

## 30. Pat Estapp

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### Match-up Zone Defense

- During this time they have had zoom meeting with players and had some virtual competitions
- The players have been given workouts for strength and skills
- Doesn't want the coaches or players to waste this time with their families though
- Has tried to create an atmosphere where culture is player driven not coach driven
  - Let players vote for captains / Want captains to be leaders not just seniors

#### Matchup Zone

##### Why Zone?

- Credit: Wade O'Connor
- Started with wanting to have a good zone to practice against
- Simplified the scout and scheme for a young team
  - Most teams don't have very many sets they run against zone. Limited variety of plays from team to team
  - Automatic help side is built into the zone principles
- Make it easier to play guys in multiple positions
- Shot clock is a factor for us
  - Zone press back to Zone. Most teams won't take the first open shot against a zone. Make it easier to get them uncomfortable in a late shot clock.
- Talent equalizer ( allows us to keep more defenders close to best players)

#### Challenges of Zone Defense

- My Pride
- Changing the mindset of your players (Not time to take a break)
- Rebounding
- Worst def. player might have to defend the best offensive player
- Getting players to anticipate defensively
- Giving up too early. Don't fault the zone for things your man would give up.
- Indecisiveness kills a zone
- Clarity. Sometimes there are multiple ways to defend an action. What's best?

#### Terminology & Basic Alignment

X1 = "Up" Guard ( Pick up PG and control ball)

X2 = "Down" Guard ( take away early high post entry)

X3 & X4 = Forwards ( Pick up the first pass on the wing, Put the best Rebounder on the left side)

X5 = " Mic Man" ( always between the ball and the basket. Has to talk the most because he sees the most)

#### Tandem Bump

- Bump occur either based on scouts or alignment
  - When a "bump" occurs the players bumped runs through the passing lane to position
  - Can't bump yourself
- Tandem Bumps
  - Rule odds and evens
  - X1 always bumps X3 ( side of the floor)
- We only bump when we have to. If offensive alignment doesn't dictate it we will stay in original alignment

#### Zone Principles

- A lot of man drills in the pre-season: have to install individual responsibility first
  - No magic defense for bad closeouts or straight line drives
- Ball Screen Coverage:
  - High/Low Ball Screen switch ( X1/X2)
  - Spread Ball Screen: Under or Ice w/ 5
  - High Post Catch : Man up on cutters
  - Ball Pressure and active / high hands hide openings on each pass

#### Blob Defense

- Run 1-3-1 BLOB and shift back into 2-3
  - No quick paint touches
  - No quick ball reversals

**Closing Advice – Be true to where your at, and work your tail off where you're at. Get out and network to improve and if that leads to future jobs that's a bonus**