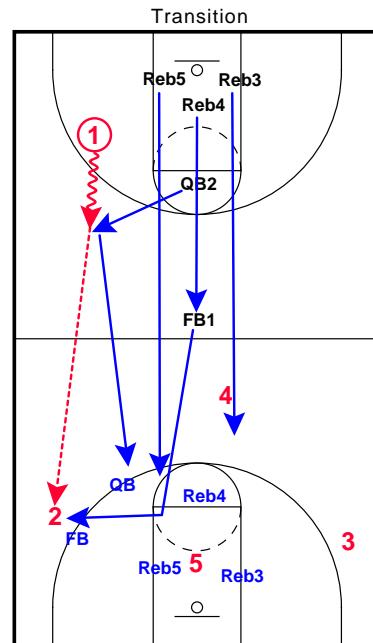
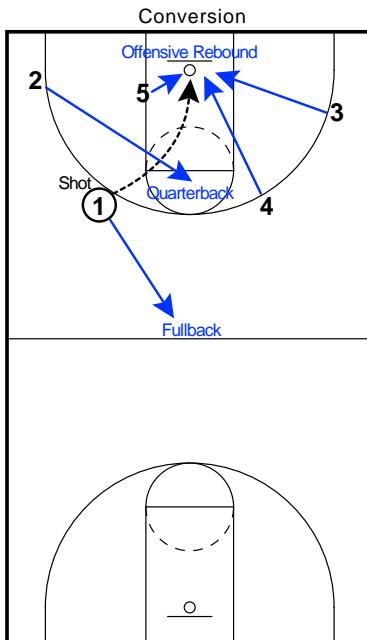
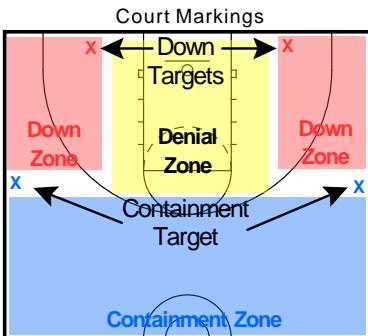


Hustle Defensive Playbook

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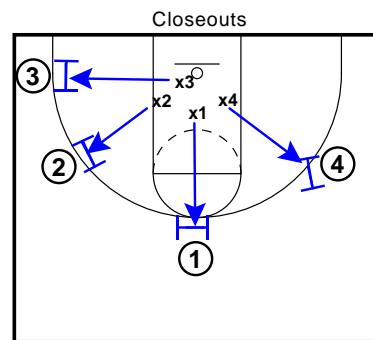
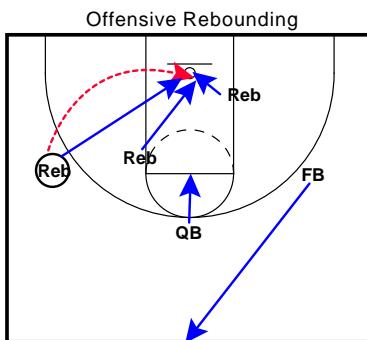
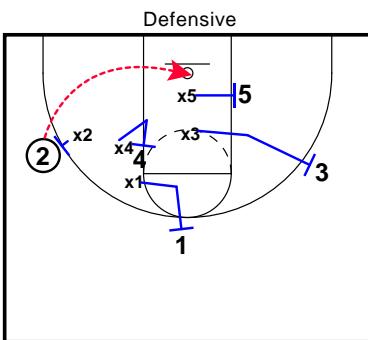
Basics



Conversion
 1. QB get to FT line - rebound area, then attack the ball
 2. FB get to center circle - nothing behind you, steal long outlet
 3. OReb - relentless pursuit of the ball, go get it

Transition
 1. QB stop, challenge, turn the basketball
 2. First ballside defender
 3. Rebounders must SPRINT back
 Reb4 - covers ballside block
 Reb5 - sprints to lane and zones/matches up
 Reb3 - takes the player furthest from ball or trail big

**IF THE BALL EVER PASSES YOU, YOU MUST SPRINT TO THE LEVEL OF THE BALL.



Defensive Rebounding

- *All 5 players must Box & Rebound
- *On the flight of ball:
- 1. Yell "Shot" to alert teammates
- 2. HIT offensive player with a forearm in the chest
- *Do not touch the shooter
- 3. Reverse pivot in the direction the offensive player moves
- 4. GO GET the ball

HIT & GET

Offensive Rebounding/Transition Defensive

On the shot:

1. QB goes to the FT line to rebound and stop the ball from being quickly advanced with dribble or outlet
- *QB is an assigned duty for a specific player. The only way he doesn't perform QB duties is if he drives to the rim and is not able to get back in front of the ball. "I'VE GOT BALL"
2. FB goes to halfcourt and protects the basket.
- *FB is also assigned but must be communicated on every possession since these responsibilities could change depending who and where a shot is taken from. "I'M BACK"
3. The other 3 players must attack the basketball on every shot. If the rebound is secured by the defensive team, all 3 players must immediately SPRINT to defense.

