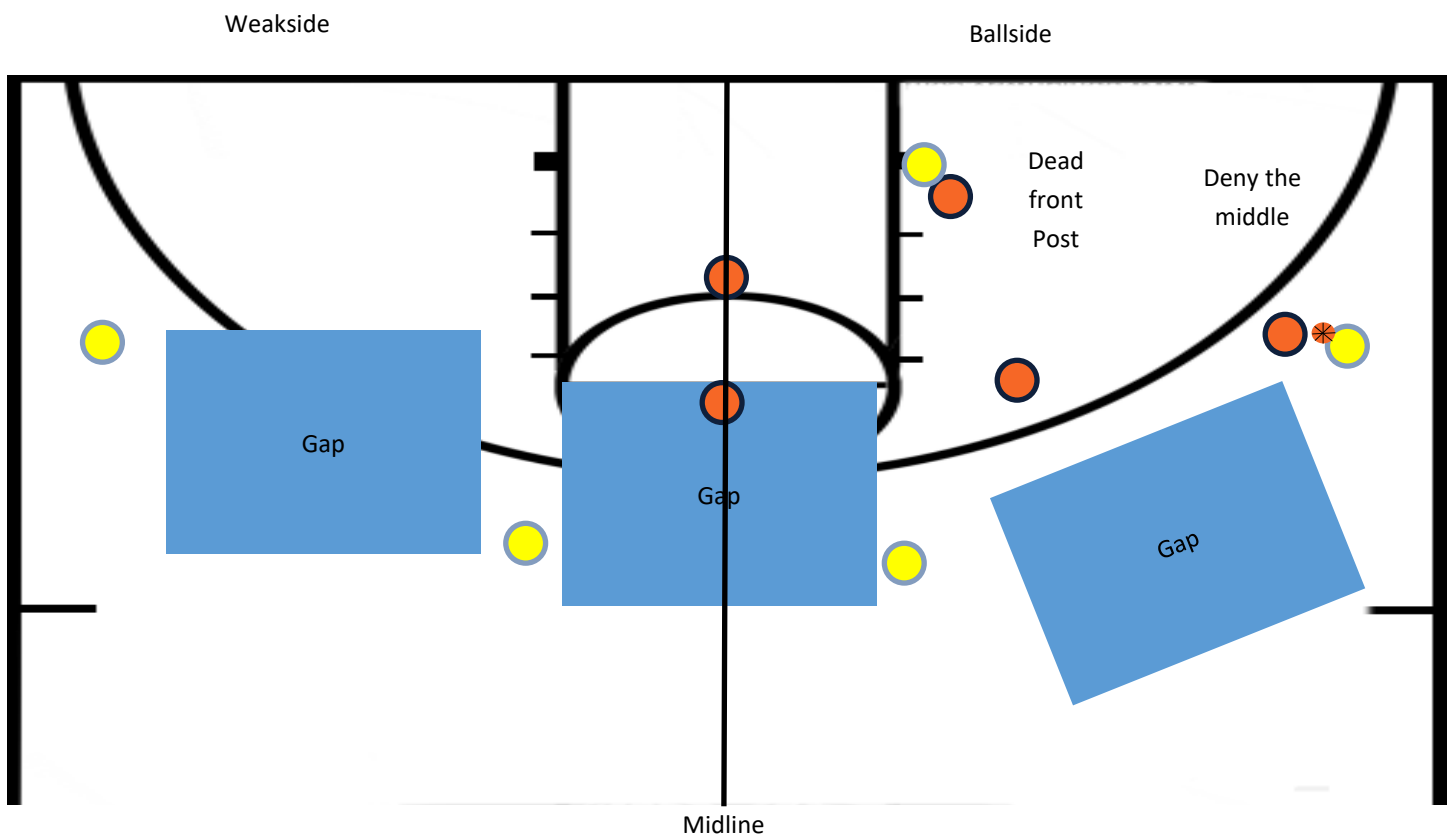
Jump to the ball: Always on the pass. Not an option!

