

Virginia Cavaliers Packline Defense & Mover Blocker Offense Clinic

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1.57 3 on 3 Ballscreen Reads

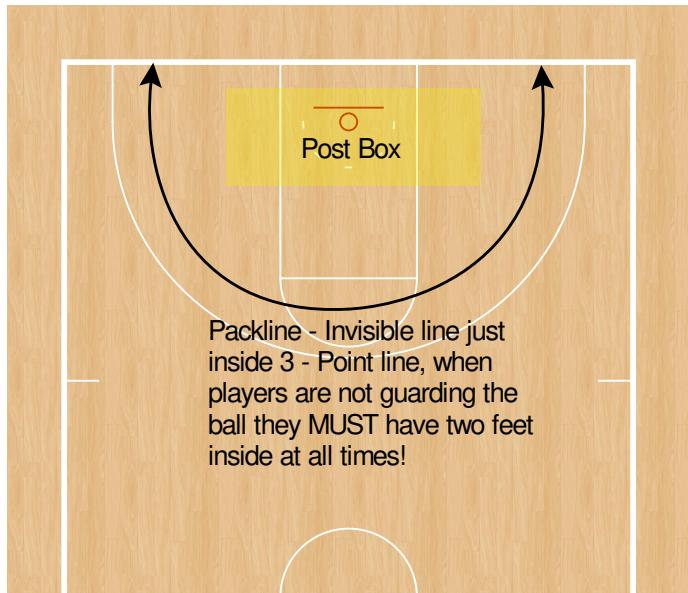
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Setup - Tape Pack Line Defense

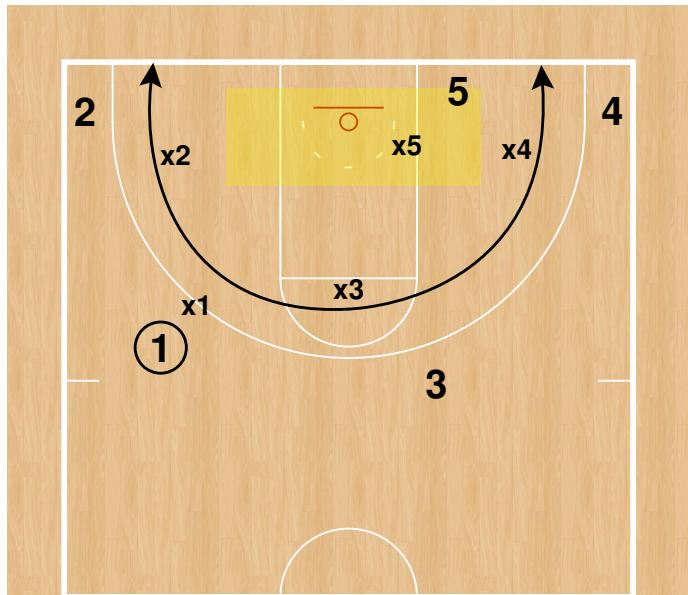
Virginia



Setup - Positioning

Pack Line Defense

Virginia

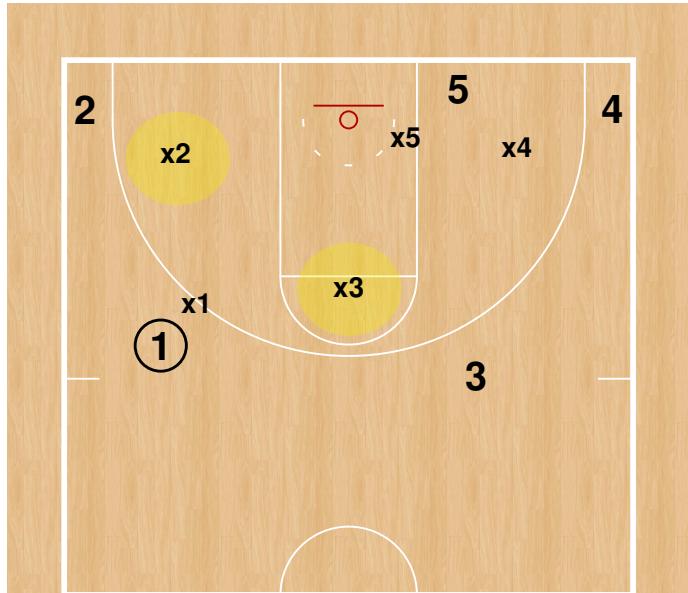


Players off of the ball, must have two feet inside the packline. This guarantees gap help and great positioning against drives.

Gaps - 1 Pass Away

Pack Line Defense

Virginia



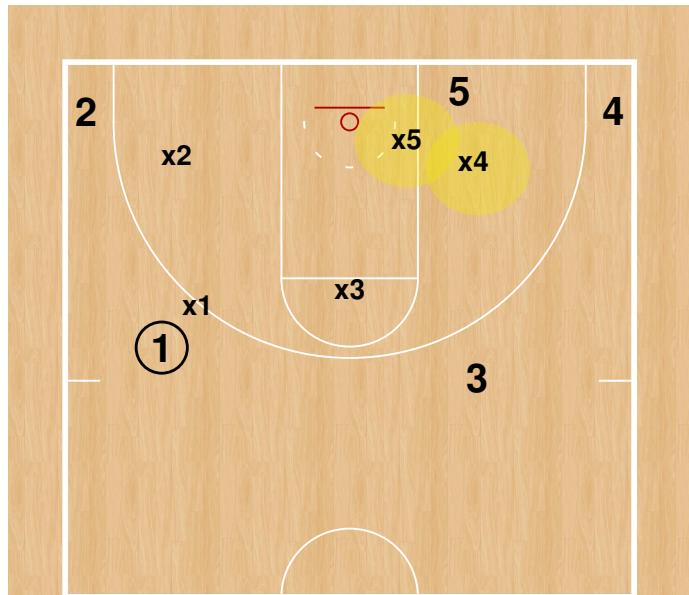
x2 & x3 are both 1 pass away. They are in direct "Gap" help and must be able to stop any dribble penetration.

Depending on the player they are guarding, they typically will be 3 steps off so they can recover.

Gaps - 2 Passes Away

Pack Line Defense

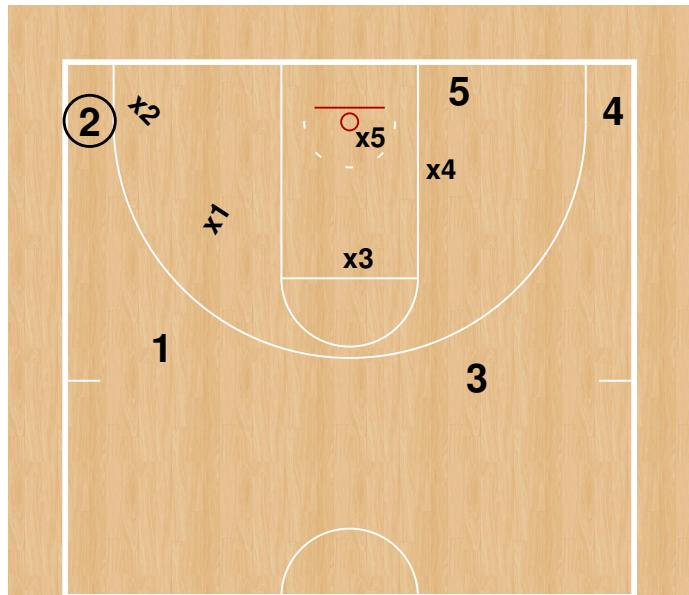
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x4 & x5 are both two passes away. This is where personal preference comes in. x4 can be on the lane line, a step closer to his defender or split the difference.

Rule - No Baseline Pack Line Defense

Virginia

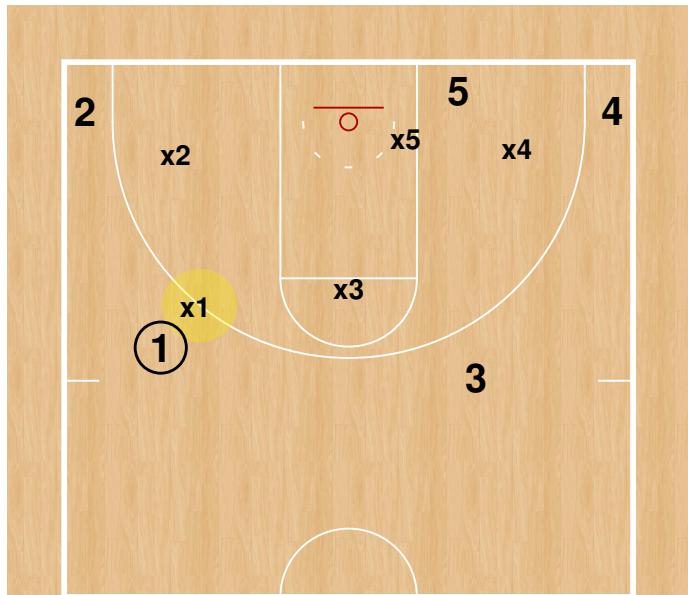


x2 influences to the middle, only allowing the offensive player to drive into help.

Rule - Ball Pressure

Pack Line Defense

Virginia

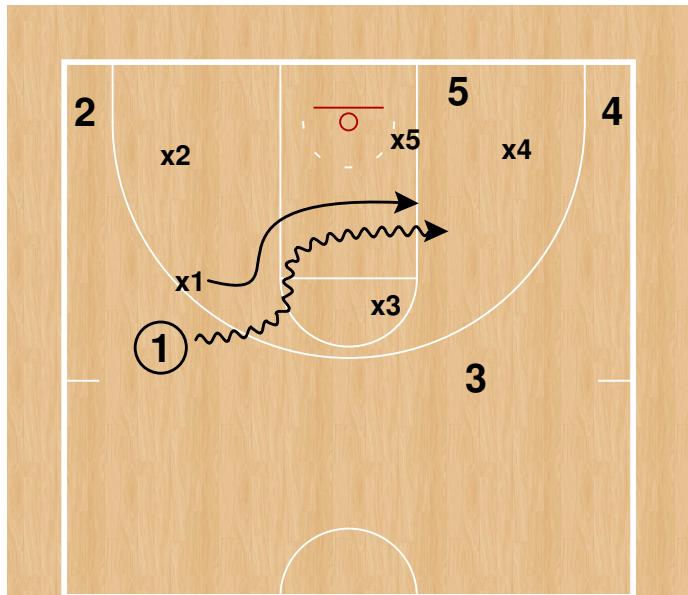


x1, or whoever is guarding the ball MUST put tremendous ball pressure on the offensive player with the ball. This will not allow easy passes, or allow the offense to become comfortable.

Rule - No Straight Line Drives

Pack Line Defense

Virginia

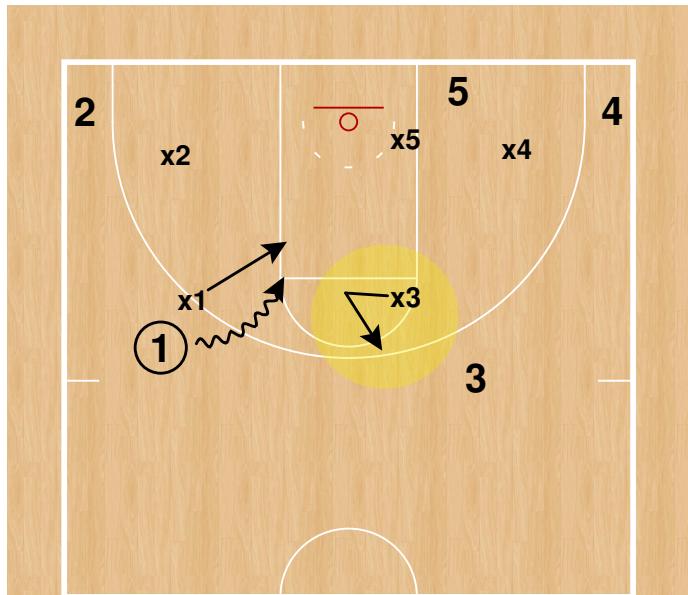


Even though x1 or the on ball defender puts a lot of ball pressure, there can never be a straight line drive. Deflecting the drive is extremely important.

Drives - Stunting

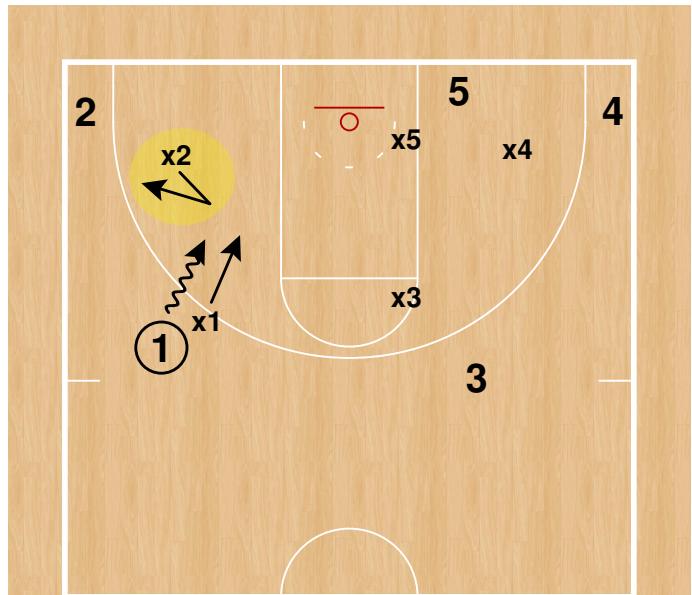
Pack Line Defense

Virginia



On any drive, defenders in the gap will stunt at the drive, or stunt at the player with the ball. This makes the offense think and hesitate and allow the defense to reset or remain in good help positions.

Virginia

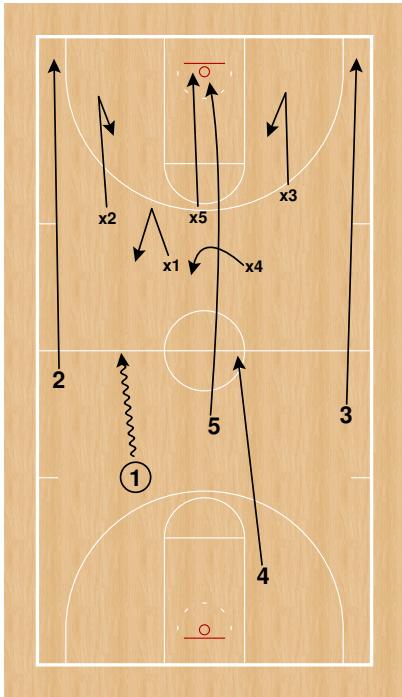


On any drive, defenders in the gap will stunt at the drive, or stunt at the player with the ball. This makes the offense think and hesitate and allow the defense to reset or remain in good help positions.

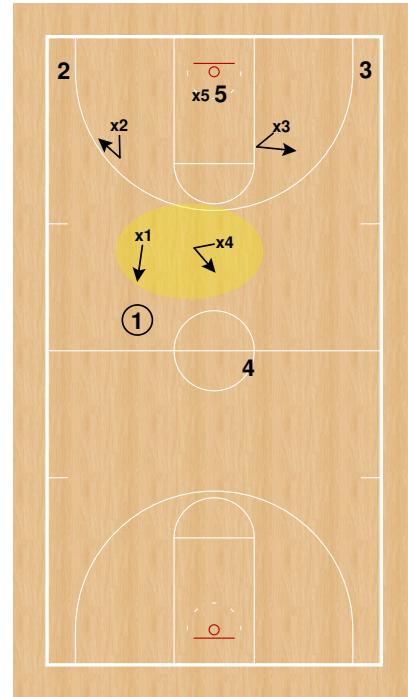
Transition

Pack Line Defense

Virginia



Virginia



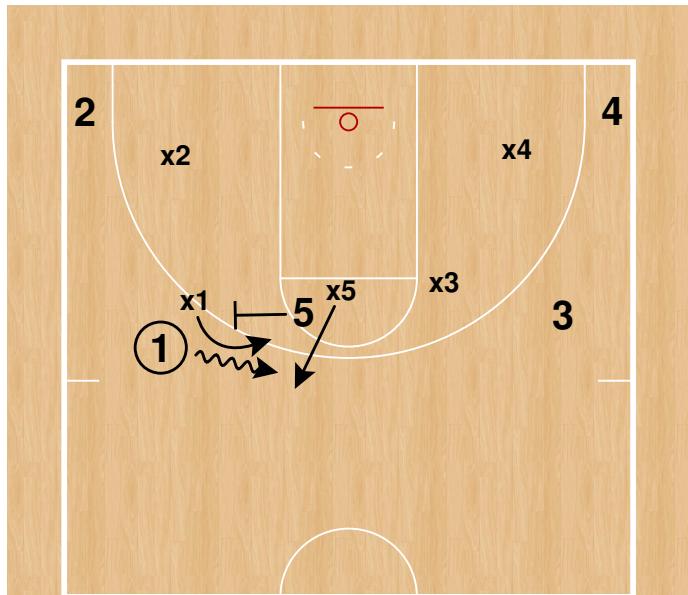
Send 1 to the offensive board, sprint back and load to the ball.

x4 or trail defender will load to the ball and force 1 to slow down. x2/x3 will load to the ball in their gaps before the offense can attack.

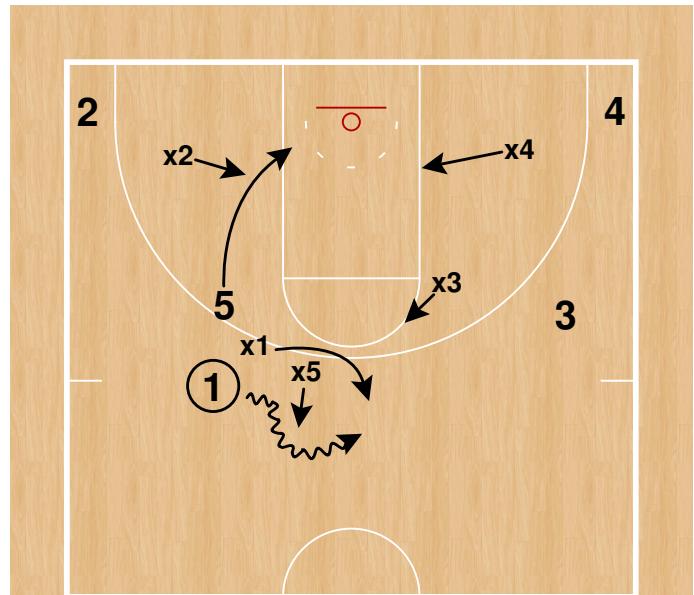
Ballscreen - Hedge

Pack Line Defense

Virginia



Virginia

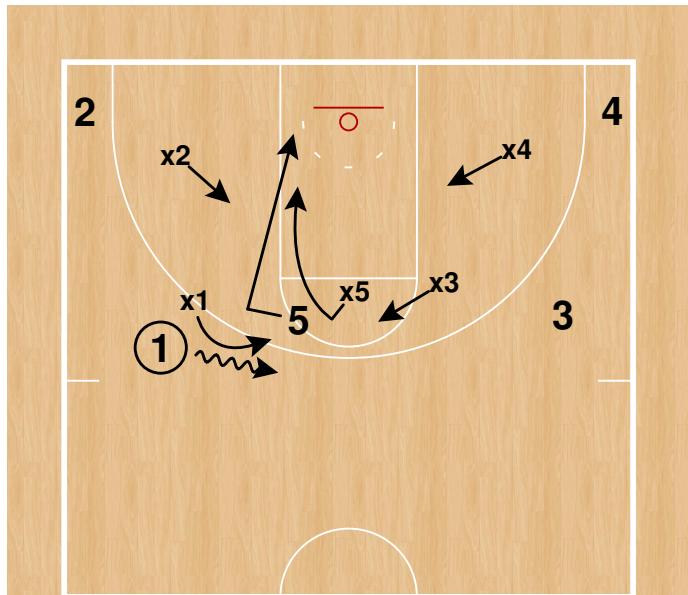


Against ballscreens Virginia hard hedges or has the big show heavy and make the ballhandler go lateral or towards half court to prevent any advantage.