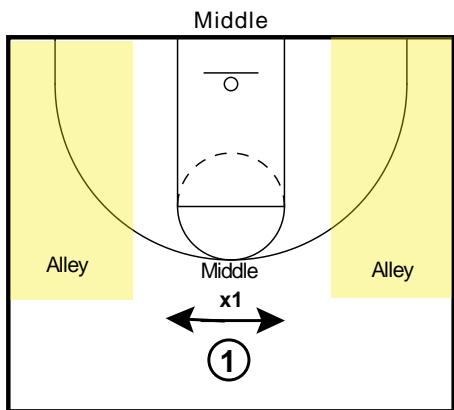
Closeout Technique

- *All performed with a sprint halfway, short choppy steps, and 2 high hands
- X1 - closeout square
- X2 - closeout influencing ball to baseline (regular)
- X3 - closeout square
- X4 - closeout when in "Down" defensively - NO MIDDLE

Closeout Gap Terminology

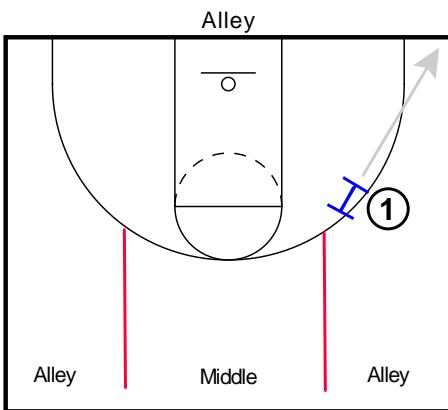
- 0 Gap - 0 arm lengths; great shooter, no help or fake & fall to him
- 1 Gap - 1 arm length; good shooter
- 2 Gap - 2 arm lengths; prefers to drive
- 3 Gap - 3 arm lengths; all drive

Basics



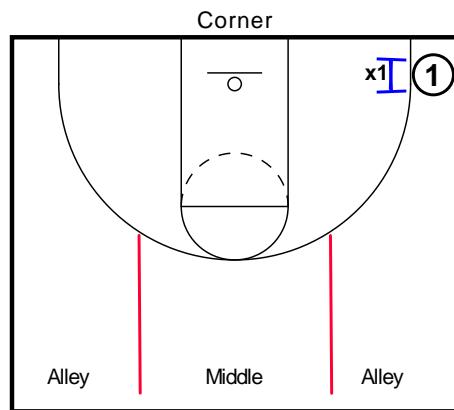
Ball in Middle

- *Feet & Shoulders square to the ball
- *Hands on ball level - Active!
- *As close to the ballhandler as you can be and still contain it
- *Keep the ball in front of you



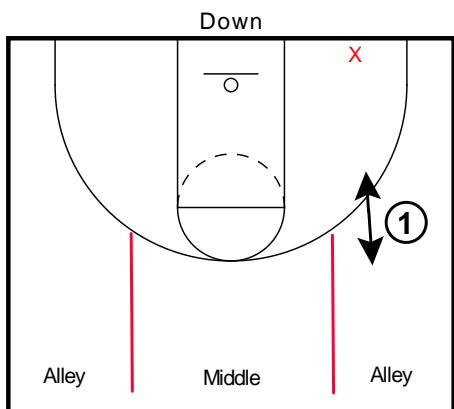
Ball in Alley

- *Feet & Shoulder pointed to corner
- *Defender's chest on offensive player's shoulder
- *Hands on ball level - Active!
- *As close to the ballhandler as you can be and still contain it
- *Keep the ball in front of you



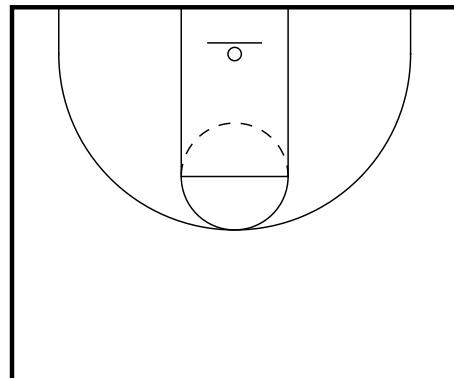
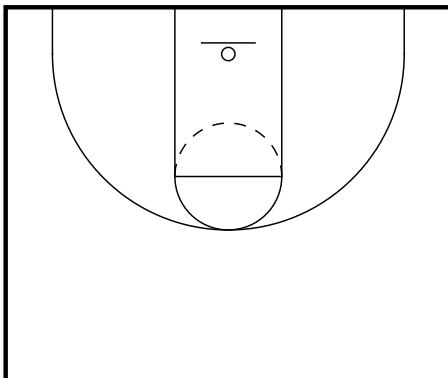
Ball in Corner

- *Feet & Shoulders square to the ball
- *Hands on ball level - Active!
- *As close to the ballhandler as you can be and still contain it
- *Keep the ball in front of you