Player movement: When your opponent moves you move.

Ball movement: When the ball moves you move.

Guarding close: Only do when the opponent is scoring range.

Player has used his dribble: Both hands out wide to be balanced.



Help Side Positioning

Sinking to the ball on ball penetration: If the ball is passed to wing, and ball is penetrated to the baseline, then everyone sinks down – towards the level of the ball. We want hands in the lane on the line of the ball to the basket.

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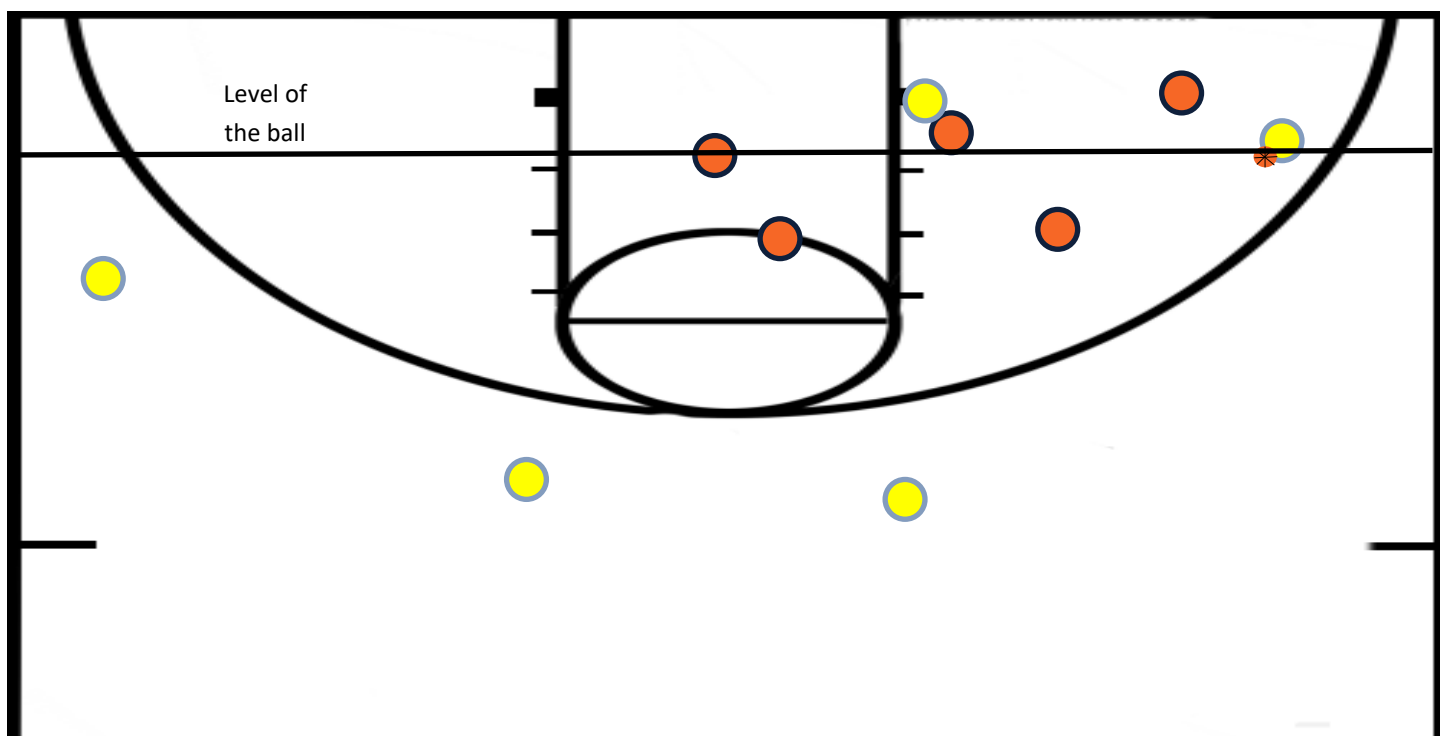
Distance from the ball: The closer your opponent is to the ball the closer you are to your opponent. The farther your opponent is from the ball the farther you are from your opponent.