Ballscreen - Stay Attached vs Slips

Pack Line Defense

Virginia

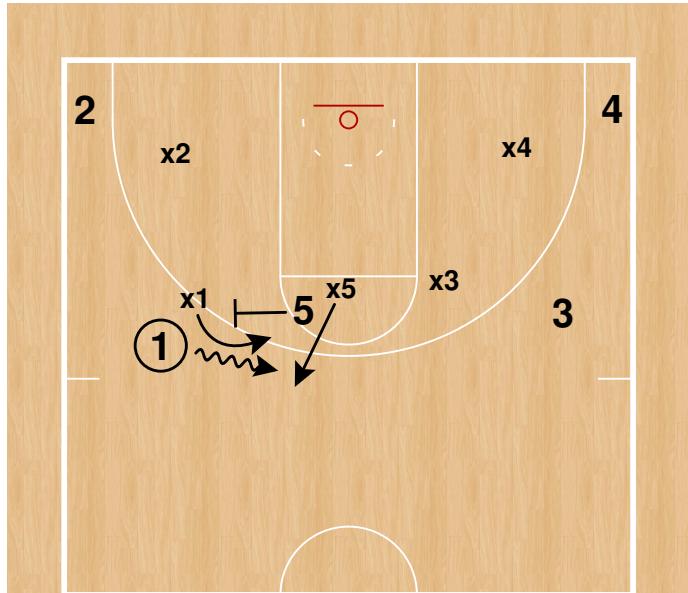


Against ballscreens Virginia hard hedges, but when the offensive player slips the big has to recognize it and stay attached and not allow an easy layup.

Ballscreen - Pick & Pop

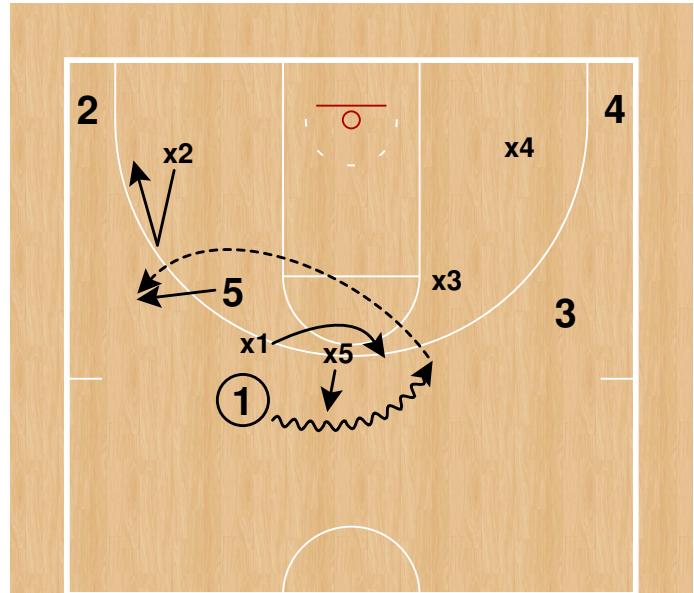
Pack Line Defense

Virginia



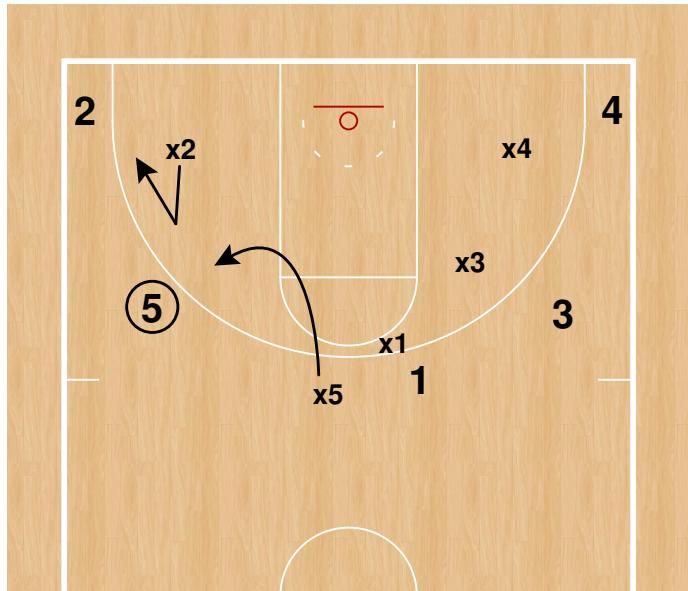
Against ballscreens Virginia hard hedges or has the big show heavy and make the ballhandler go lateral or towards half court to prevent any advantage.

Virginia



Against pick and pop, x5 has to recover to 5. To allow this, x2 must stunt at 5 on the catch inbetween 5 and 2.

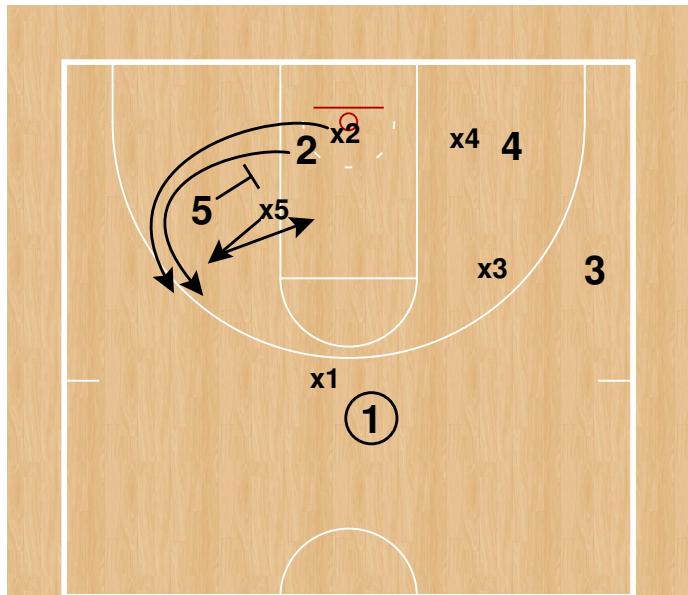
Virginia



Pindowns - Lock & Trail/Show

Pack Line Defense

Virginia

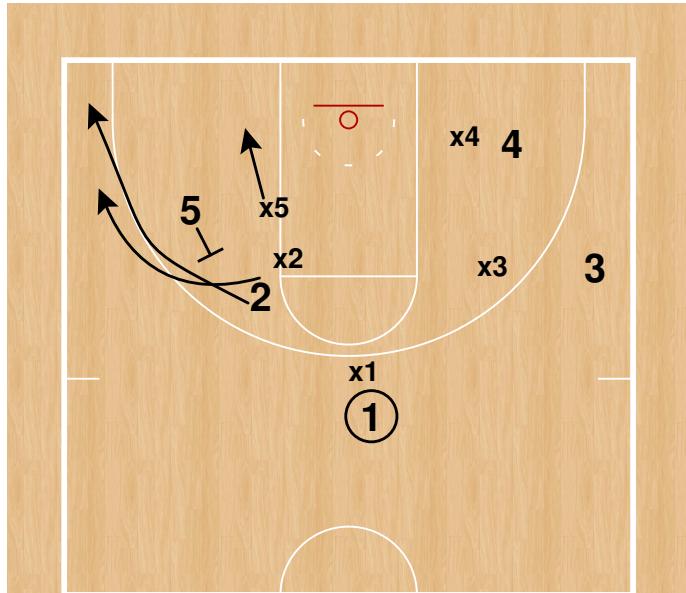


Against screen downs or pindowns, Virginia trails off each one and forces the player to almost always curl and go into where the packline is already setup. As the defender trails, x5 will show with his inside hand and not allow a clean look.

Pindowns - Flare

Pack Line Defense

Virginia

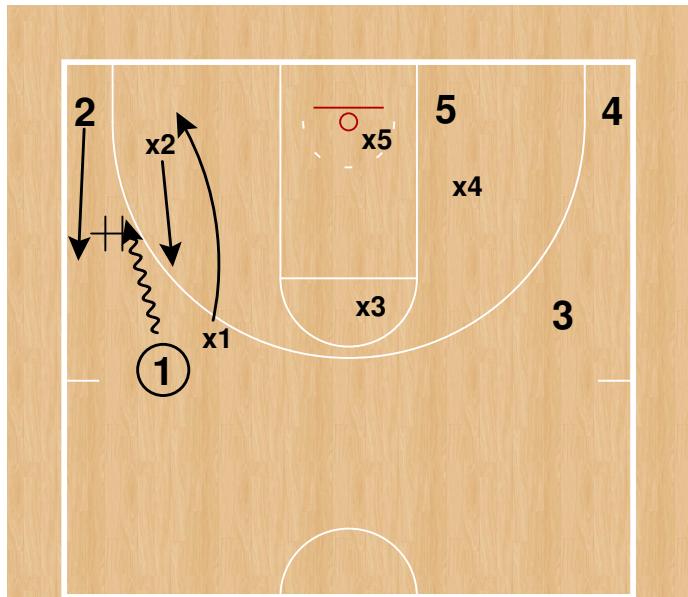


Against flare screens, Virginia trails off each one and forces the player to almost always reverse curl and go into where the packline is already setup. As the defender trails, x5 will open up and not allow a drive off the flare.

Hand Offs - Under

Pack Line Defense

Virginia

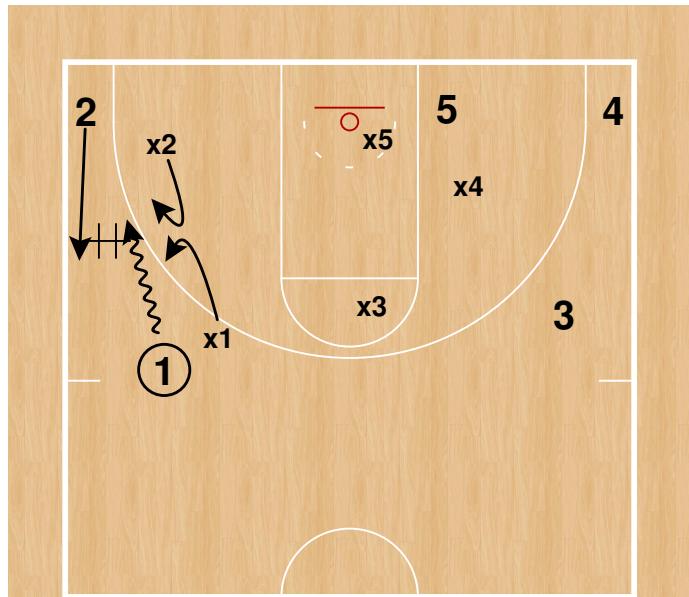


Against hand offs, Virginia almost always goes under. The player guarding the ball must open up and allow the off ball defender - x2 to get through.

Hand Offs - Switch

Pack Line Defense

Virginia

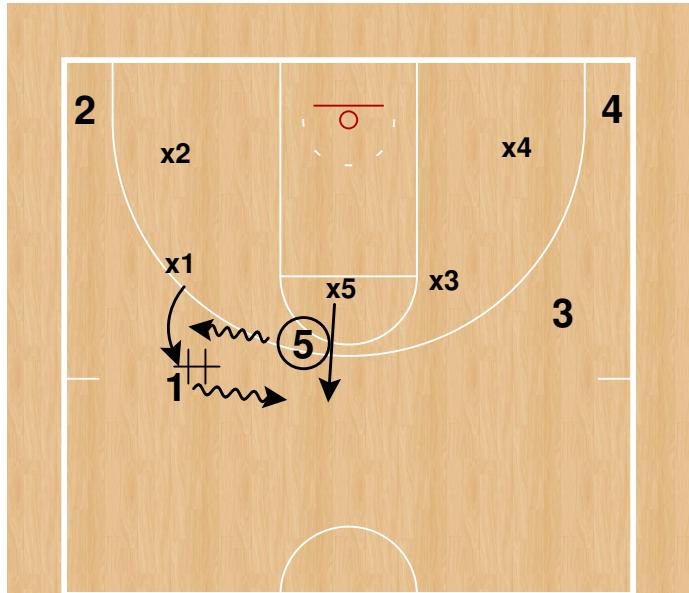


In like for like hand offs, or weave situations, Virginia will switch the hand off. Players must "Touch, Talk & Take" on all switches to avoid mistakes.

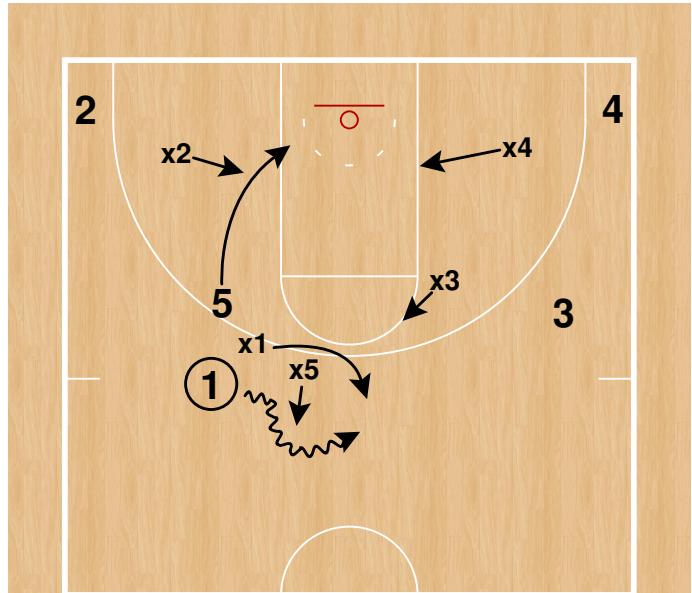
Hand Offs - Hedge

Pack Line Defense

Virginia



Virginia

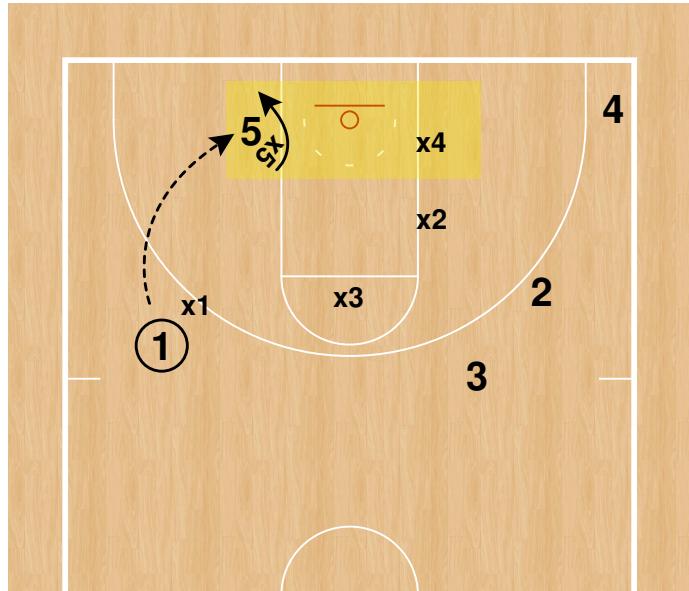


Against hand offs between 1 / 5 Virginia hard hedges or has the big show heavy and make the ballhandler go lateral or towards half court to prevent any advantage.

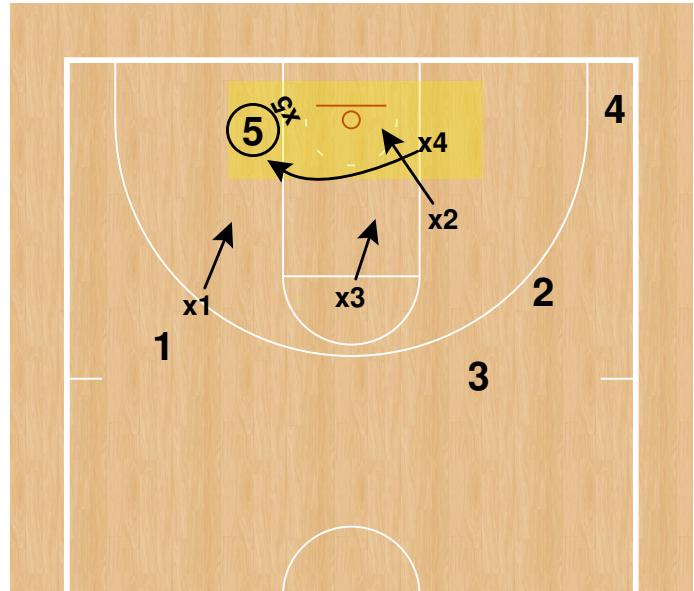
Post Traps

Pack Line Defense

Virginia



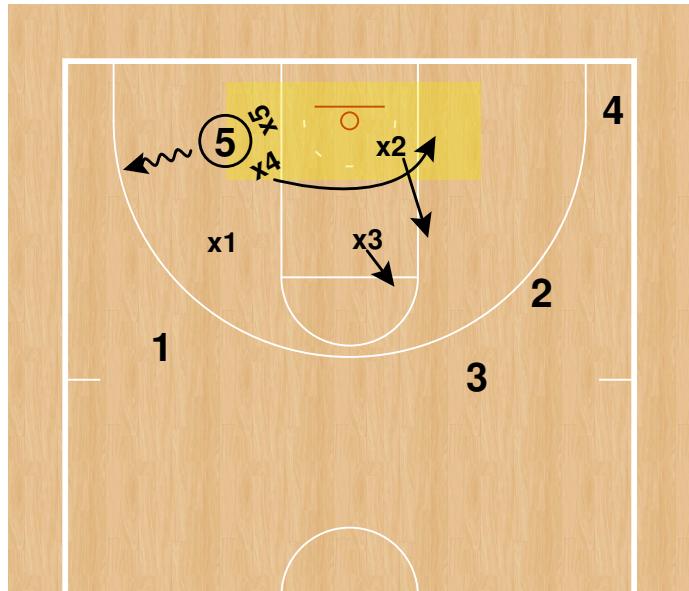
Virginia



x5 guarding the post initially is in a 3/4 stance on the high shoulder of the post player. As the ball is passed into the post, x5 will jump behind the player allowing the player to only attack the middle.

x4 traps the post as soon as the ball is in the air. x2/x3 will sink and fill the empty holes to guard the opposite 3 players.

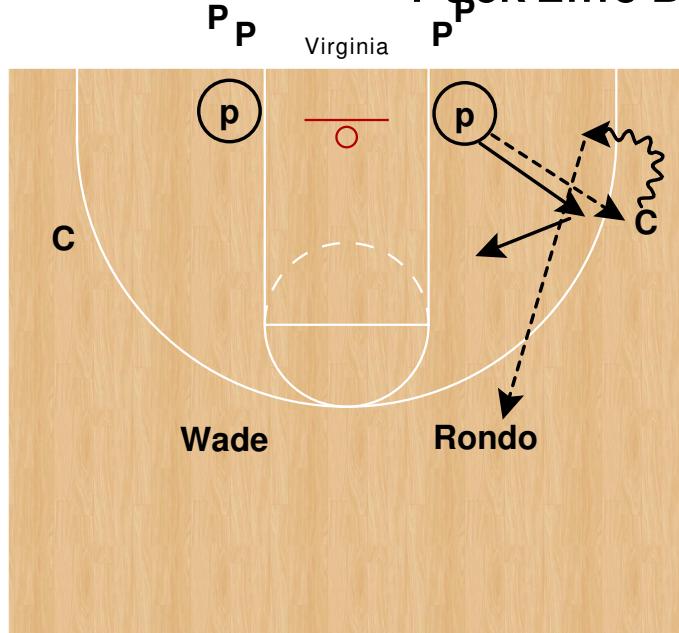
Virginia



As soon as 5 takes a bounce out dribble or escapes the post box, x4 will sprint back to his gap and x2/x3 will recover to their gaps.