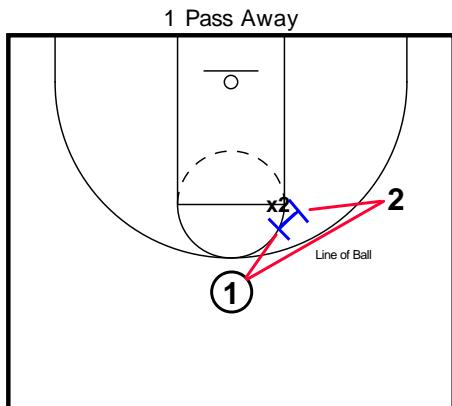


Ball in Alley - Down

- *Feet & Shoulder pointed to midpoint on baseline
- *Defender's top foot above offensive player's top foot
- *Hands on ball level - Active!
- *As close to the ballhandler as you can be and still contain it
- *No reversal - keep the ball in the alley

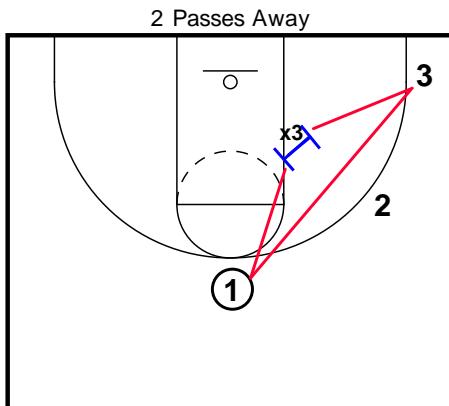


Basics



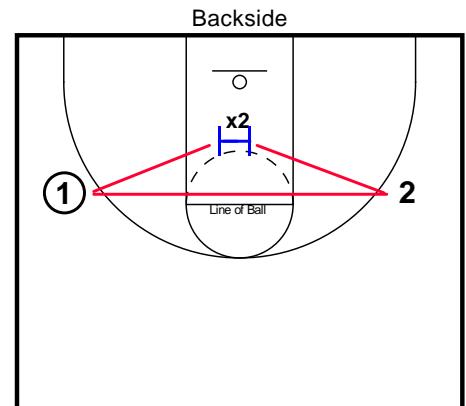
Gap Position

- *Pointing at man and ball
- *Feet & shoulders parallel to the line of the ball
- *1 big step off the line of the ball
- *COMMUNICATING



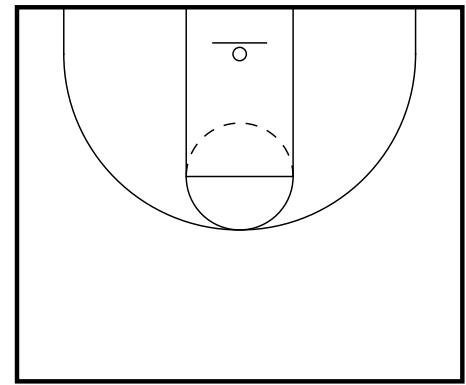
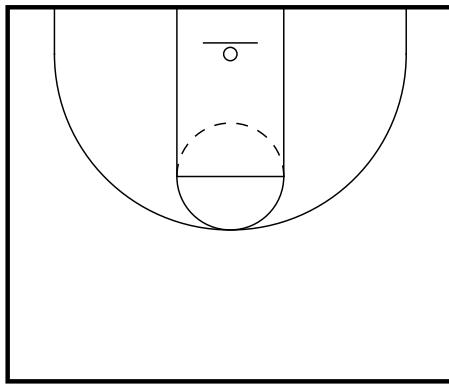
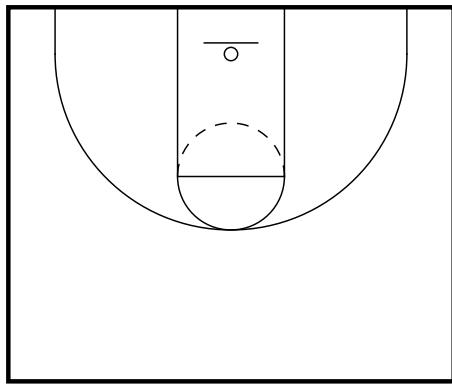
Help Position

- *Pointing at your man and ball
- *Feet & shoulder parallel to the line of the ball
- *1 foot in the lane
- *2 big steps off the line of the ball
- *COMMUNICATING

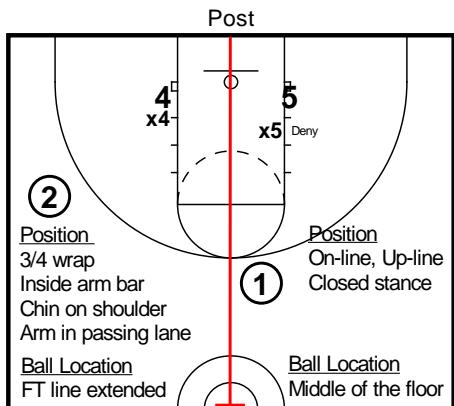


Attackside Position

- *Pointing at your man and ball
- *Feet & shoulder parallel to the line of the ball
- *2 feet in the lane
- *2 big steps off the line of the ball
- *COMMUNICATING