Closeout: High hands adjust as you stop.

Helpside: Always help and recover. Help the helper as needed.

Defending the wing w/o the ball post closed: Work hard denying because they can't backdoor.

Defending the wing w/o the ball post open: Deny but beware of backdoor potential.



Low Post

Low post: Do not allow the ball inside.

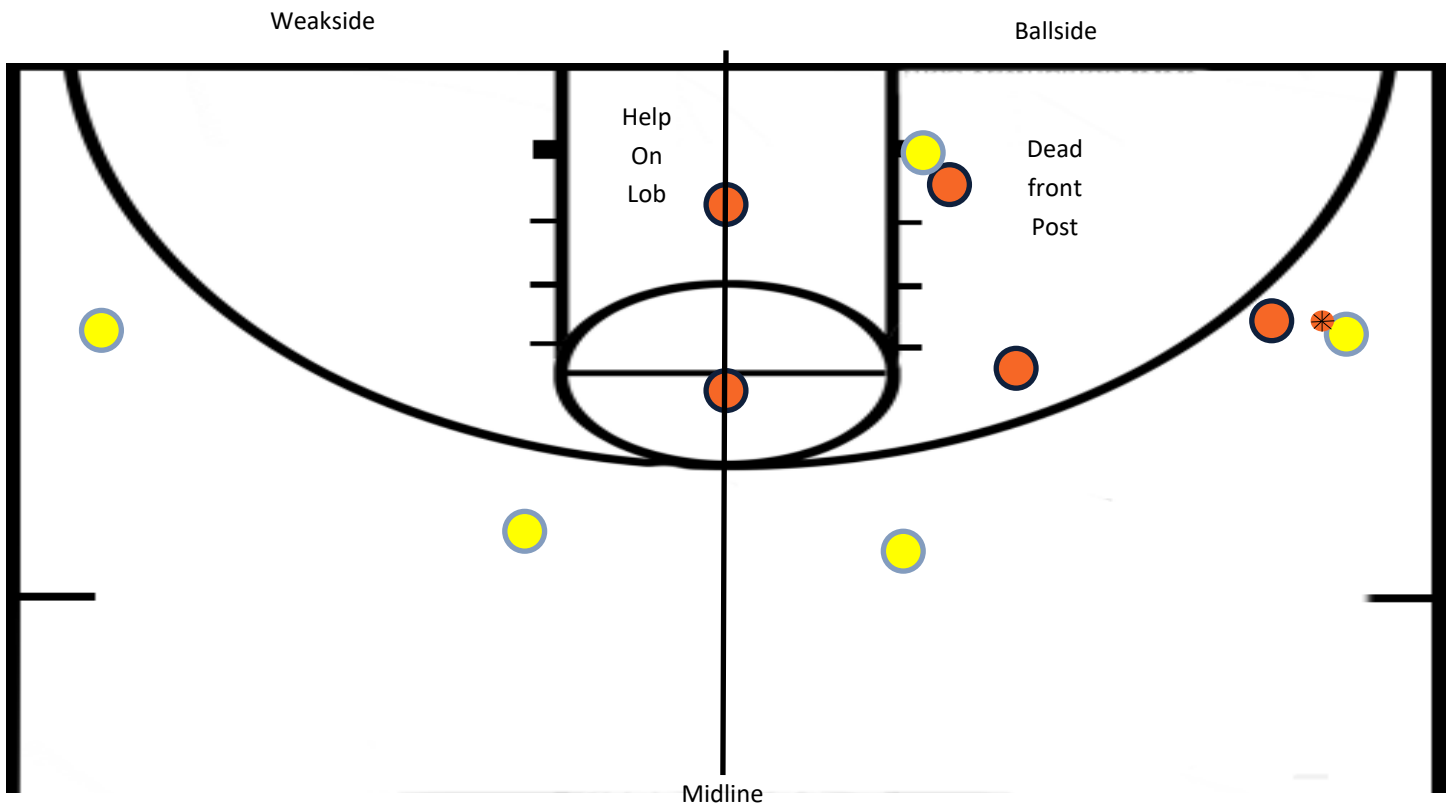
Ball on top: post defender is high side.

ball on the wing: dead front.