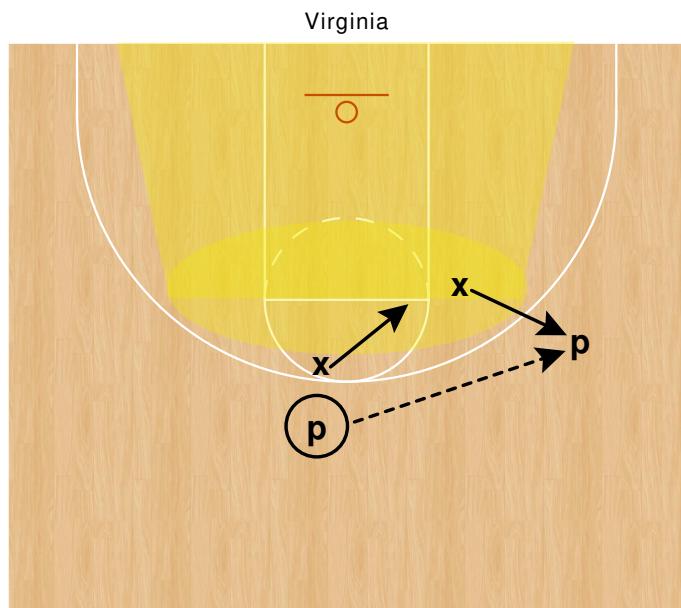
2 Line Closeouts

Pack Line Defense Drills

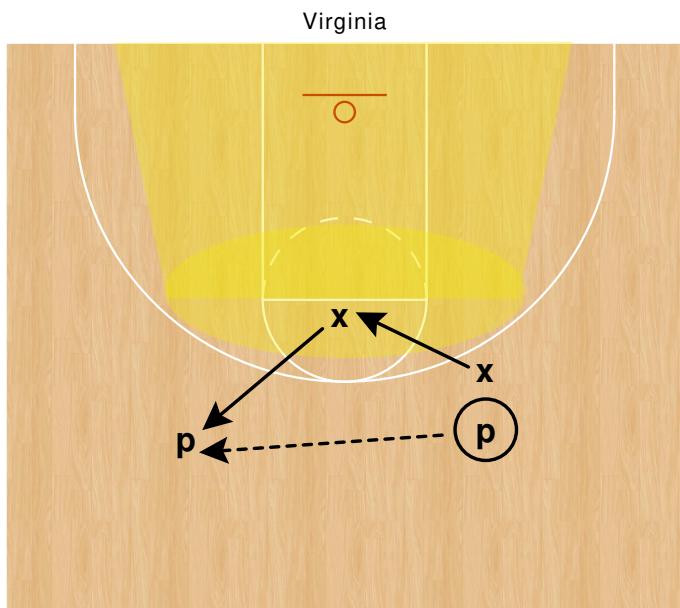


Players with ball pass to coaches outside the key.
Depending on player, will depend on closeout.
Get into gaps.

2 on 2 positioning Pack Line Defense Drills

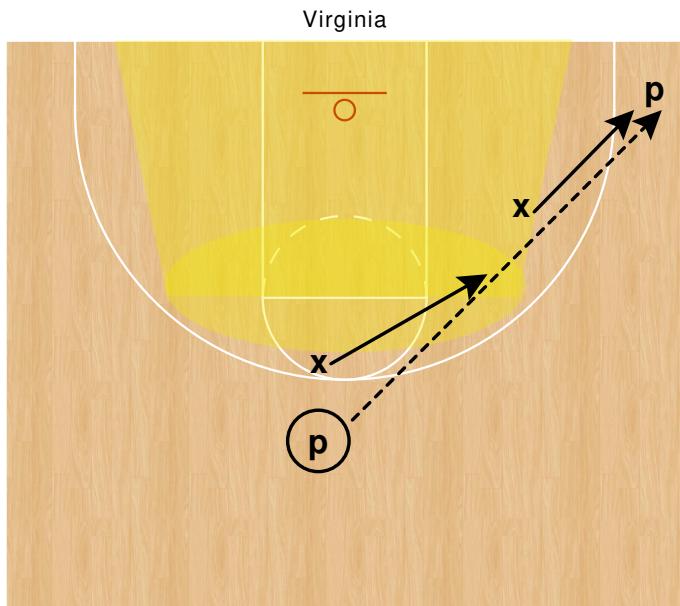


2 on 2 positioning - 2 On The Top Pack Line Defense Drills



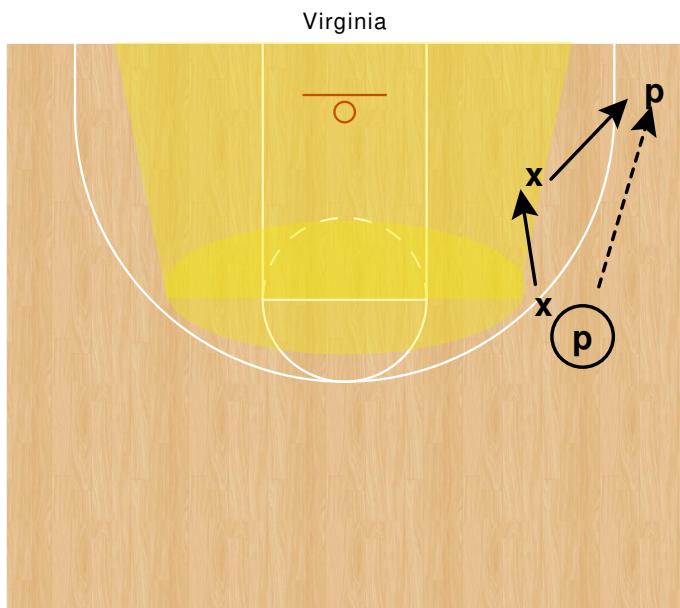
Move when ball is in the air.
One step closer to the ball than your man.
Open stance.

2 on 2 positioning - Top & Corner Pack Line Defense Drills



Move when ball is in the air.
One step closer to the ball than your man.
Open stance.

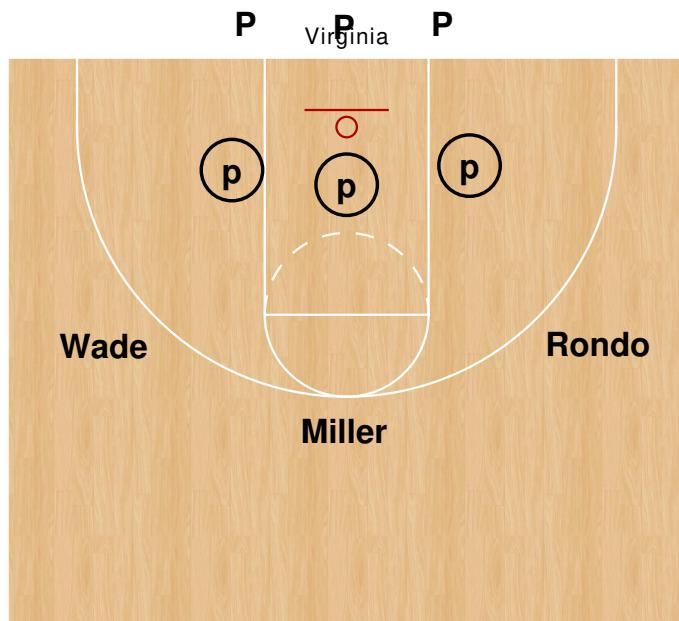
2 on 2 positioning - Wing & Corner Pack Line Defense Drills



Move when ball is in the air.
One step closer to the ball than your man.
Open stance.

3 Line Closeouts

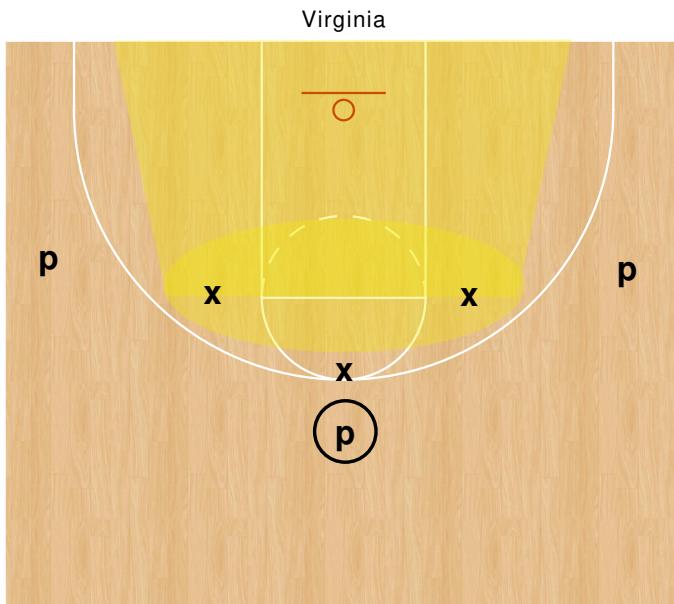
Pack Line Defense Drills



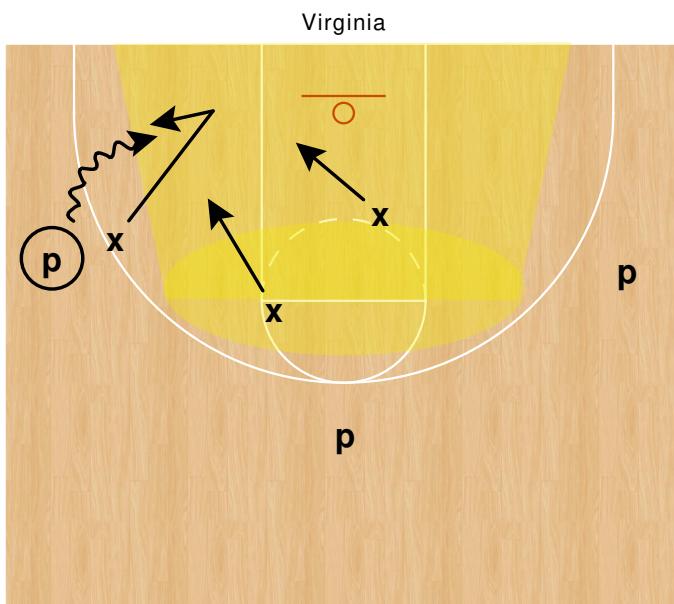
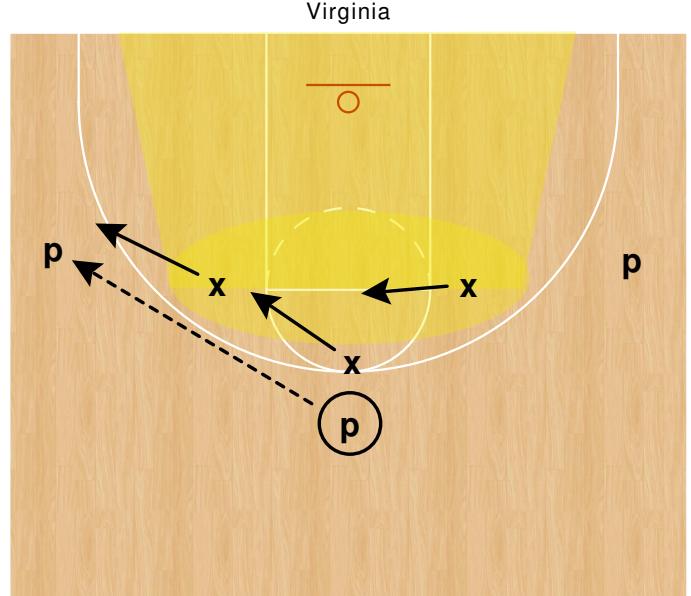
Players with ball pass to coaches outside the key.
Depending on player, will depend on closeout.
Players guard each type of player.

3 on 3 - NO BASELINE

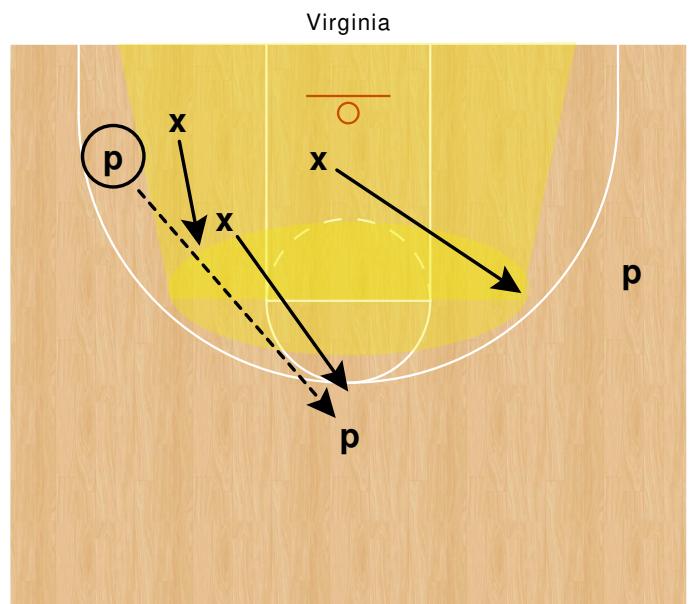
Pack Line Defense Drills



Stay in the pack.
No Baseline.
Jump & Swipe To The Ball

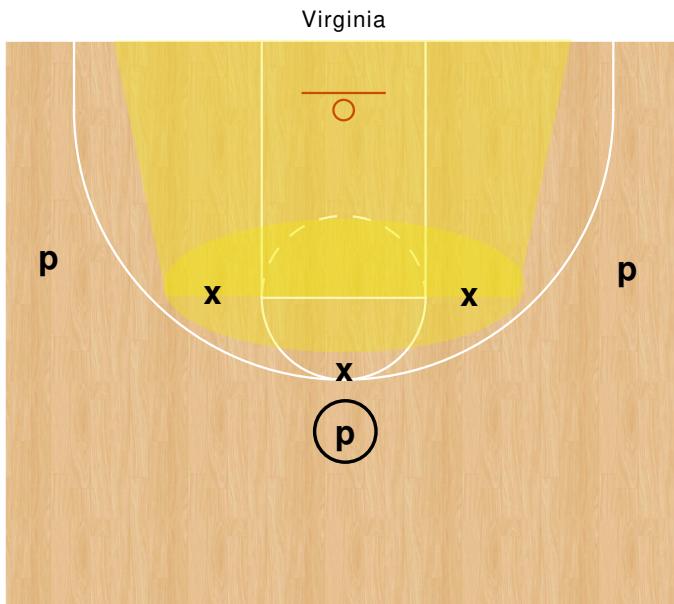


Offense drives baseline, defense MUST NOT ALLOW, help defenders react to drive.

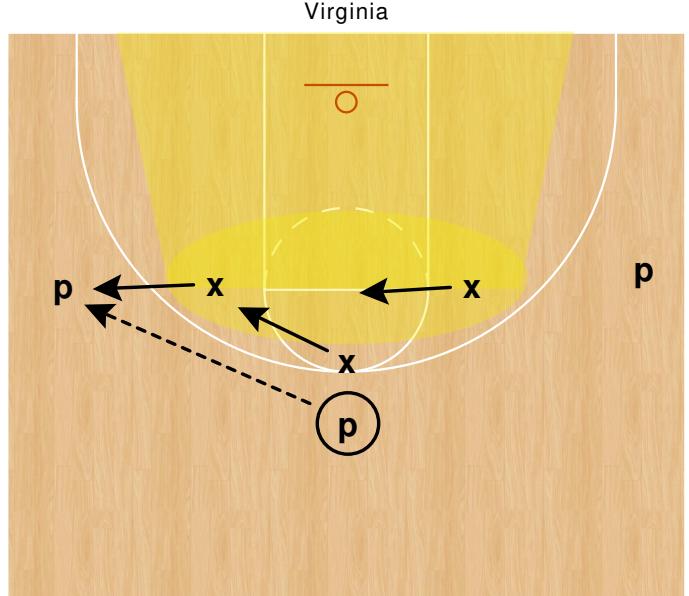


3 on 3 - Protect The House

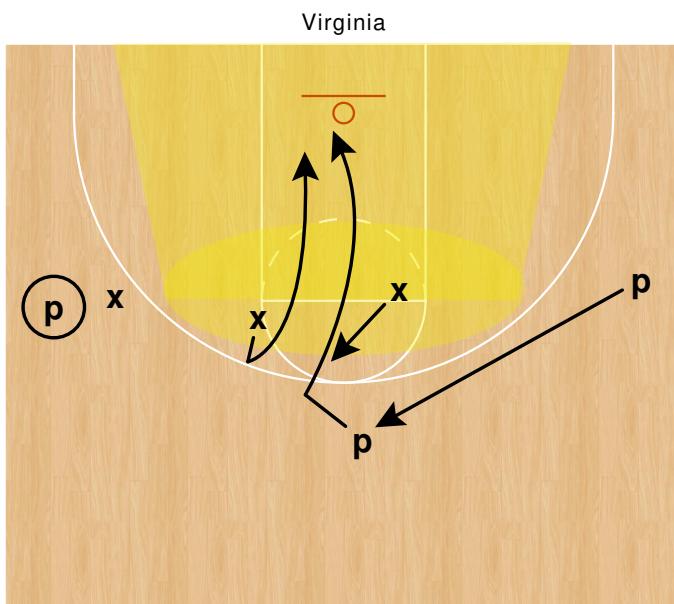
Pack Line Defense Drills



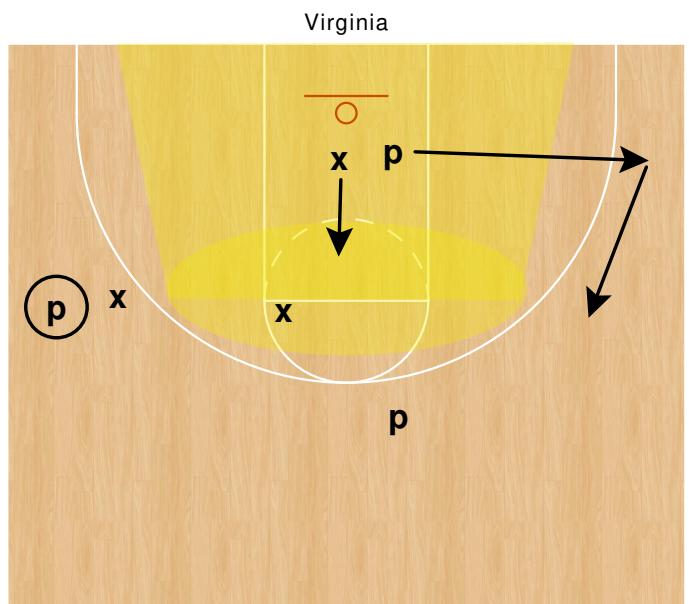
Stay in the pack.
No Face Cuts.
Jump & Swipe To The Ball



Offense passes to the wing, defense jumps and swipes into the gap.



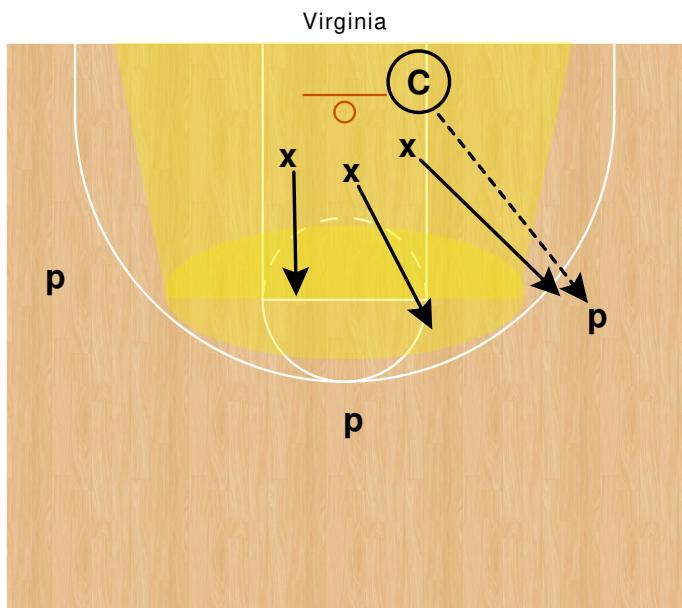
Top of the key cuts through and tries to face cut - NO FACE CUTS! Defense bumps the cutter and forces him away.
Opposite wing fills, defense jumps and swipes in the gap.