Basics

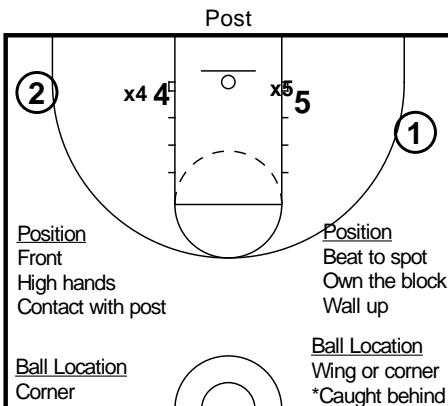


Ball FT Line Extended

- *3/4 wrap
- *Inside arm bar
- *Chin on shoulder
- *Foot & arm in passing lane

Ball in Middle of Floor

- *On-line, Up-line
- *Closed stance, denying

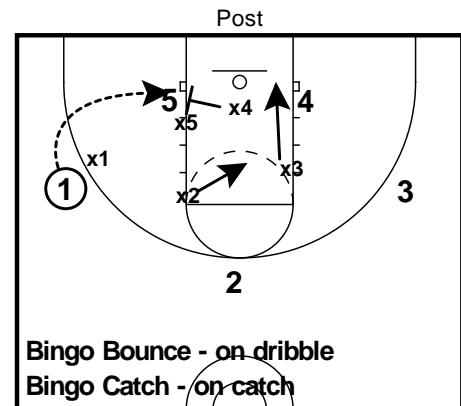


Ball in Corner

- *Full front
- *High hands
- *Contact with post

Ball on Wing/Corner (Caught Behind)

- *Try to beat offensive player to his spot - own the block
- *Wall Up - high hands, walk through his chest, keep feet moving



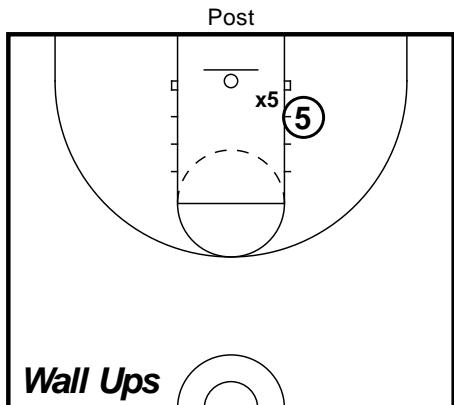
Bingo Bounce - on dribble

Bingo Catch - on catch

Bingo Bounce - double on 1st dribble

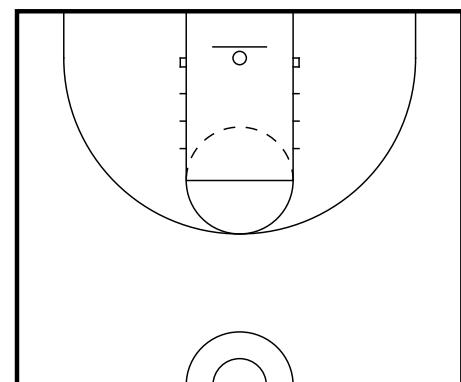
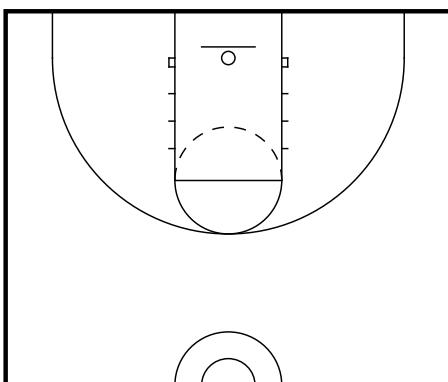
Bingo Catch - double on post catch

- X1 - stay home, no kick out
- X2 - sink to lane, has first pass out of post
- X3 - sink to cover backside block
- X4 - hard double, contact with chest & high hands
- X5 - take away middle, contact with chest & high hands

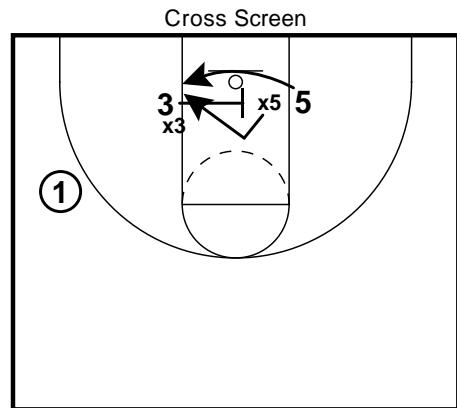
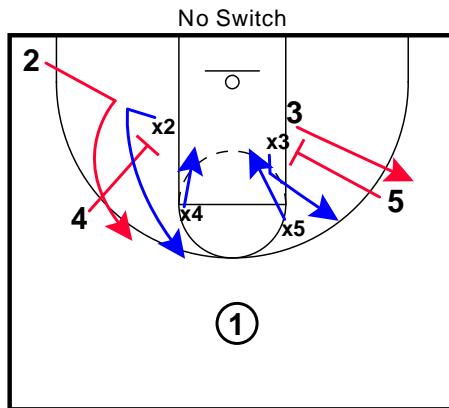
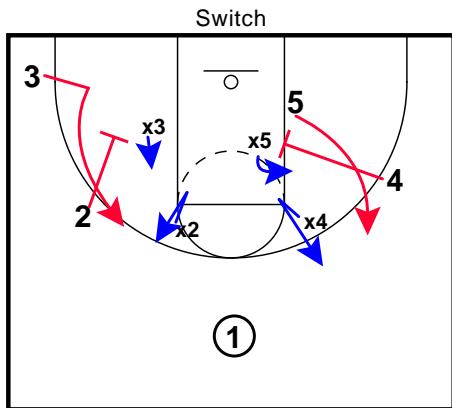