Post leaves the post area: just play pack principals.

Front: when offensive man is in the low post.

Guarding in the post: You must communicate if the post is open or closed.



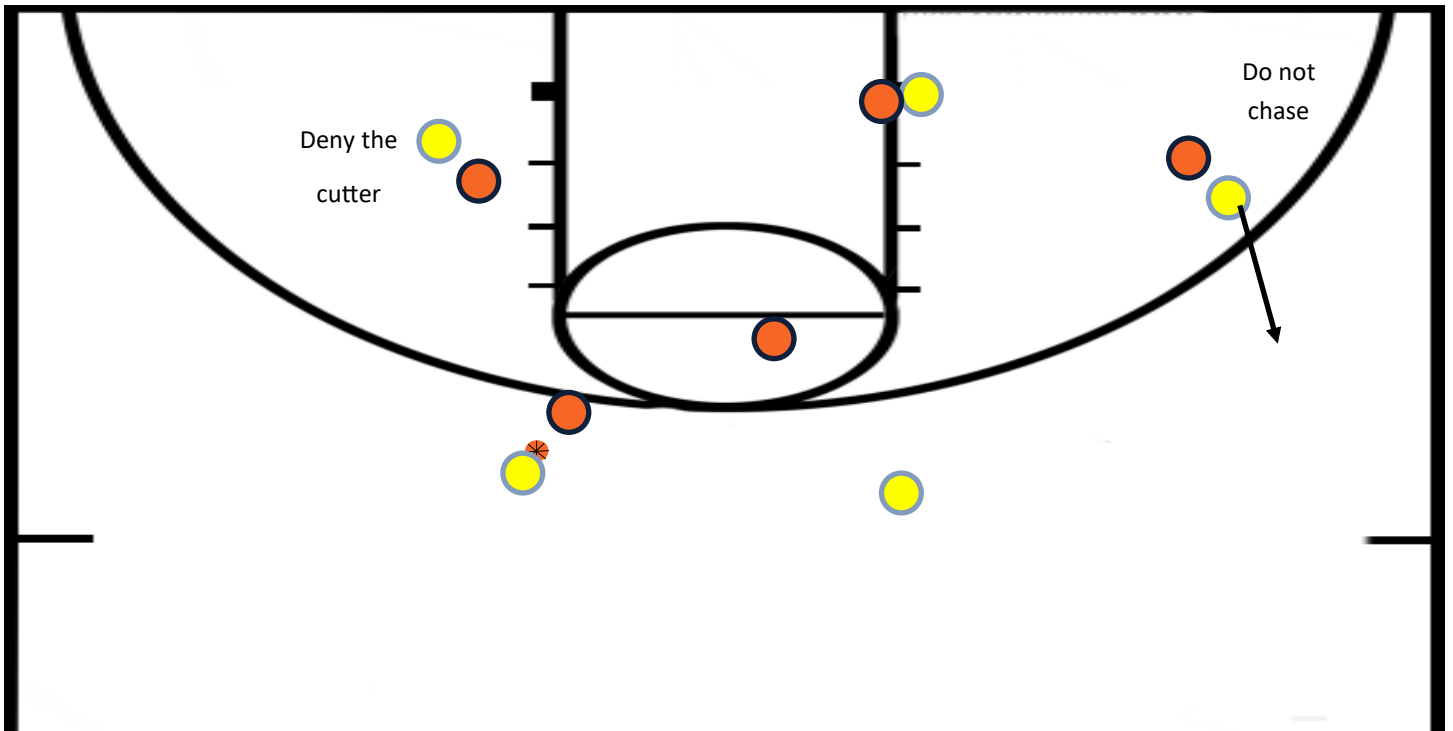
Cutters

Cutters:

Play denial on the pass to the cutter while the cutter is inside the 3 PT line

Do not chase the cutter outside the 3 PT line

Never let your opponent cut between you and the basketball in a manner that could lead to a score.