Continuous pass and cut through attempting to face cut from the middle.

3 on 3 closeouts

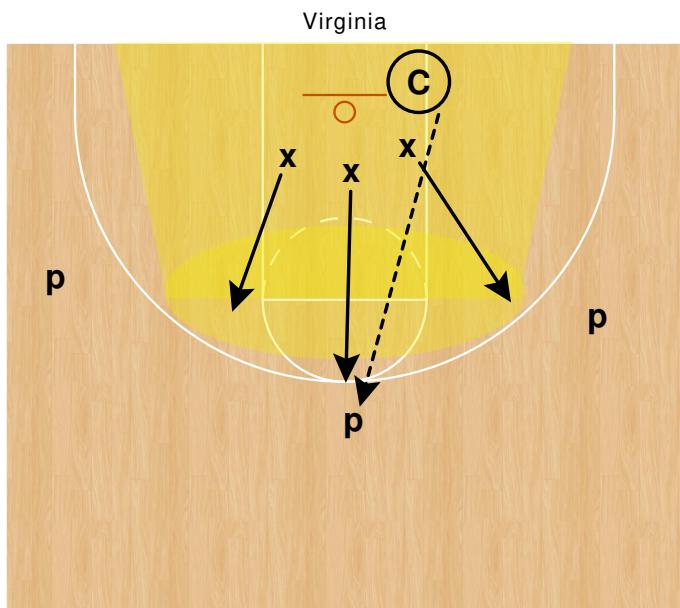
Pack Line Defense Drills



Defense hold hands.
3 stops in a row = Kill and move on.

3 on 3 Closeouts - Random Passes

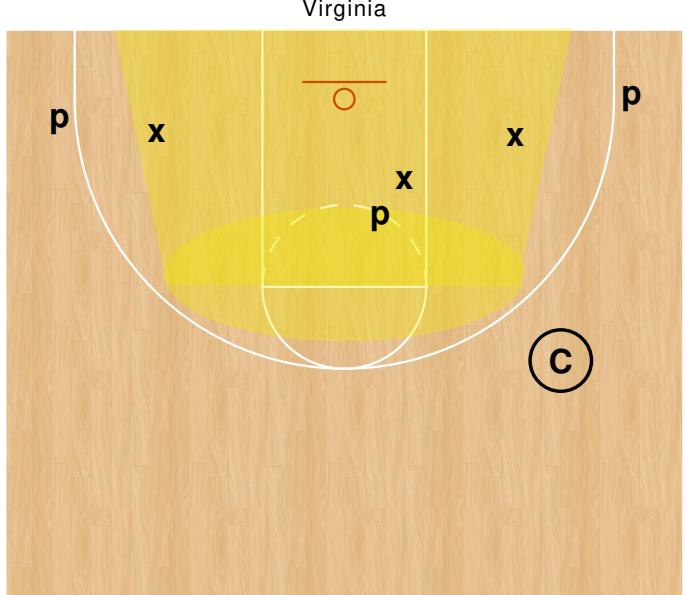
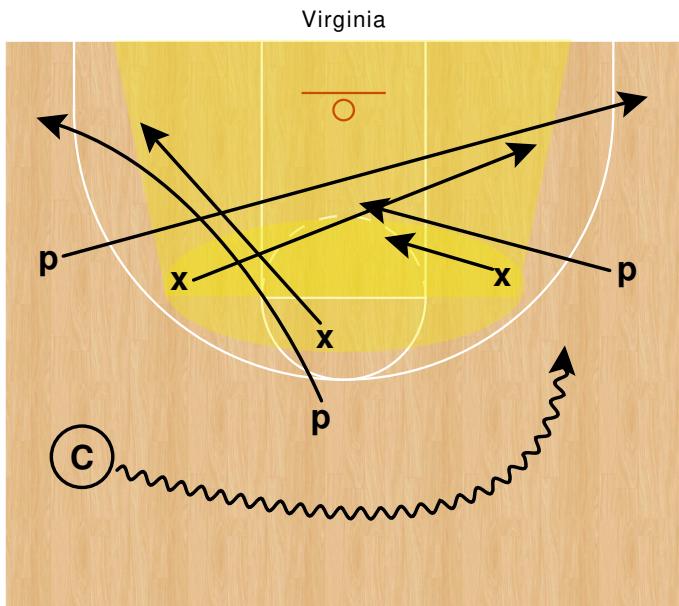
Pack Line Defense Drills



Players face baseline, coach passes to a random player and players closeout to gaps, different gap each time.

3 on 3 freeze drill

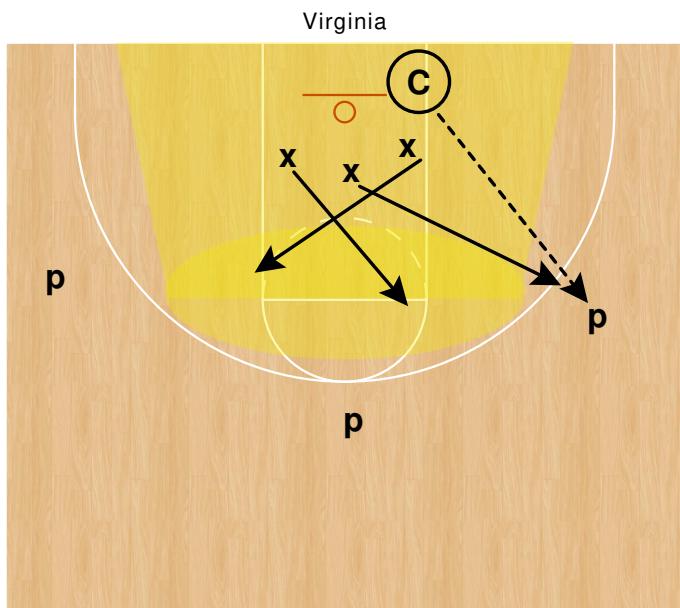
Pack Line Defense Drills



Stay in the pack.
Coach dribbles, players move - no screening.
Defense stays in good position in the pack.

3 on 3 Switch Closeouts

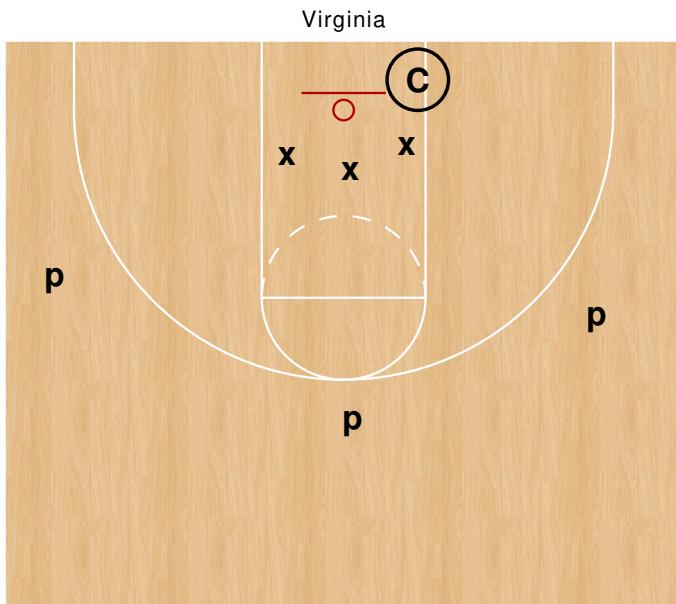
Pack Line Defense Drills



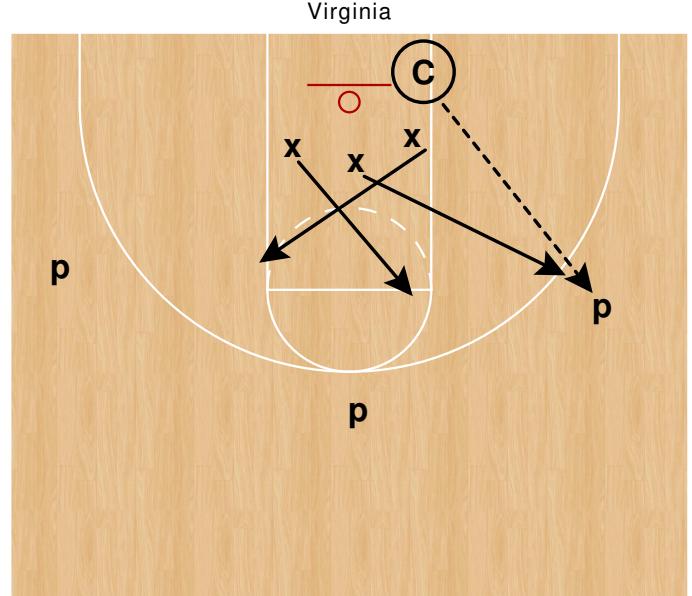
Players communicate on who they are guarding.
You cannot guard the player in front of you.
Defense hold hands.
3 stops in a row = Kill and move on.

3 on 3 Switch Closeouts

Pack Line Defense Drills



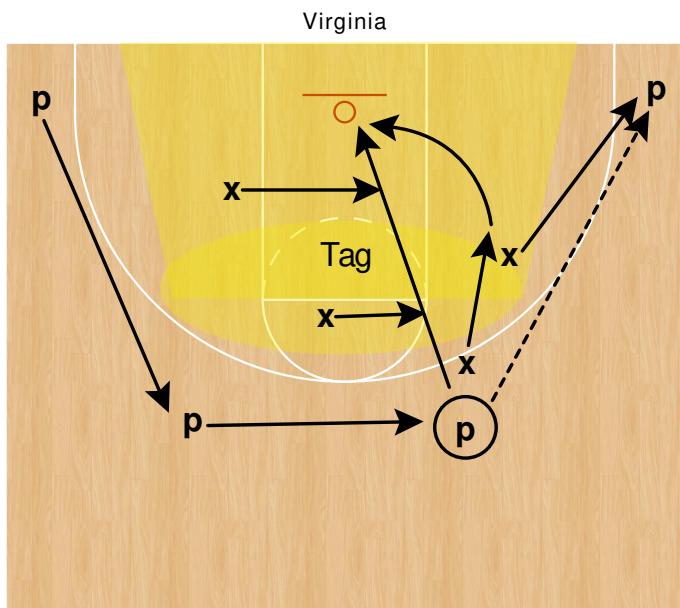
3 players under the rim holding hands.
Coach with the ball chooses any player to pass to.
You can emphasize your defensive points.



Players communicate on who they are guarding.
You cannot guard the player in front of you.
3 stops in a row = Kill and move on.

4 on 4 - Cutters W/ Tag

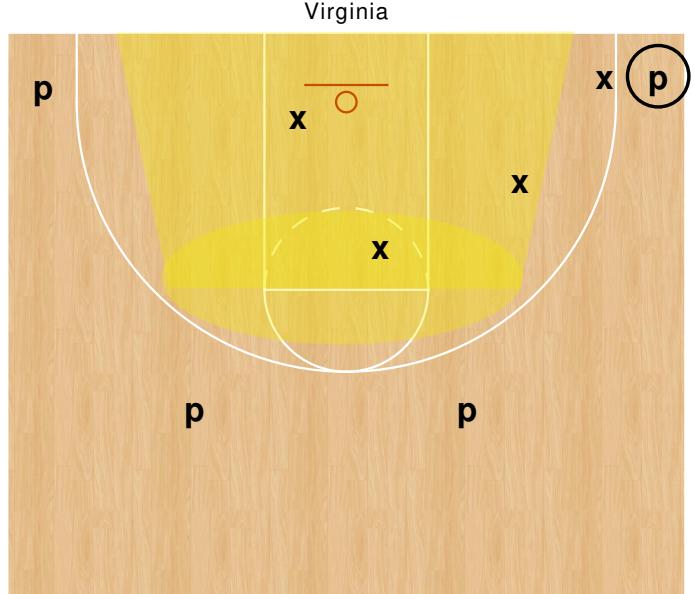
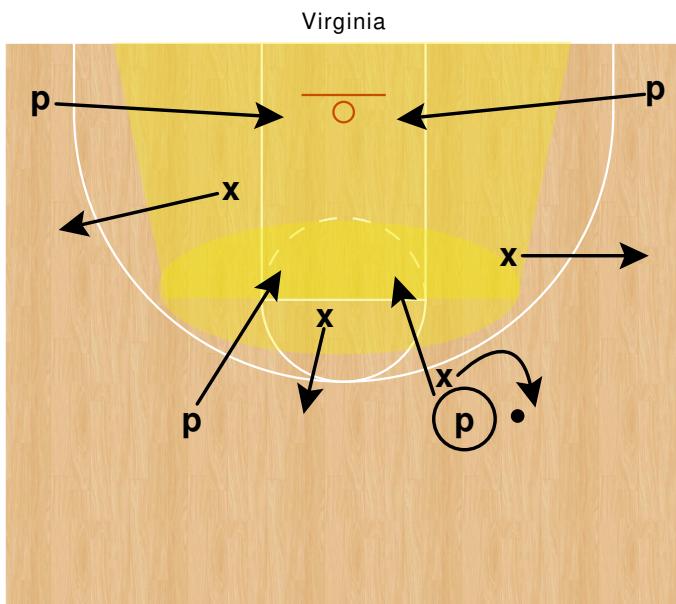
Pack Line Defense Drills



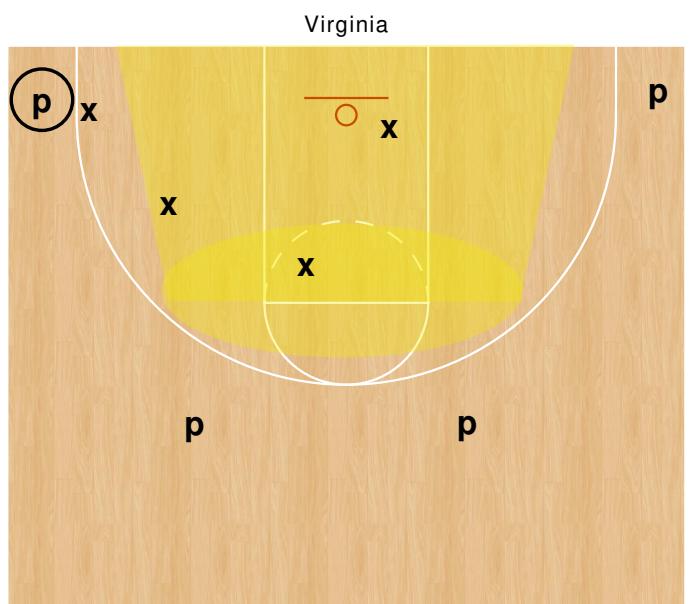
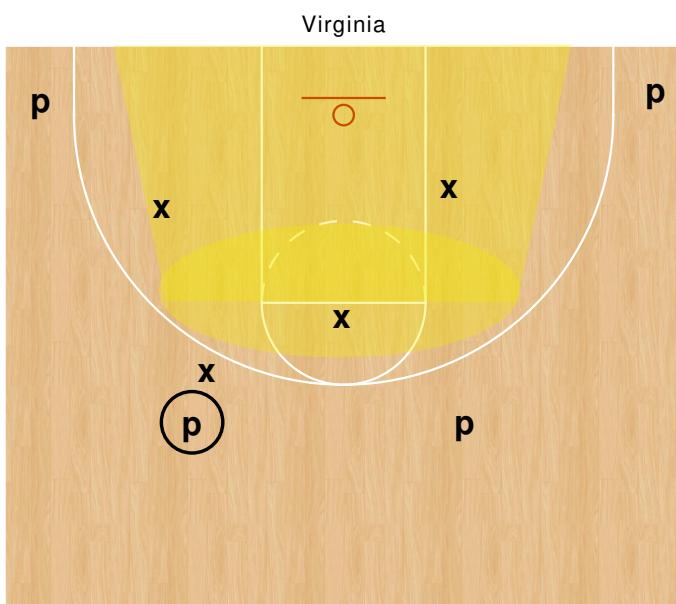
On every cut, defense must tag the cutters.
Offense pass to the corners, cuts straight to the rim.

4 on 4 - Shell Change

Pack Line Defense Drills

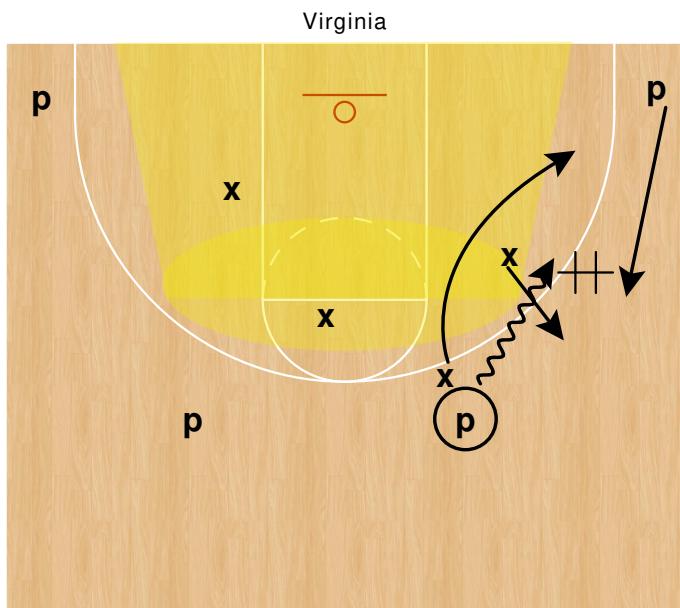


On whistle or change call, offense must switch to defense and touch the paint.
New offense must make a pass and then play live.



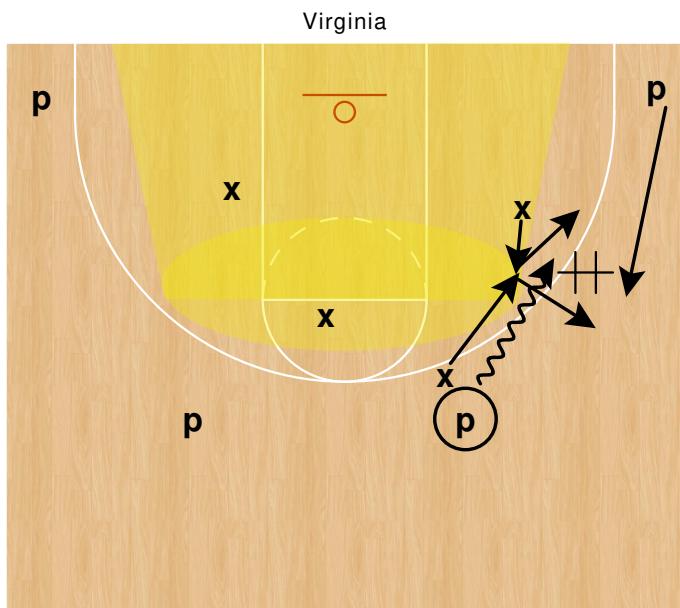
4 on 4 - Shell Dribble Hand Offs

Pack Line Defense Drills



Defense goes "Off & Under" Let them through and get back.