Coaching Points

1. Straddle pivot foot
2. Eat up space
3. Hands behind ears
4. Velcro chest to offense
5. Finish with box



Basics



Guard-Guard or Big-Big Screens

*COMMUNICATE CLEARLY

- *Contact with teammate - push him out
- *Maintain GAP when switching on the perimeter, switch into the GAP - maintain help position
- *Maintain UP THE LINE position as an interior defender when switching - knock down the cutter, no face cuts

Big-Little or Little-Big Screens

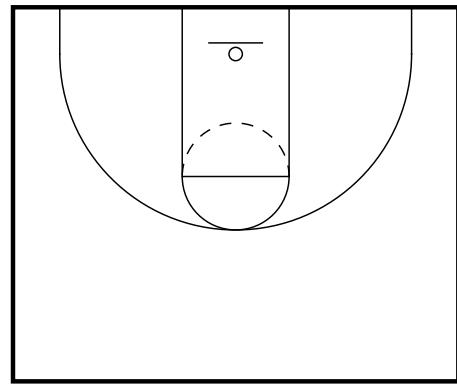
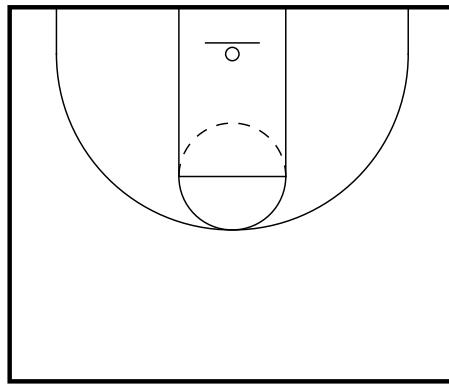
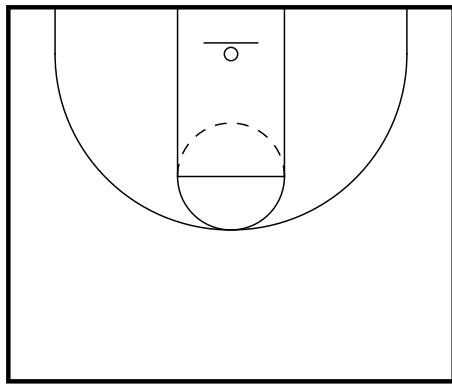
*Screeners defenders must open stance to the ball and provide help for cutter's defender as they get through screen "GET THROUGH"

*Cutters defenders must BEAT THE SCREEN - under, over, through doesn't matter - we want to beat it as quickly as possible "I'M THROUGH"

*Cutter must recover to GAP position once the screen is defeated

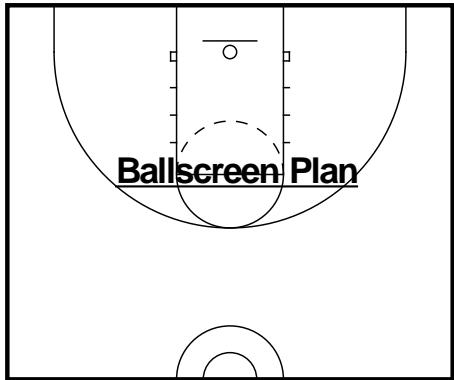
x3 show on cutter - protects rim

x5 makes a V move up and over screen



Basics

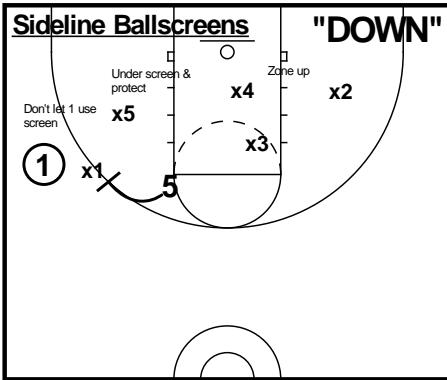
Ballscreen Defense



Ballscreen Plan

Sideline - DOWN
 High - UNDER, JAM, or BINGO
 Flat - WEAK
 Out of scoring area - UNDER