Our Packline man-to-man defense neutralizes size and quickness advantages the offense may have over us. It is a defense that will always give us the chance to be the very best. So what if we are playing a team where we hold the size and quickness advantage? This defense will ultimately shut their offense down. Completely disrupting their offense. “The team that executes best, beats the best”

The starting point to the 'Packline' defense is **Defensive Cohesion**. All five players should sprint back on defense, with one exception. The guard(s) defending the opponent's ball handlers should attempt to be in position to disrupt the other team's offensive conversion. This can be done by defending the outlet pass and/or being in a position to secure a long rebound. Don't fade too far back when the shot goes up. This goes the opponent a chance to break out quickly. If you are not in position, your first rule is to get back on defense.

Defense is the single greatest factor in winning basketball games than other area of the game. Second defense in importance is rebounding. Defensive rebounding is the most frequent way that a team obtains possession of the basketball. If we force the opponent to shoot a contested shoot over our defense and limit them to only one shot per possession, we will have an almost unbeatable defense. This is one of the things the Packline defense attempts to accomplish. When two teams of relatively the same strength meet, the advantage goes to the team playing the best team defense.

It is extremely important that, as players, you know what to do, how to do it and why to do it. Anyone who wants to, can play defense. Defense is that part of the game that with a great deal of work can be done consistently excellent. However, we want more than consistent defense. If we give a layup only one of every five defensive possessions, we are consistent defense. If we give up an offensive rebound one out of every five defensive possessions, we are rebounding consistently. BUT that is not enough!! We want to play perfect defense every defensive possession— ONE DEFENSIVE POSSESSION AT A TIME! Each and every defensive possession is important. EVERY DEFENSIVE POSSESSION IS THE MOST IMPORTANT DEFENSIVE POSSESSION OF THE GAME!!!

If you believe in defense, if you believe it has top priority, then you are to play a game. A good defense instills a true confidence in the team. Scoring also instills confidence but what does swapping baskets with the other team do? What happens to that confidence when you miss a few shots? Playing tough defense will allow for quick and easy baskets. Tough defense will inevitable get into the psyche of the other team, a quiet sure feeling that we can win with the team effort required to play good defense. We know that we can rely on the defense even when the offense putters. This invaluable when we playing that 'super' team that is supposed to beat us like a drum with their running and shooting.

Good defense will also have a carry-over value to other areas of the game like rebounding, shooting, etc.. Look at any good defensive team; they have a great winning attitude that as a team they can be successful. "Successful people do what failures do not like to do." This one quality is reason enough to play good, solid team defense. Try to be consistently excellent in everything we do.

Mentally Disciplined

You must be able to maintain defensive discipline the ensure game in order to have a strong defense. More importantly, you must be able to maintain defensive discipline every defensive possession to have a strong defense. Often a team will have a strong offensive quarter that propels them to victory. This is usually a breakdown in the defensive team's mental discipline.

You can have outstanding defensive ability but without mental discipline to stay focused on defenses you will only be average defensively and will end up hurting the team. We fully expect everyone to maintain mental discipline on defense EVERY defensive possession. A player with only average physical ability but with EXCELLENT mental discipline can be an outstanding defensive player.

Team Defense

A team defense like the 'Pack' is based on sound principles capable of handling the many varied and complicated situations that will present themselves over the course of the season. Proper technique and execution are given priority over attempting to surprise an opponent with an unorthodox defense. Teamwork is the essence of the 'Pack' defense. Without teamwork, you have no defense. The 'Pack' consists of the combined efforts of five players, working together as a cohesive unit. The cooperation and help that players give to each other will determine the degree of success the 'Pack' will have. ...For the strength of the pack is the wolf and the strength of the wolf is the pack. ..