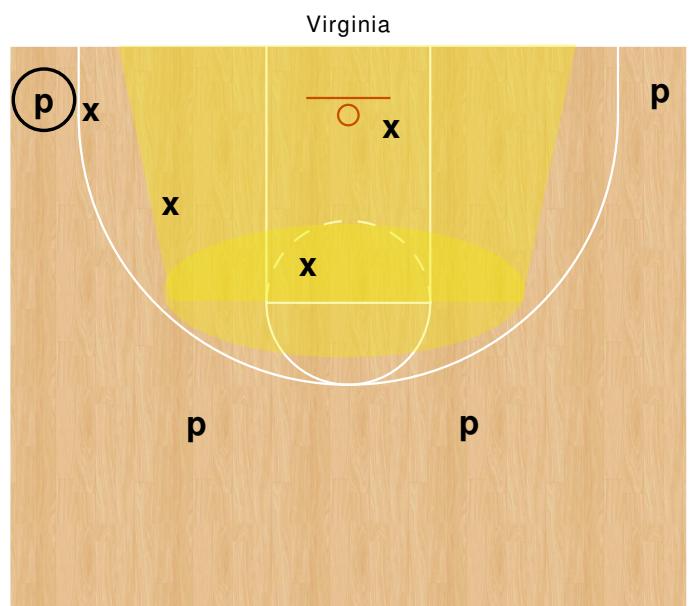
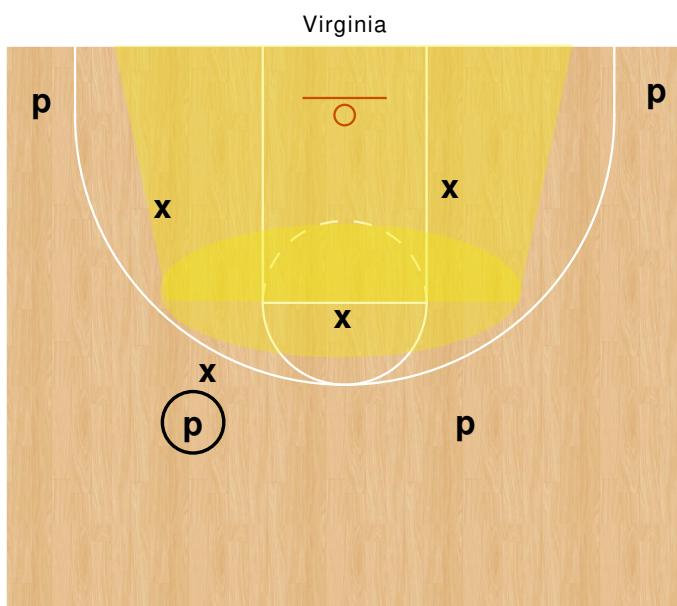
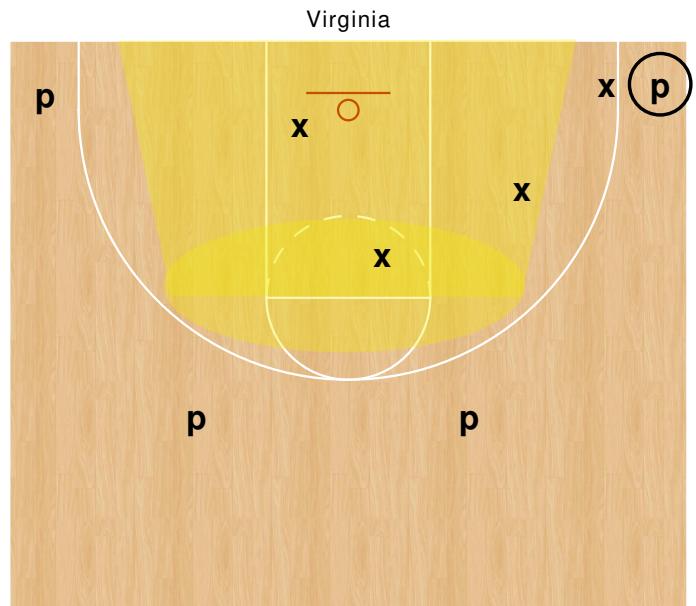
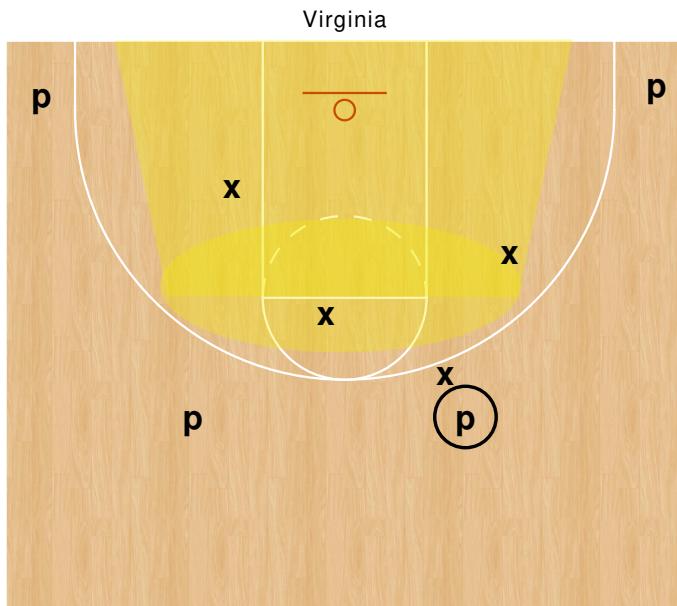
4 on 4 - Shell Dribble Hand Offs "Black" Pack Line Defense Drills



Defense goes "Black" switching, have to touch on every switch.

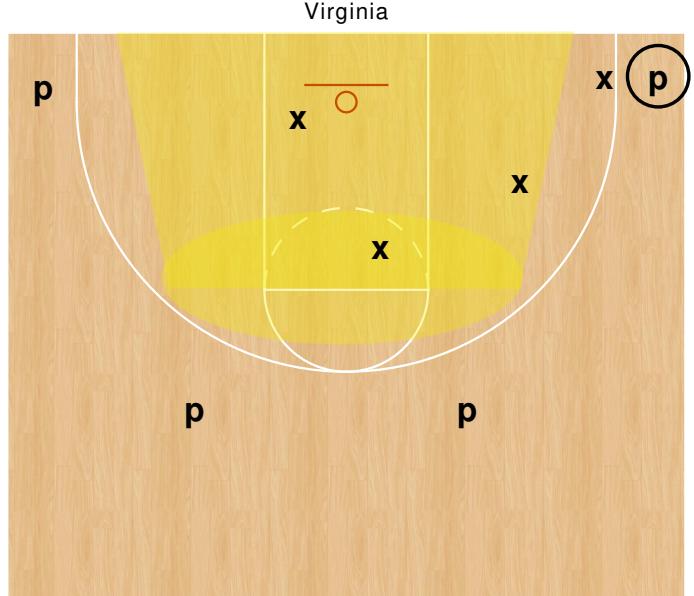
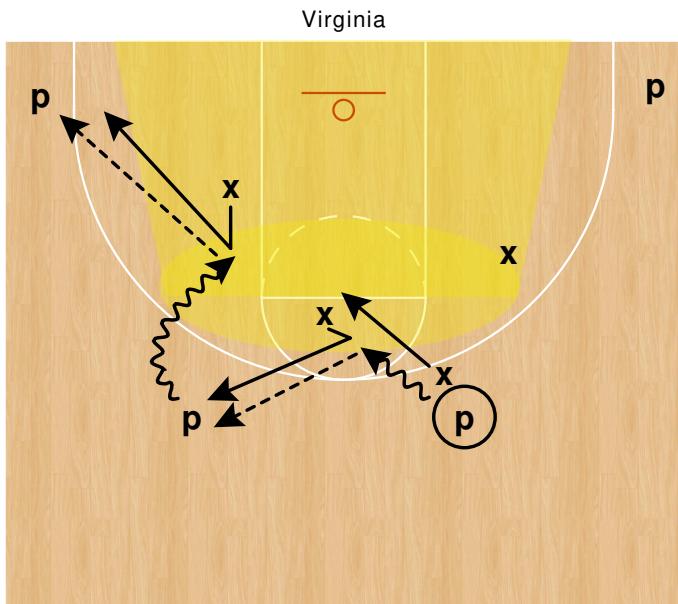
4 on 4 - Shell Positioning

Pack Line Defense Drills

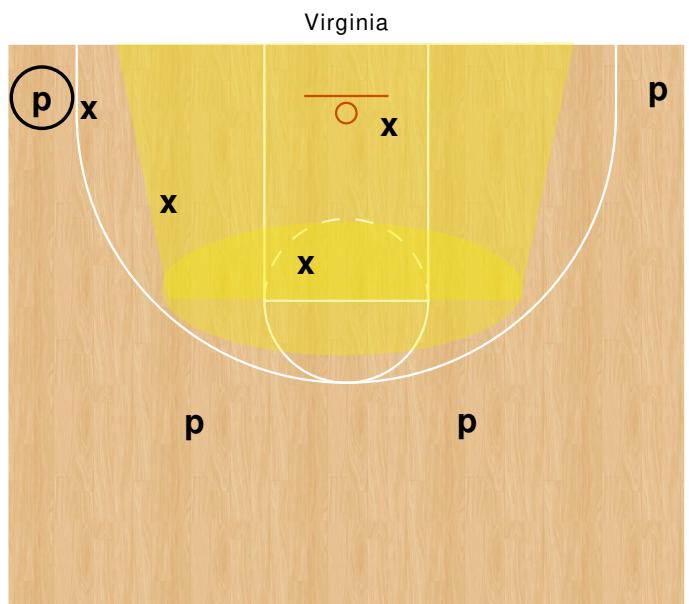
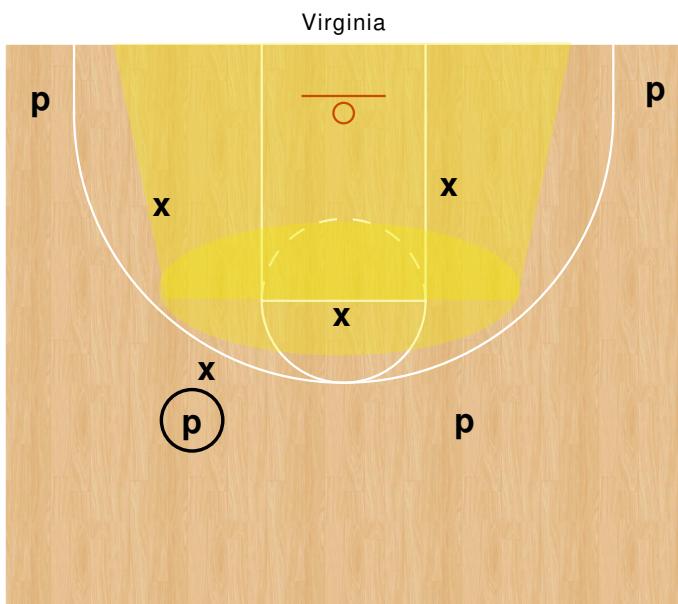


4 on 4 - Stunt & Recover

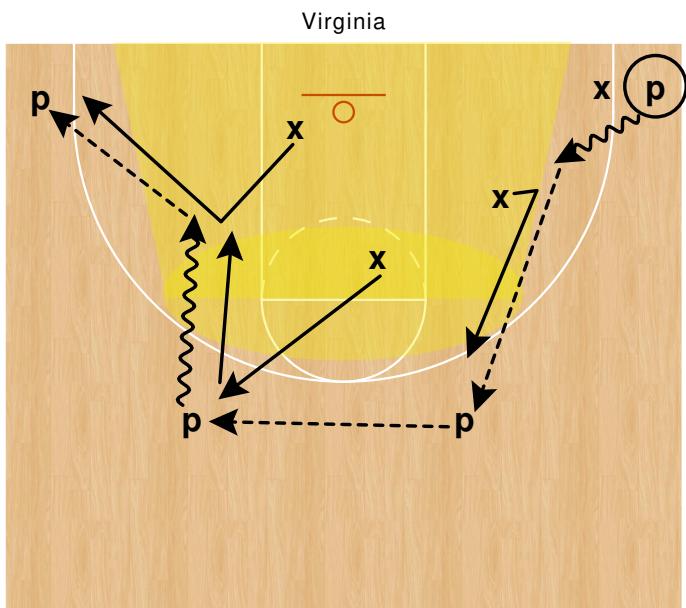
Pack Line Defense Drills



Offense drives in the gaps, defense stunts at ballhandler and recovers to closeout.



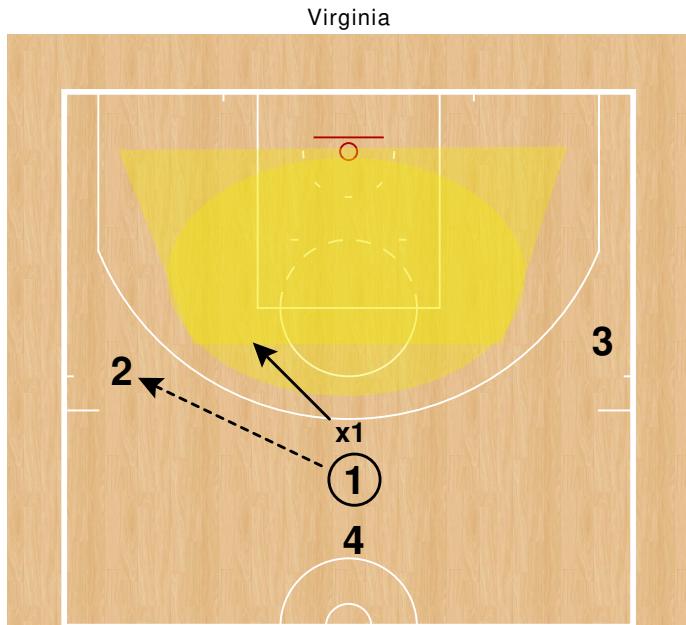
4 on 4 - Stunt & Recover - Quick Reverse Pack Line Defense Drills



Same stunts, quick reversals and drive.

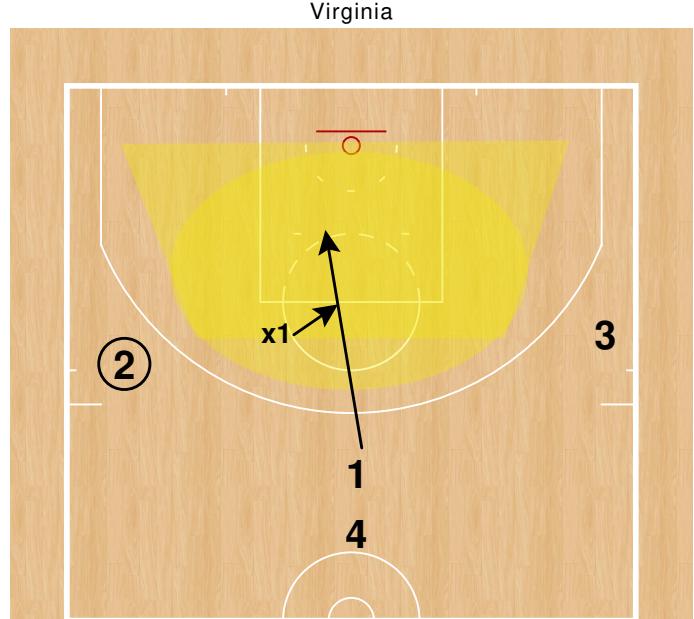
Blackhawk

Pack Line Defense Drills

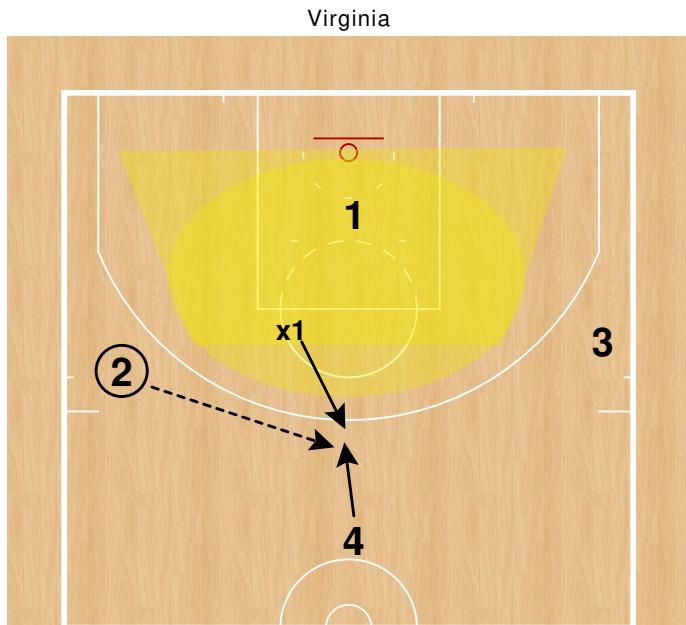


This drill is designed to get the players guarding the ball to jump to their gap when the ball is passed.

Top of the key passes to the wing, x1 then "Jumps & Swipes" into the gap. The jump and swipe technique is jumping into the gap and swiping with the inside hand to prevent an easy drive.



Top of the key cuts through the lane, x1 bumps the cutter and releases him.



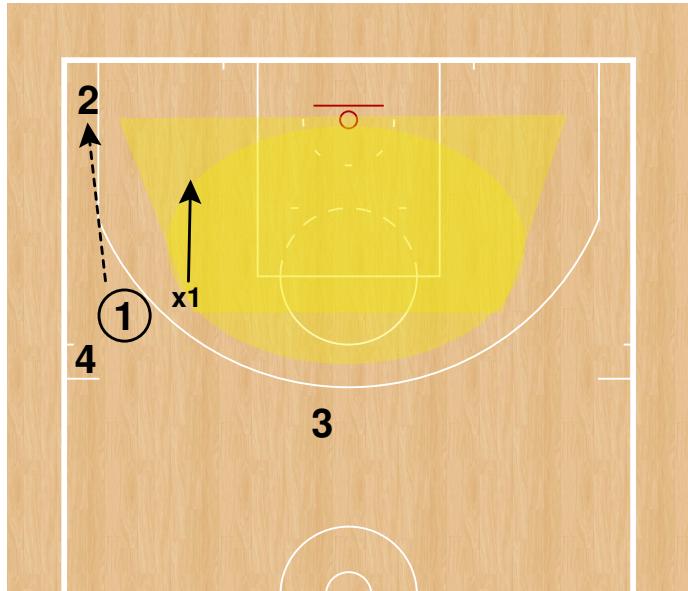
The goal of the drill is to create a closeout to the top of the key, and then play live 1 on 1.

On the catch the offense has 2 or 3 dribbles when coach calls "live."

Blackhawk - Left Side

Pack Line Defense Drills

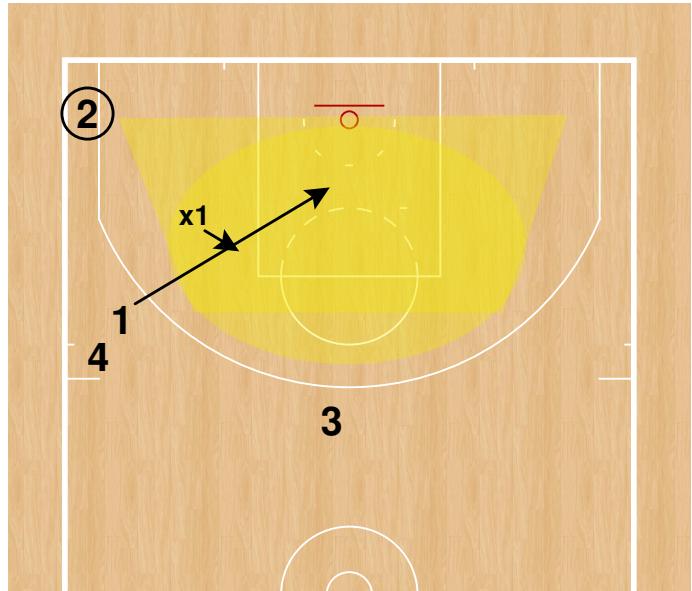
Virginia



This drill is designed to get the players guarding the ball to jump to their gap when the ball is passed.