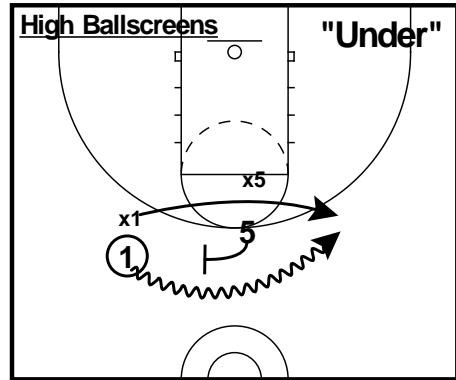
Ballscreen Defense



Sideline Ballscreens

*call is "DOWN"
 *X1 - jumps high side and does not allow ballhandler to use the screen, then recovers with high hands
 *X5 - stays under the screen and stops the drive with high hands until X1 recovers
 *X2, X3, and X4 - zone up

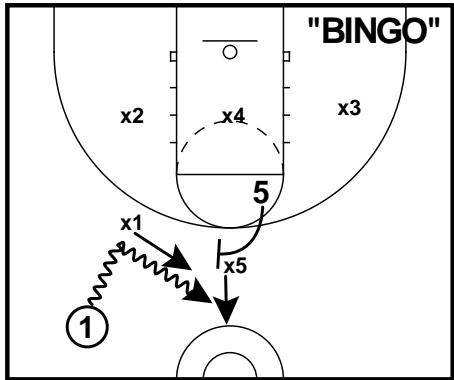
Ballscreen Defense



Under

*call is "UNDER"
 *X1 - goes under the screener, above X5, and back in front of the ballhandler
 *X5 - drops to allow space for X1 to get through, soft show on ballside of screener

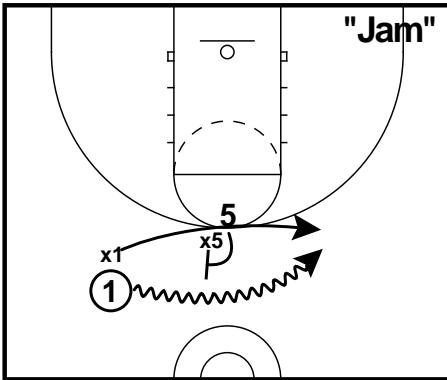
Ballscreen Defense



High Ballscreens

*call is "BINGO" or "BINGO STAY"
 *X1 - gets into ballhandler and chases him over the screen with high hands
 *X5 - takes 2 slides perpendicular to halfcourt with high hands, then recovers to his man
 *X2, X3, and X4 - zone up until X5 recovers

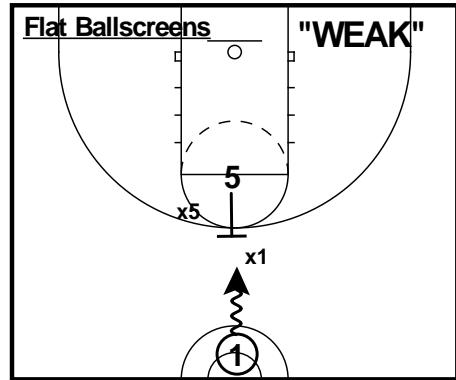
Ballscreen Defense



Jam

*call is "JAM"
 *X1 - goes under the screen and back in front of the ballhandler
 *X5 - jams screener and doesn't allow roll

Ballscreen Defense

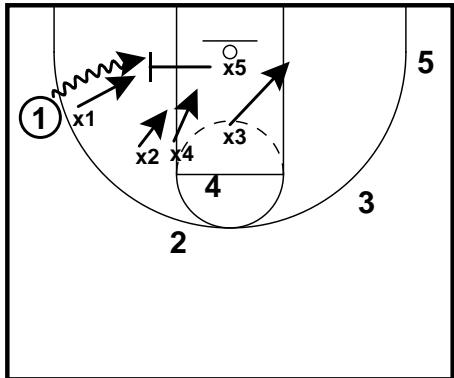


Flat Ballscreens

*call is "WEAK"
 *X1 must force ballhandler to his left
 *X5 flat hedges and catches drive until X1 recovers

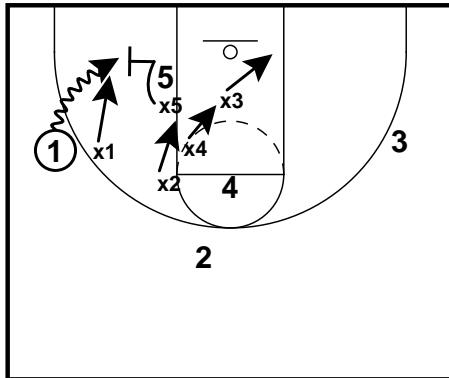
Basics

Baseline Drive - No Post

**Baseline Drive - No Post**

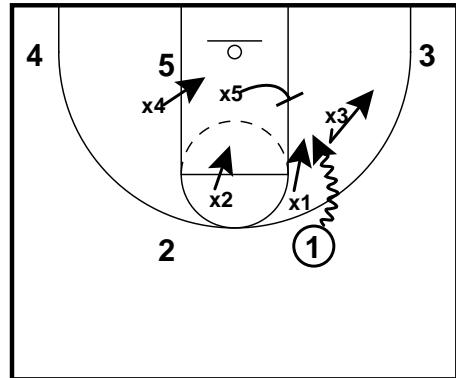
X1 - sprints to recover on drive
 X2 - sinks to the level of the ball
 X3 - dives to protect backside block
 X4 - dives to protect middle of lane
 X5 - attacks drive as soon as he reads help is needed
 *On pass to 5 or 3, X3 covers first pass out - scramble from there