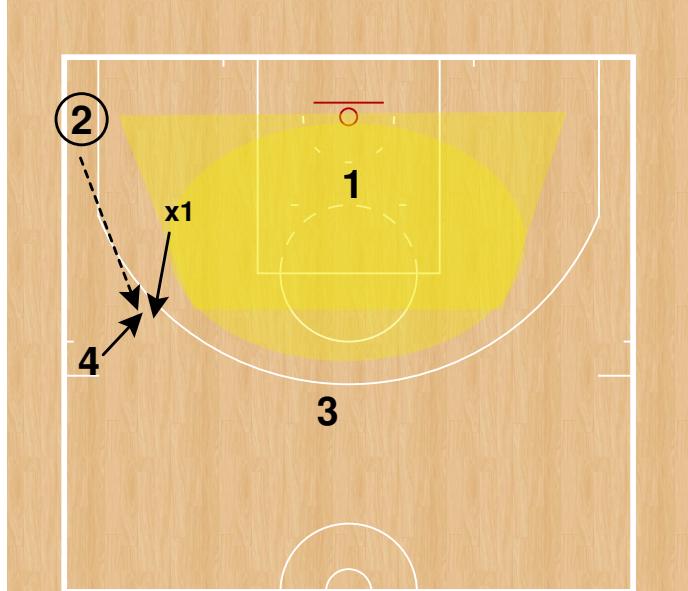
Wing passes to the corner, x1 then "Jumps & Swipes" into the gap. The jump and swipe technique is jumping into the gap and swiping with the inside hand to prevent an easy drive.

Virginia



Wing cuts through the lane, x1 bumps the cutter and releases him.

Virginia



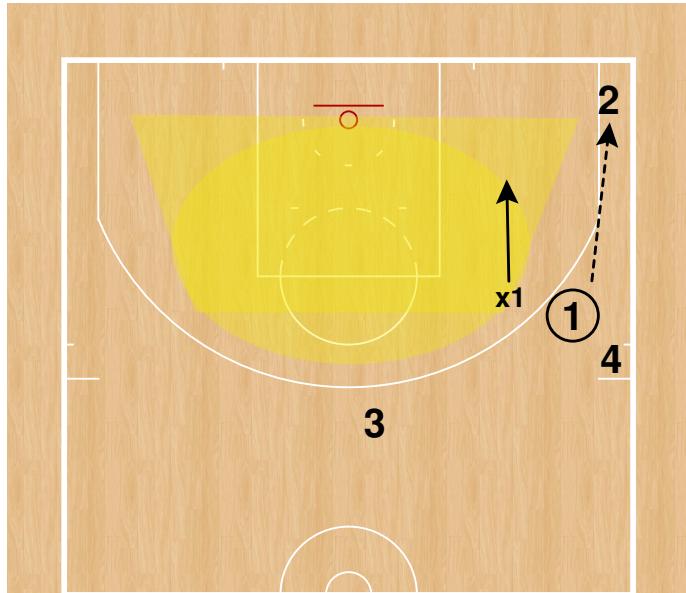
The goal of the drill is to create a closeout to the wing, and then play live 1 on 1.

On the catch the offense has 2 or 3 dribbles when coach calls "live."

Blackhawk - Right Side

Pack Line Defense Drills

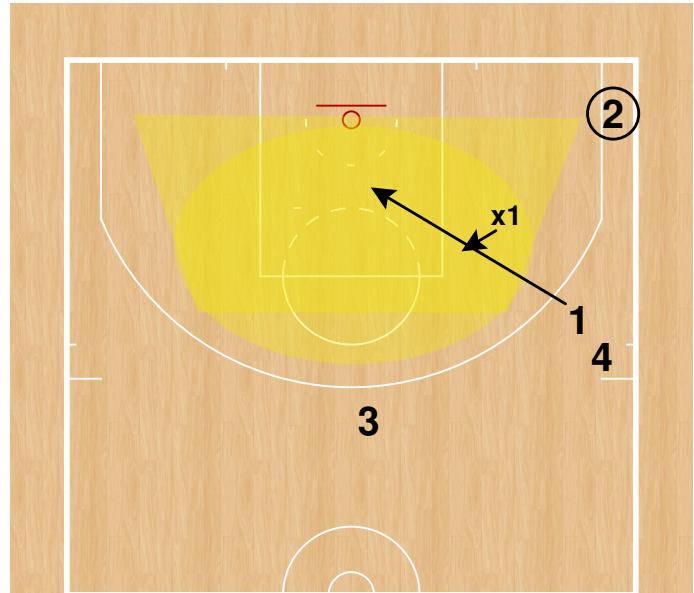
Virginia



This drill is designed to get the players guarding the ball to jump to their gap when the ball is passed.

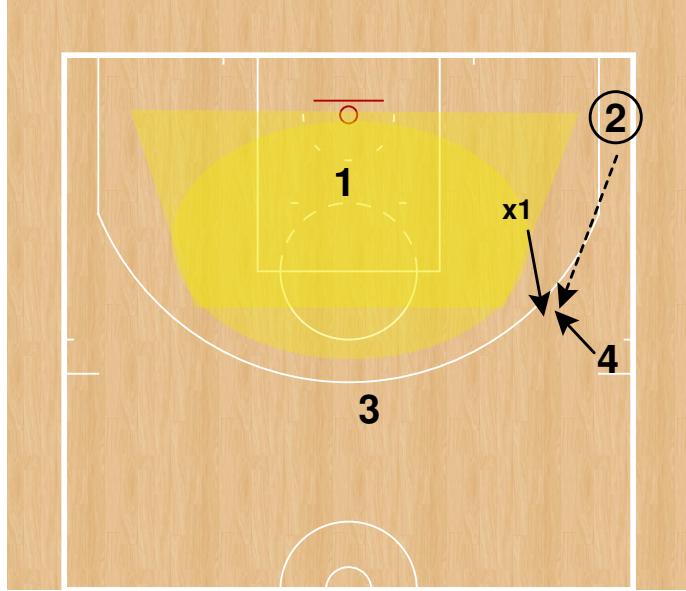
Wing passes to the corner, x1 then "Jumps & Swipes" into the gap. The jump and swipe technique is jumping into the gap and swiping with the inside hand to prevent an easy drive.

Virginia



Wing cuts through the lane, x1 bumps the cutter and releases him.

Virginia

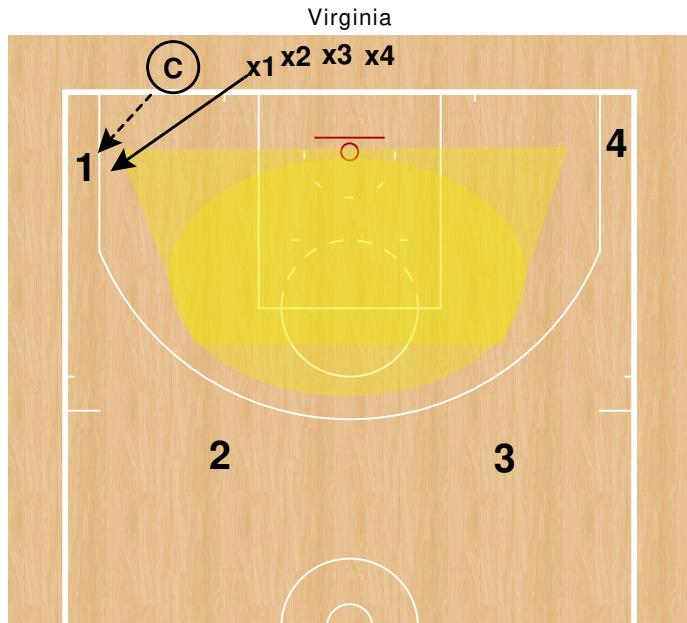


The goal of the drill is to create a closeout to the wing, and then play live 1 on 1.

On the catch the offense has 2 or 3 dribbles when coach calls "live."

Serbian Closeouts

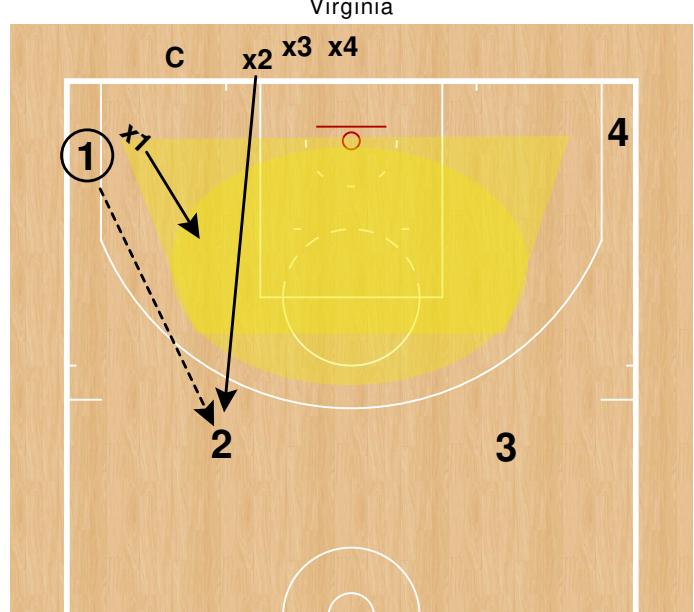
Pack Line Defense Drills



Coach starts with the ball on the baseline.

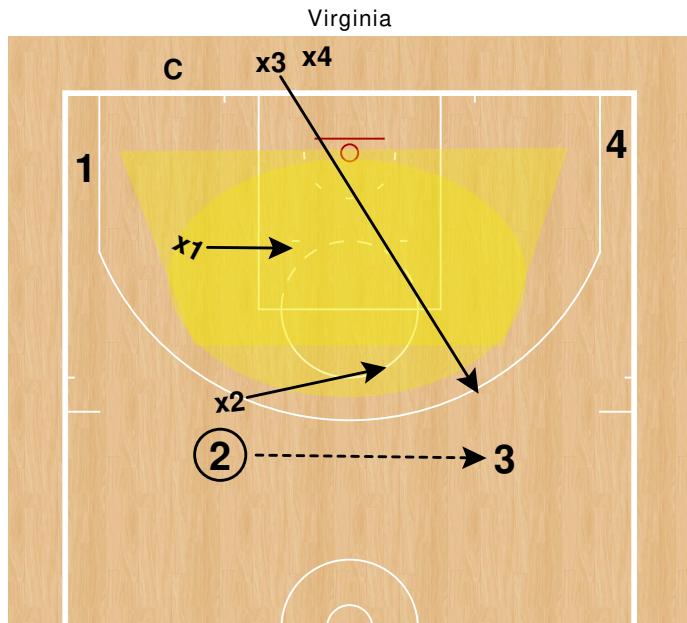
1/2/3/4 are offensive players spaced out in 4 out spacing.

Coach passes to the corner player, x1 closes out.



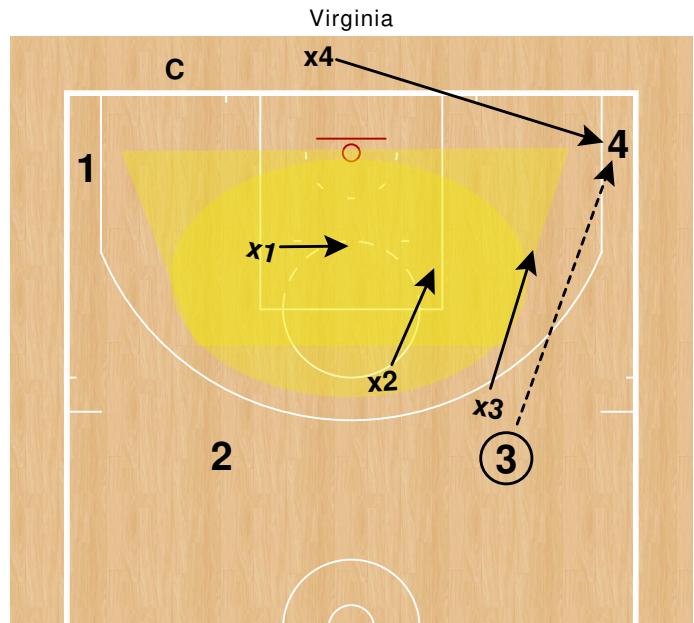
1 allows a closeout for a 2 count, then makes an extra pass. All offensive players should be in a good stance and be ready for an extra pass calling "one more."

1 passes to 2, then x2 closes out to the ball, x1 jumps and swipes in the gap.



2 allows a closeout for a 2 count, then makes an extra pass.

2 passes to 3 then x3 closes out to the ball, x2 jumps and swipes in the gap, x1 is two passes away and will jump to the help line you established.



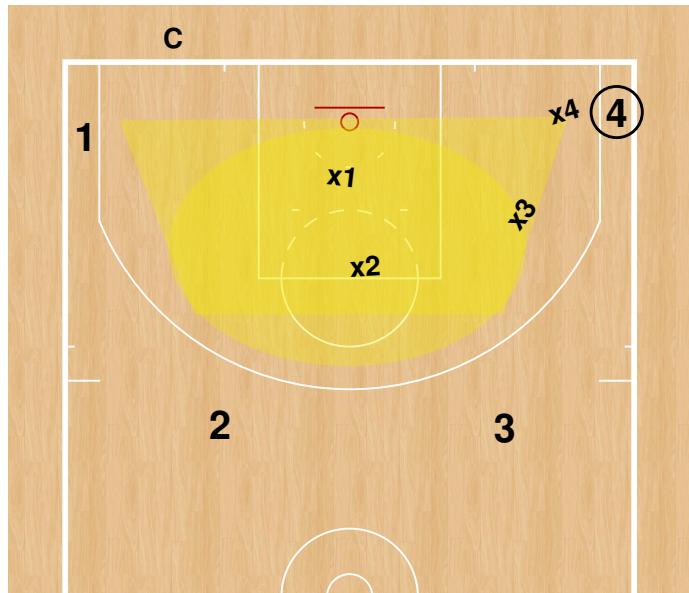
3 allows a closeout for a 2 count, then makes an extra pass.

x4 closes out to the ball, x3 jumps and swipes in the gap. x1 & x2 are two passes away and will jump to the help line you established.

Serbian Closeouts

Pack Line Defense Drills

Virginia

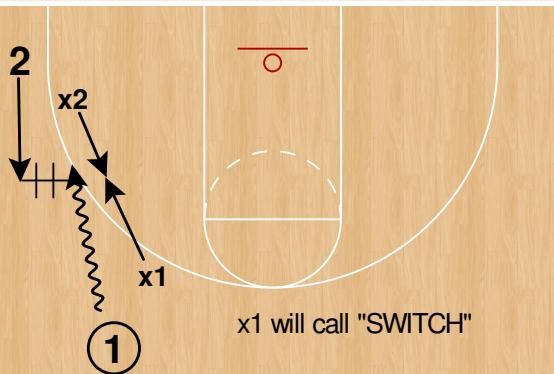


Now we are in 4 out offensive spacing, and defensive positions you can emphasize anything that the offense might do for your upcoming opponent or work on the most important things. You can go live, and use this as a shell drill.

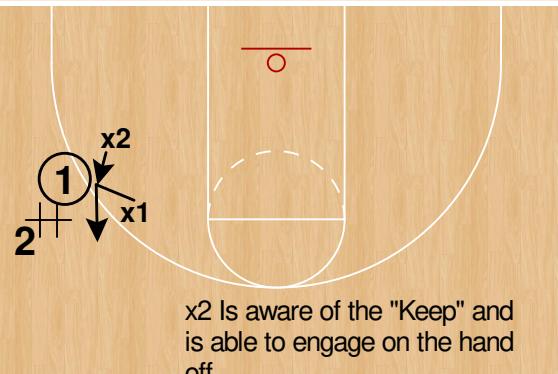
Switching - Hand Offs

Pack Line Defense Drills

Virginia



Virginia



Switching - Downscreens

Pack Line Defense Drills

Virginia

2

x2

1

x1 Will call "Pin"
x1 & x2 both jump below the
screen to touch and prevent
slips/reject on the screen.

Virginia

2

x2

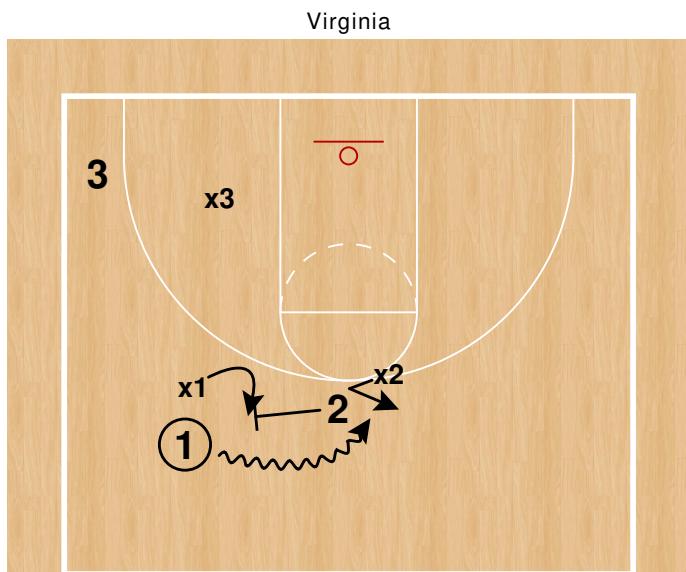
1

x2 steps into screener (No
Slips)

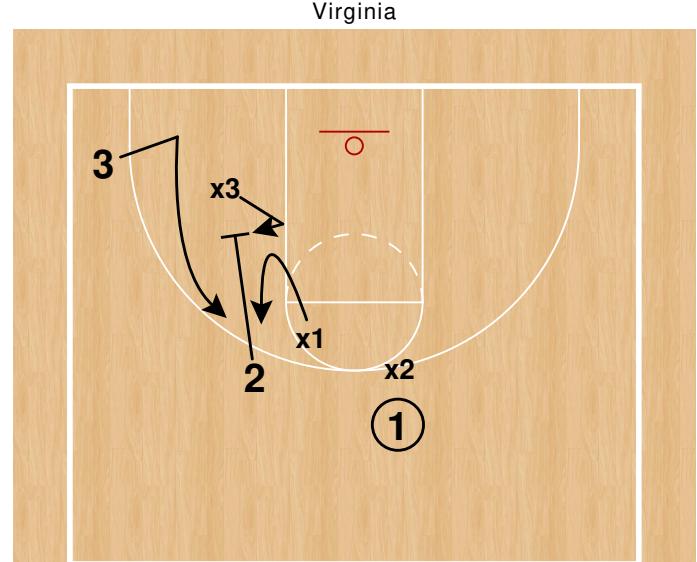
x1 will attack the switch, and
not allow a curl, and have
hands high for fades.

Switching - Ballscreens to Pins

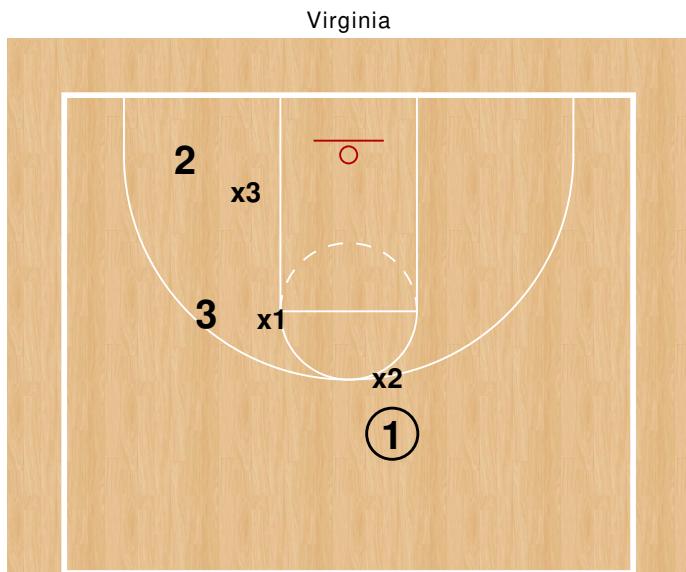
Pack Line Defense Drills



Ballscreen, defenders switch.