Baseline Drive - with Post

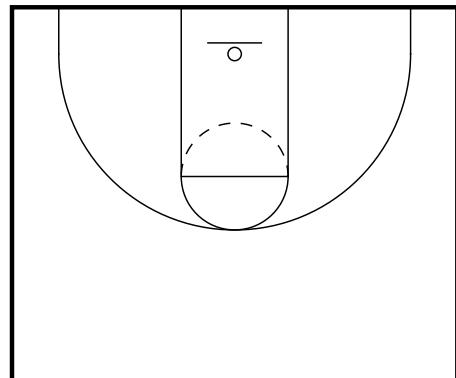
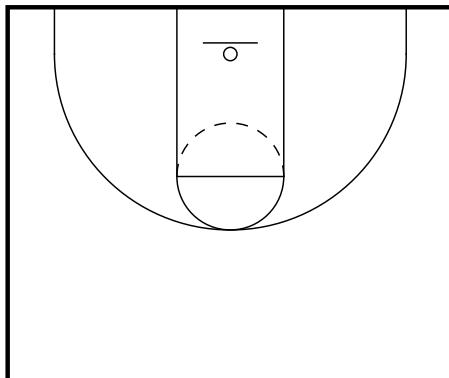
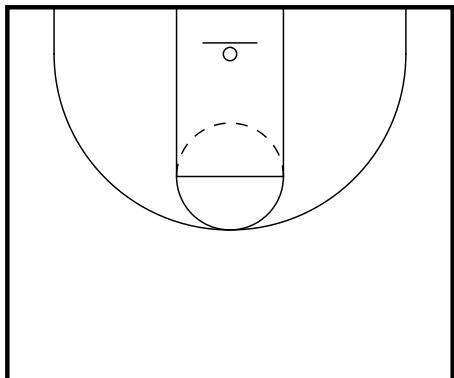
**Baseline Drive - with Post**

X1 - sprint to recover
 X2 - sinks to level of ball
 X3 - dives to protect backside block
 X4 - dive to protect middle of lane
 X5 - from top-side to front to stopping drive
 *when sinking to level of ball defenders should be finding offensive players to guard

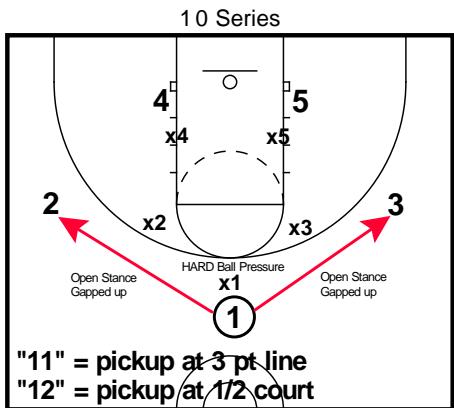
Dribble Drive - Pen & Pitch

**Dribble Drive - Pen & Pitch**

X1 - sprint to recover
 X2 - sink to level of the ball
 X3 - fake & fall to corner
 X4 - over top to inside of post
 X5 - steps up to stop drive
 *on pass to 2 or 4, X2 closes out - scramble from there