Downscreen, defenders switch.

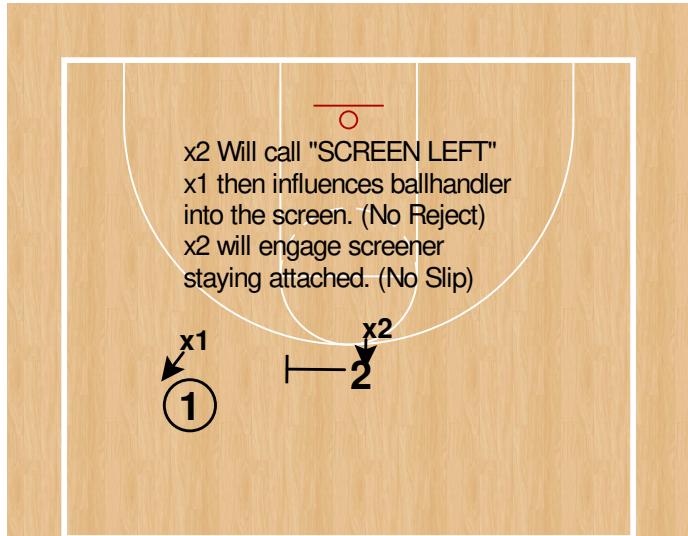


Live 3 on 3

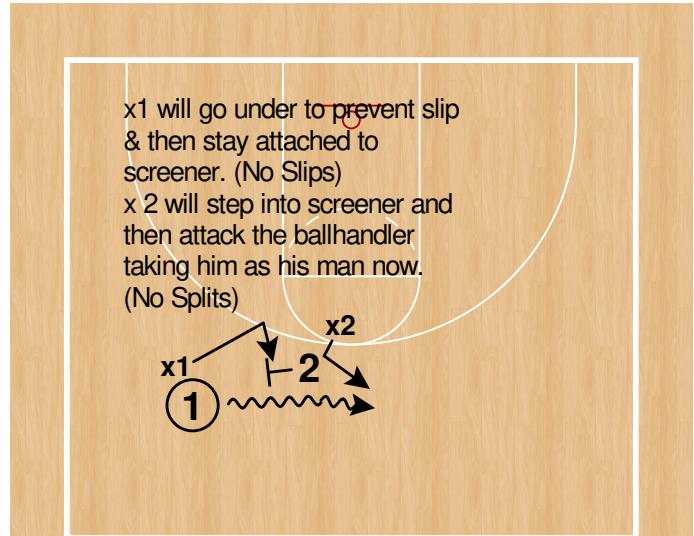
Switching - Ballscreens

Pack Line Defense Drills

Virginia



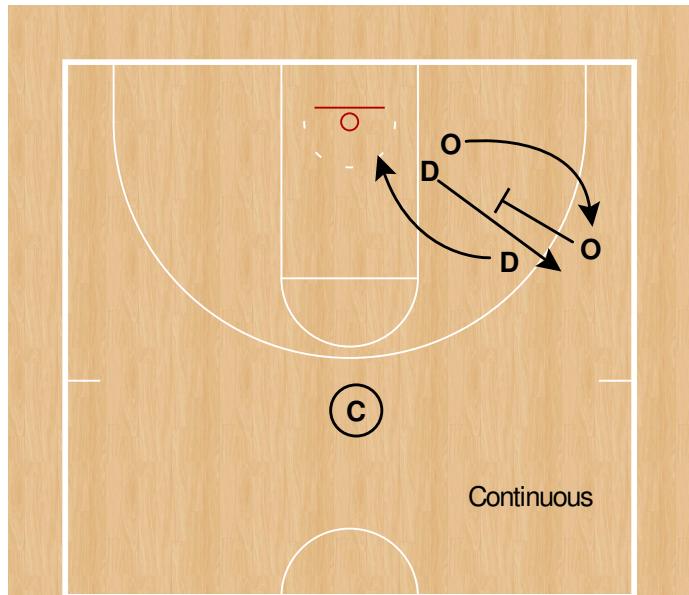
Virginia



Pindown D

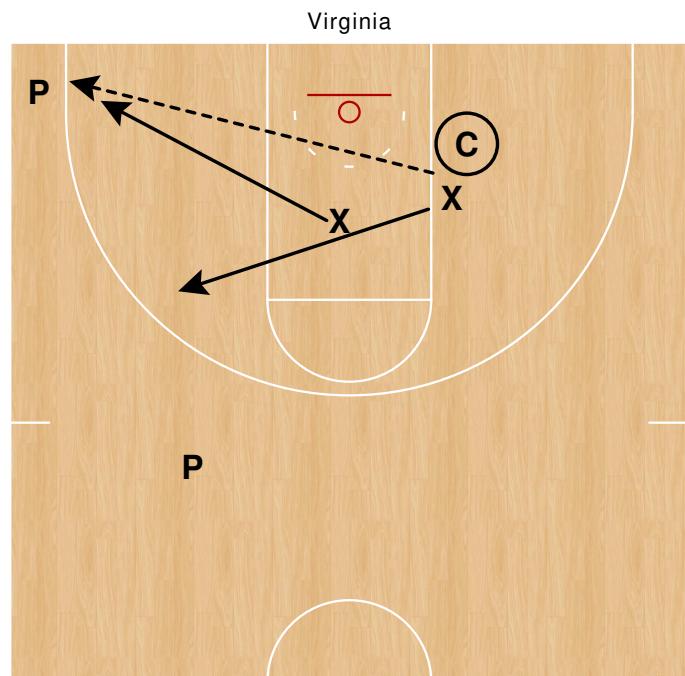
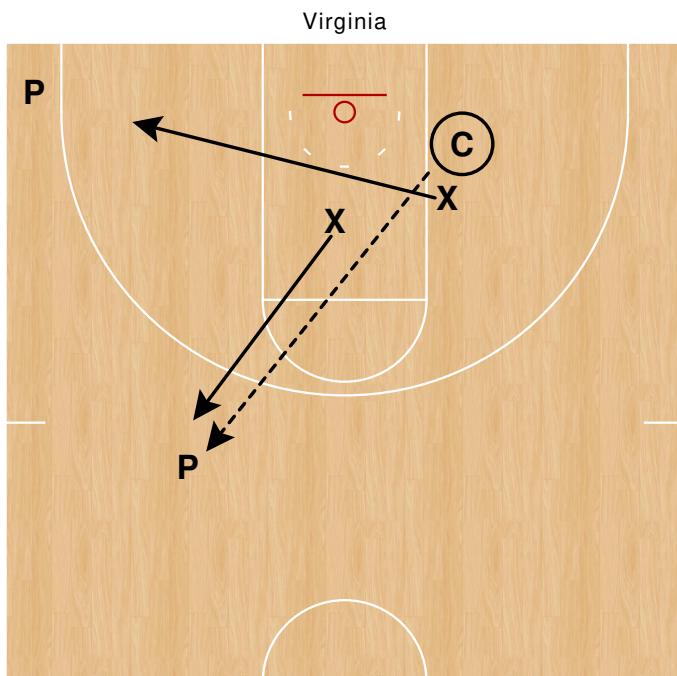
Pack Line Defense Drills

Virginia



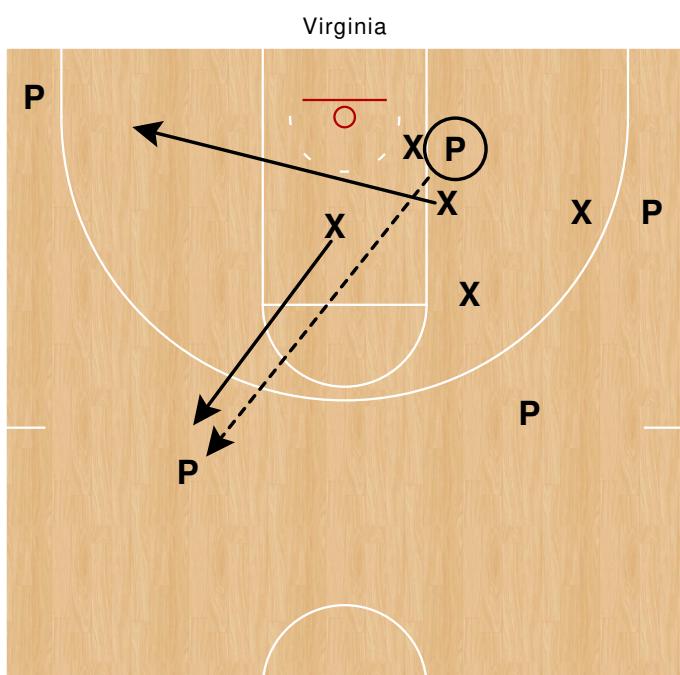
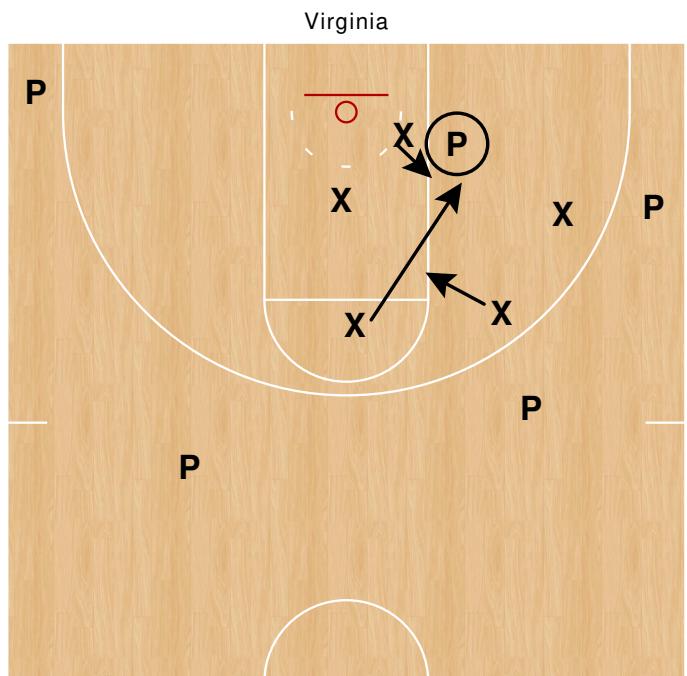
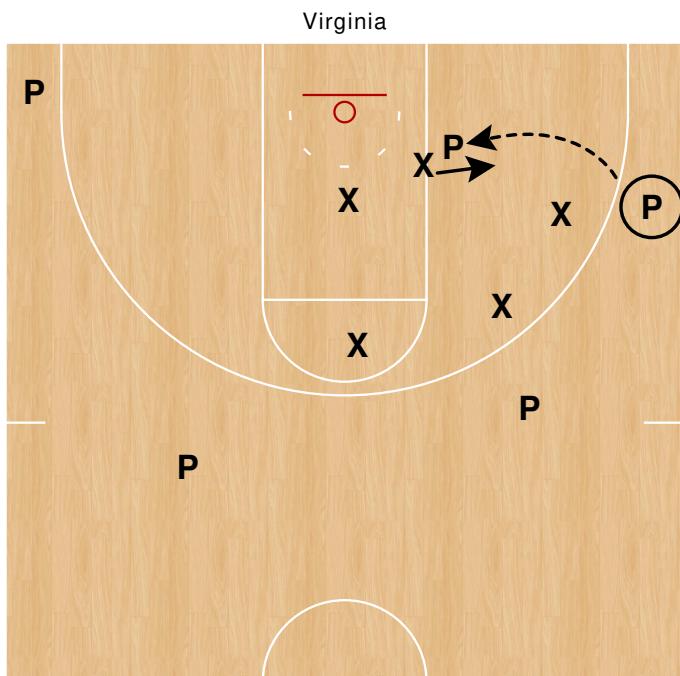
Black - Post Trap Drill

Pack Line Defense Drills



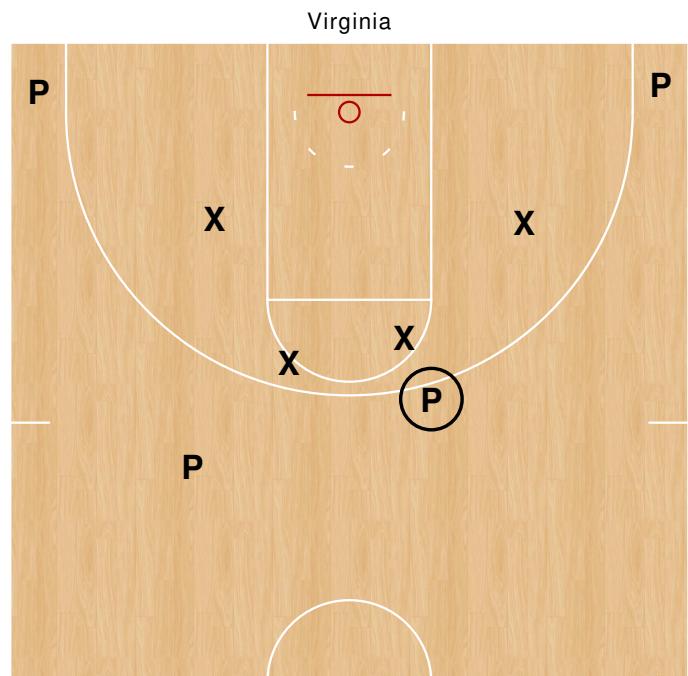
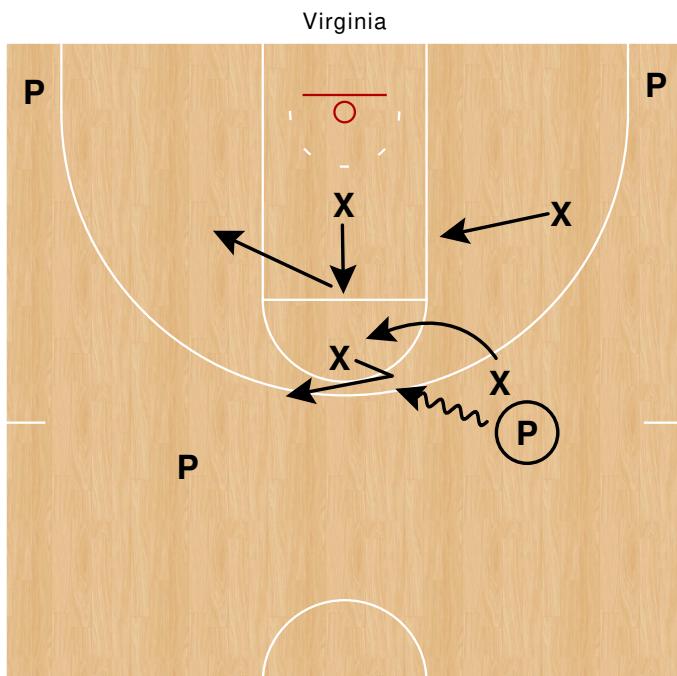
Black - Post Trap

Pack Line Defense Drills



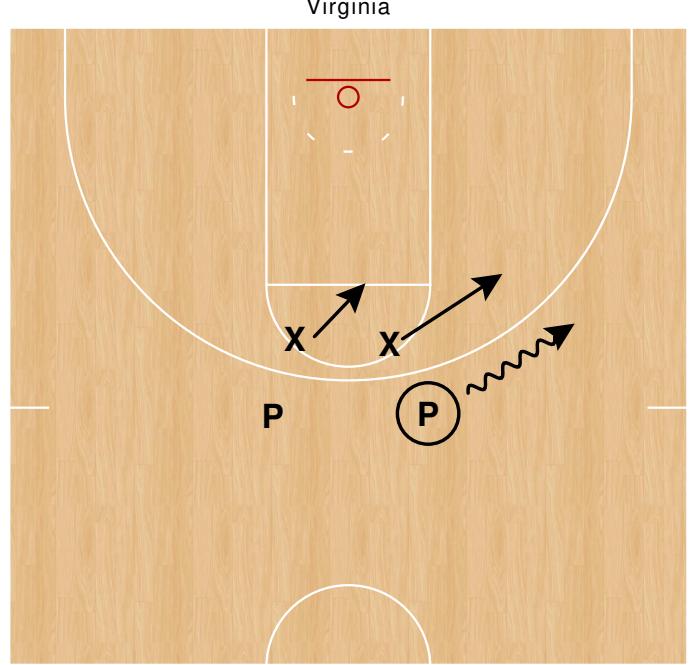
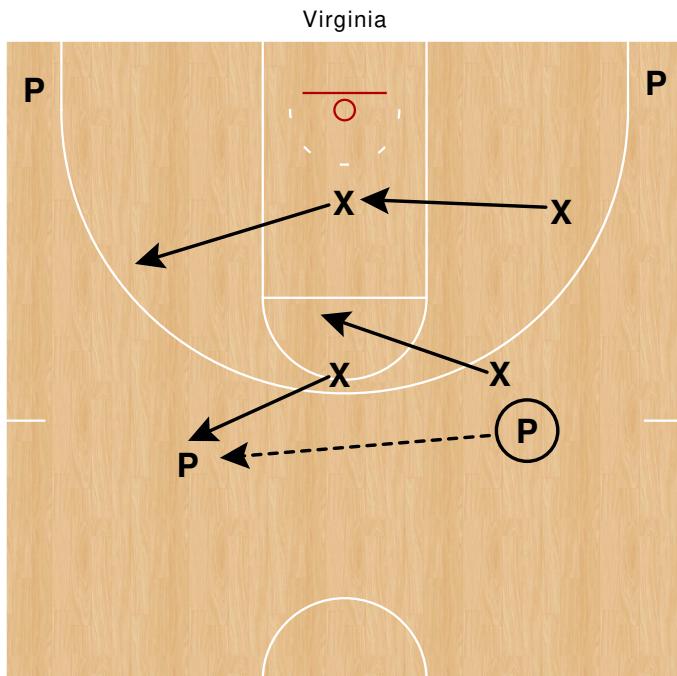
Black - Help & Recover