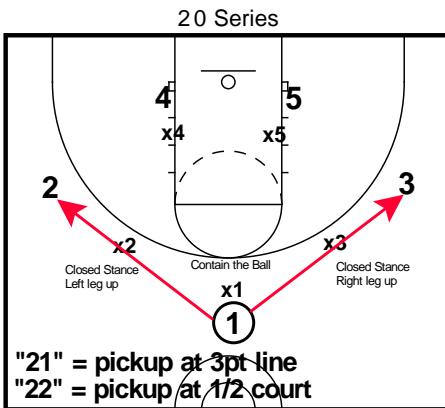


Packages

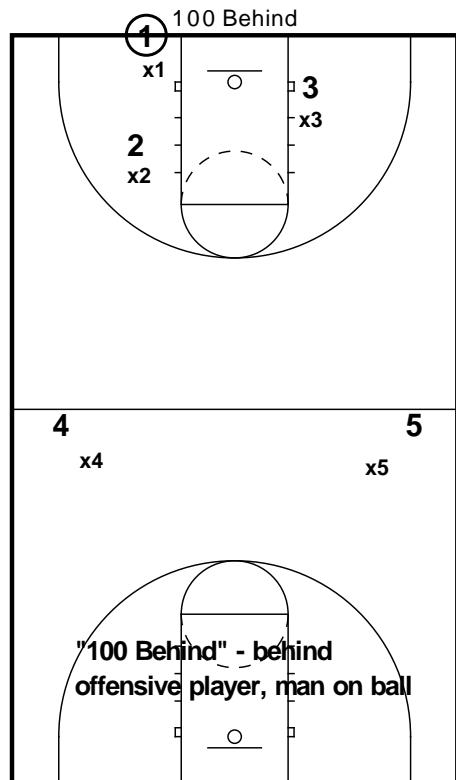


Base Defense

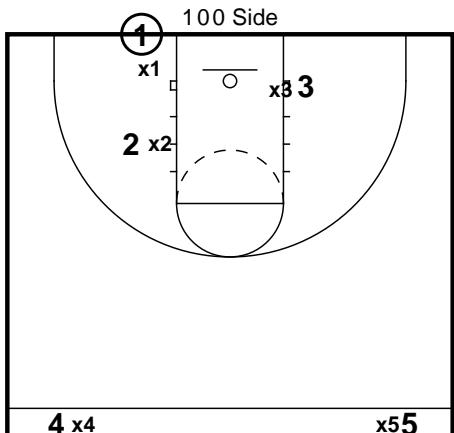
- *On Ball - HARD ball pressure, make it uncomfortable
- * 1 Pass Away - in gaps with open stance; active with feet and hands to protect your gap
- * 2 Passes Away - Attackside
- *All penetrating passes are denied



On Ball - Pressure while containing
1 Pass Away - Denying, on-line up-line
2 Passes Away - Help

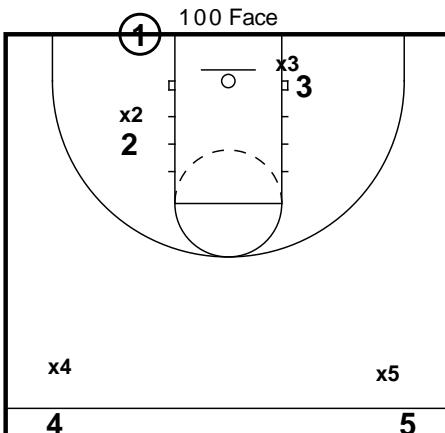


"100 Behind" - behind
offensive player, man on ball



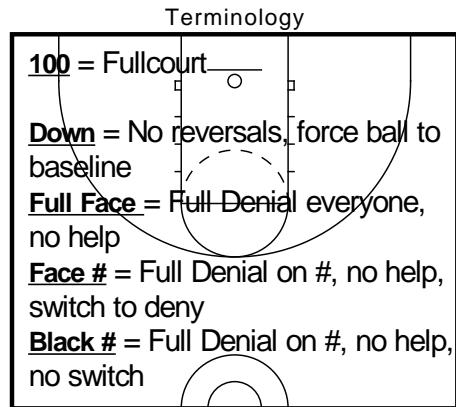
4 x4 **x55**

"100 Side" - beside
offensive player and
denying, man on ball



4 5

"100 Face" - full denial of offensive player, no man on ball, deep checker



100 = Fullcourt

Down = No reversals, force ball to baseline

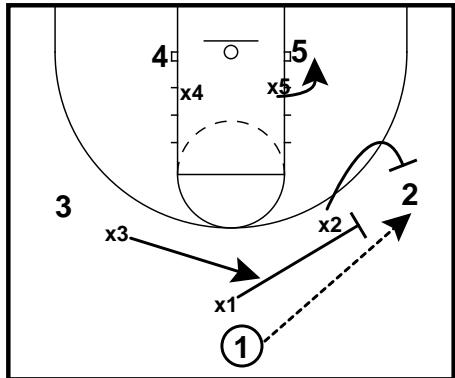
Full Face = Full Denial everyone,
no help

Face # = Full Denial on #, no help, switch to deny

Black # = Full Denial on #, no help, no switch

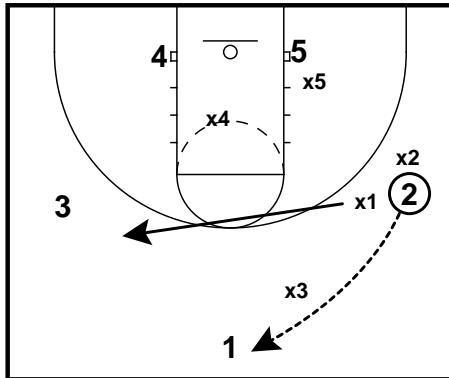
Packages

Thumbs Down



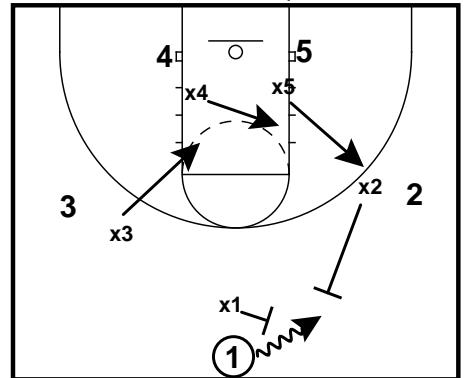
x1 follows and traps, x2 must cut off baseline
 x5 must front, x3 shoots gap, x4 zones up

Thumbs Down



if ball is cleared, x1 recovers to backside.

Thumbs Up



X2 or X3 jumps as close to halfcourt as possible