Pack Line Defense Drills



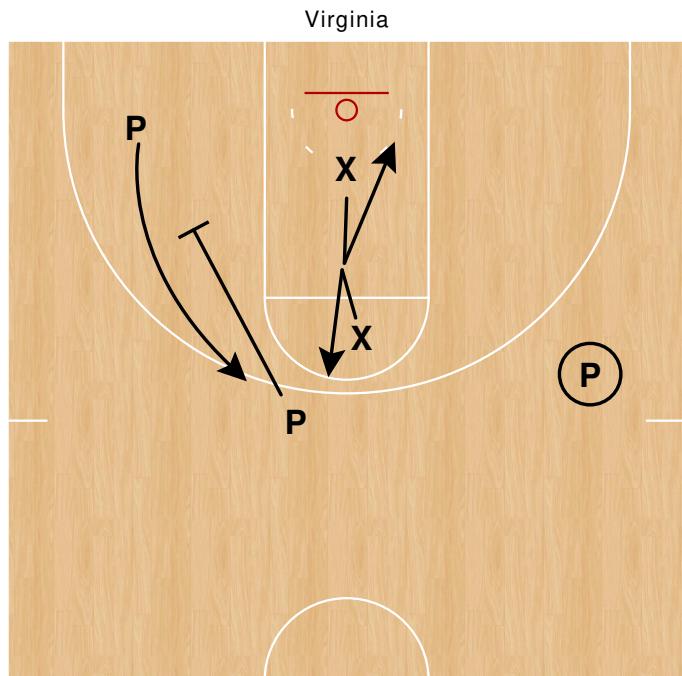
Black - Gaps

Pack Line Defense Drills



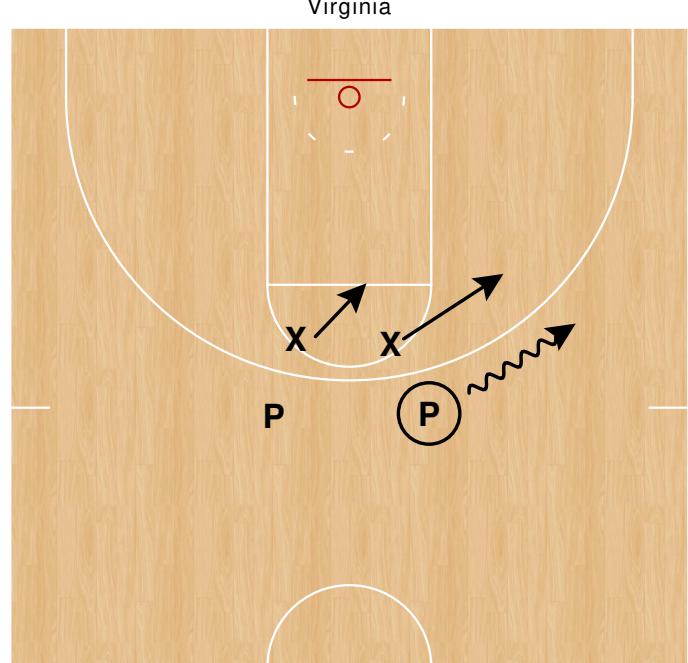
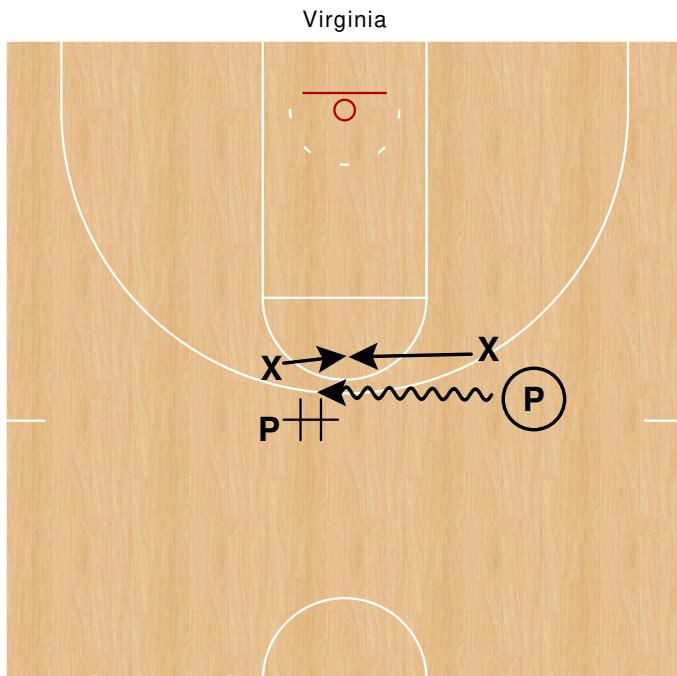
Black - Down Screens

Pack Line Defense Drills



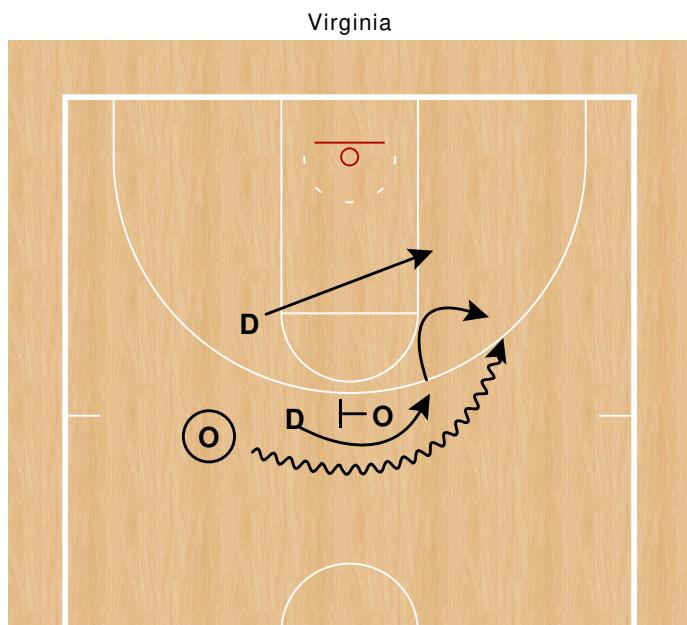
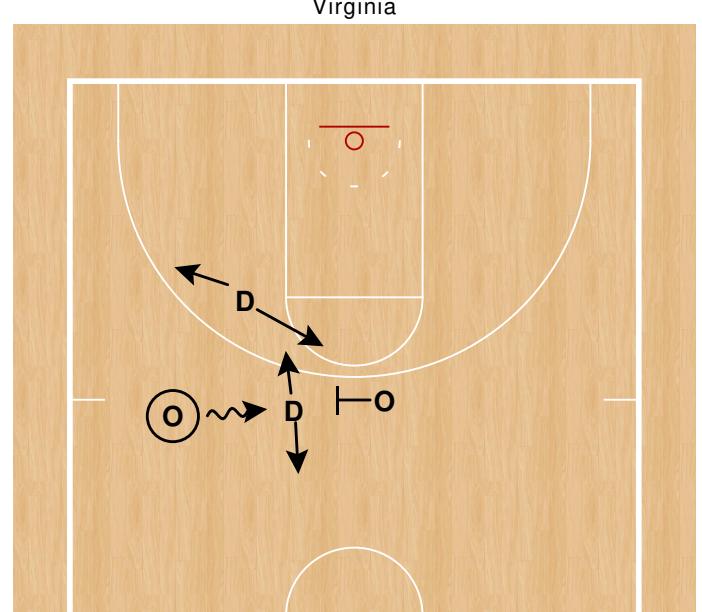
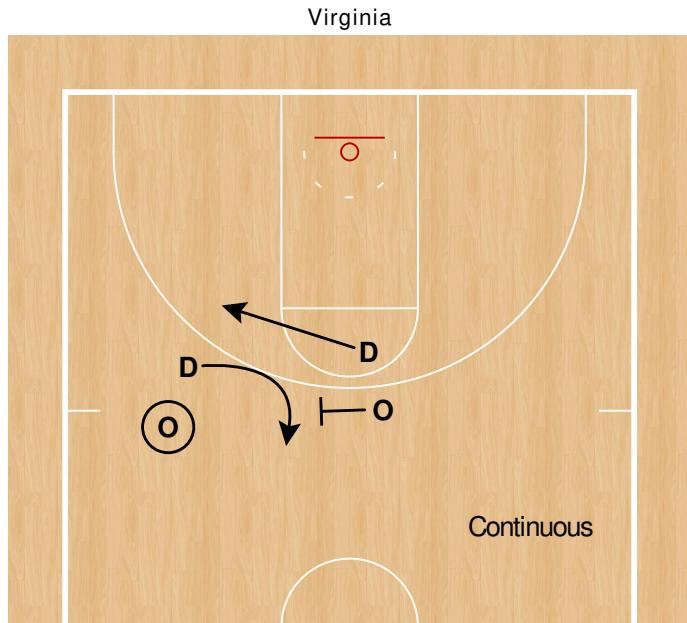
Black - DHOs

Pack Line Defense Drills



Ballscreen D

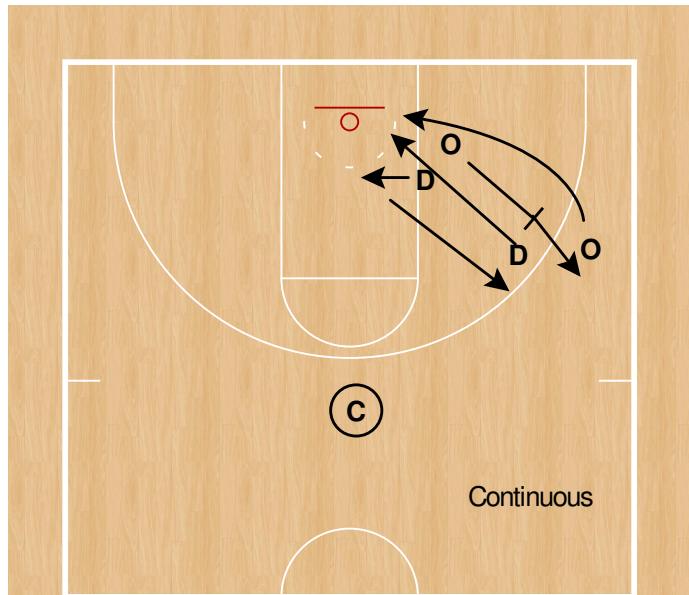
Pack Line Defense Drills



Backscreen D

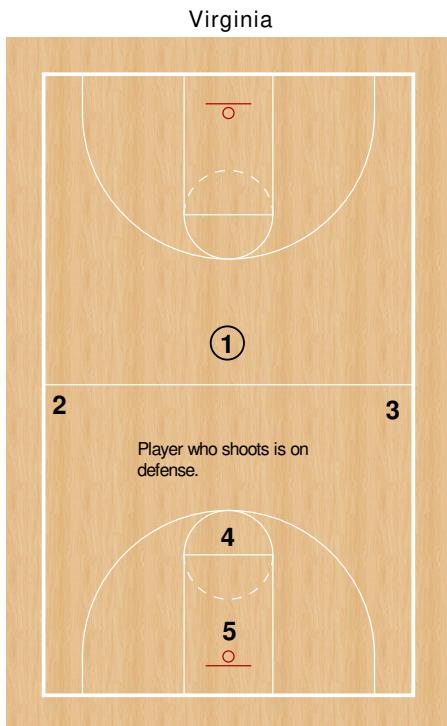
Pack Line Defense Drills

Virginia



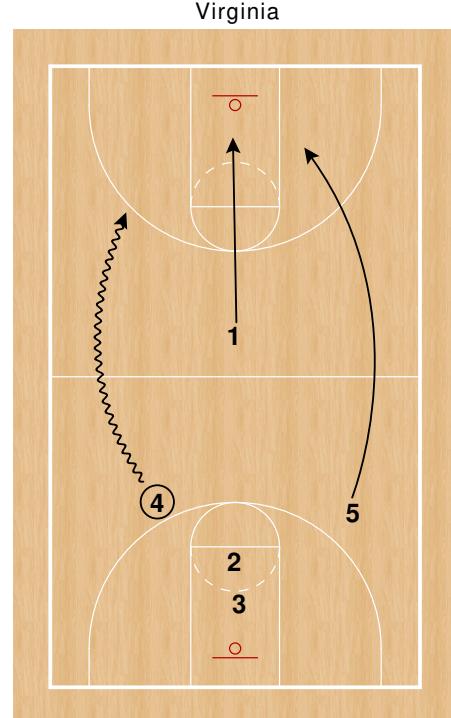
3 on 2/2 on 1

Pack Line Defense Drills



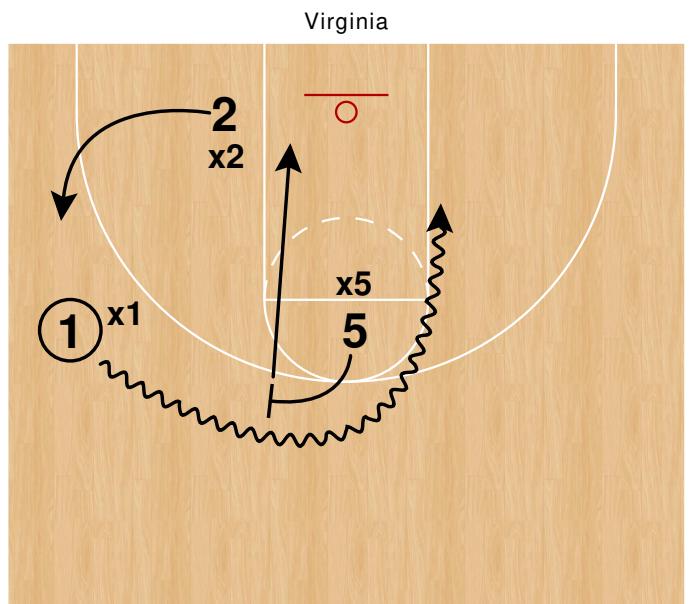
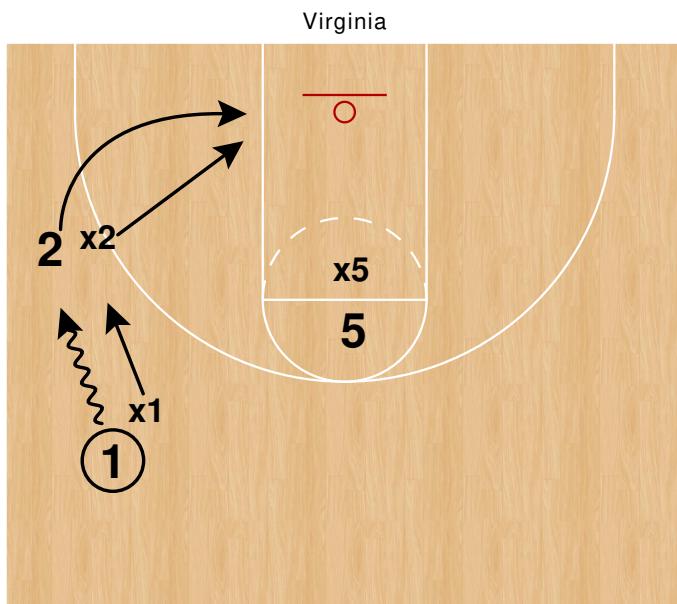
3 on 2, then 2 on 1 continuous.

One shot, the player who shoots then becomes defender.



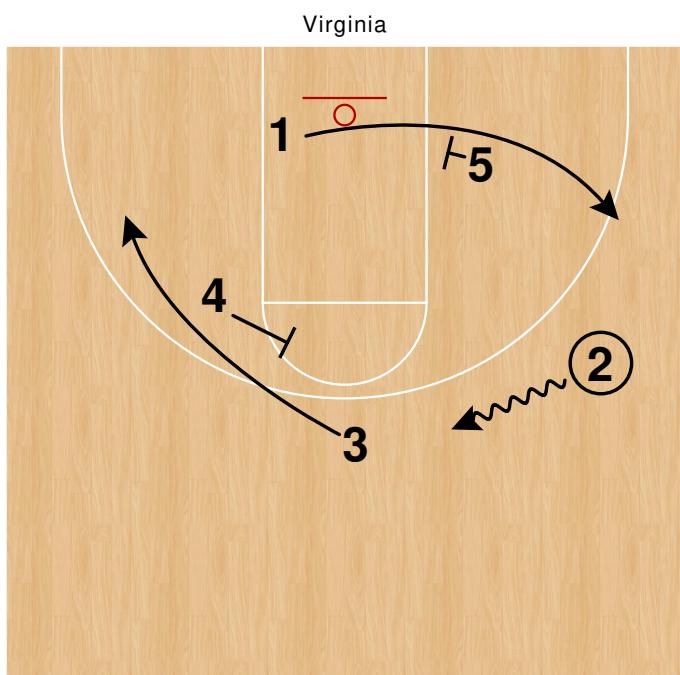
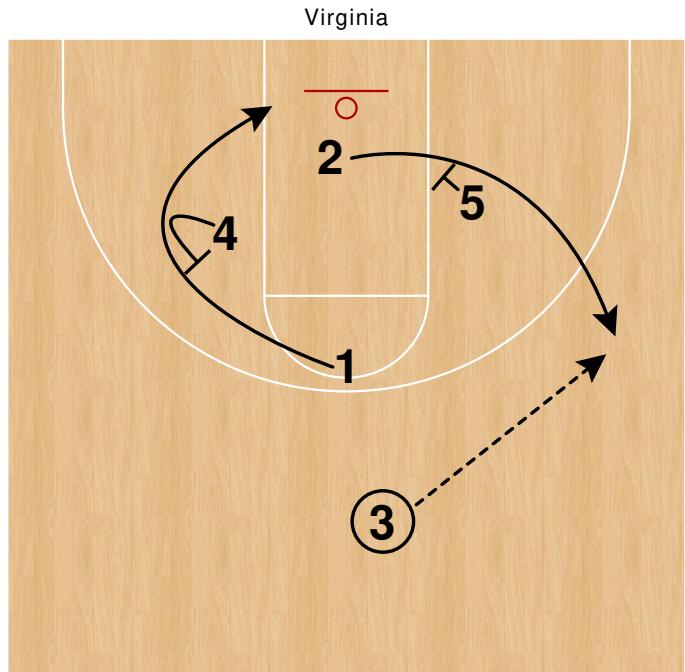
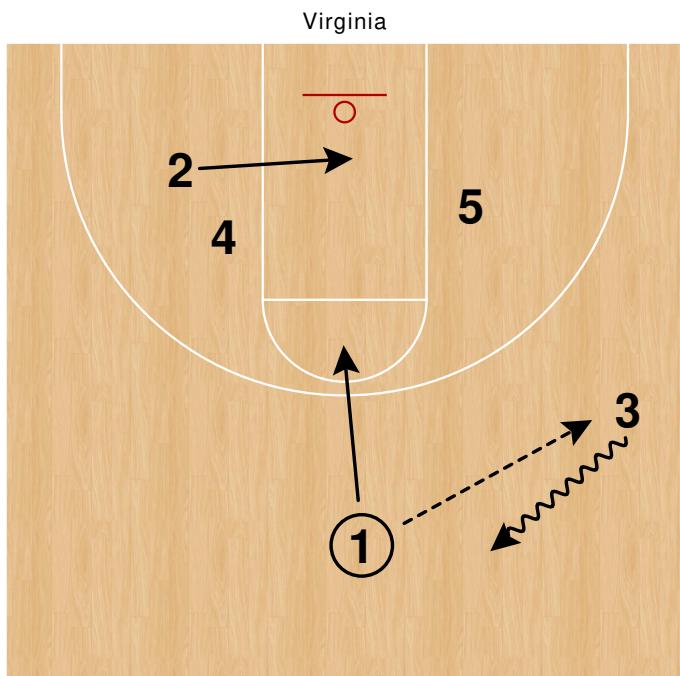
3 on 3 Ballscreen Reads

Pack Line Defense Drills



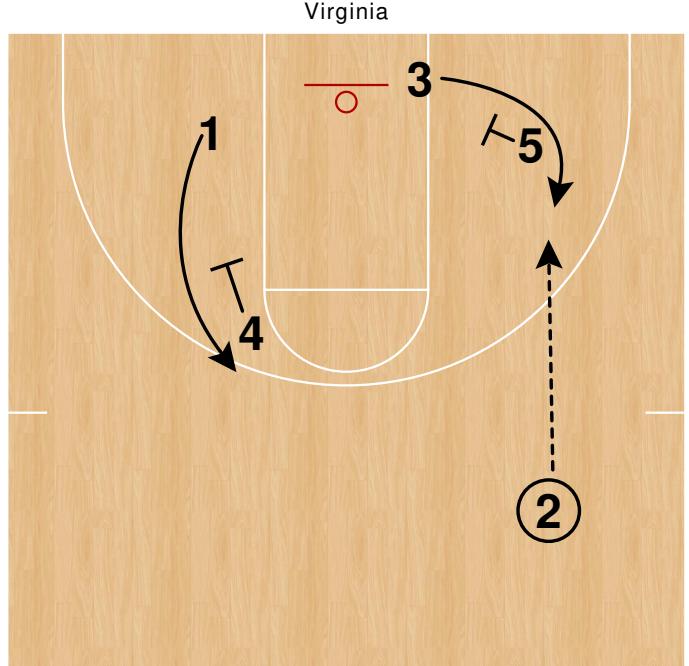
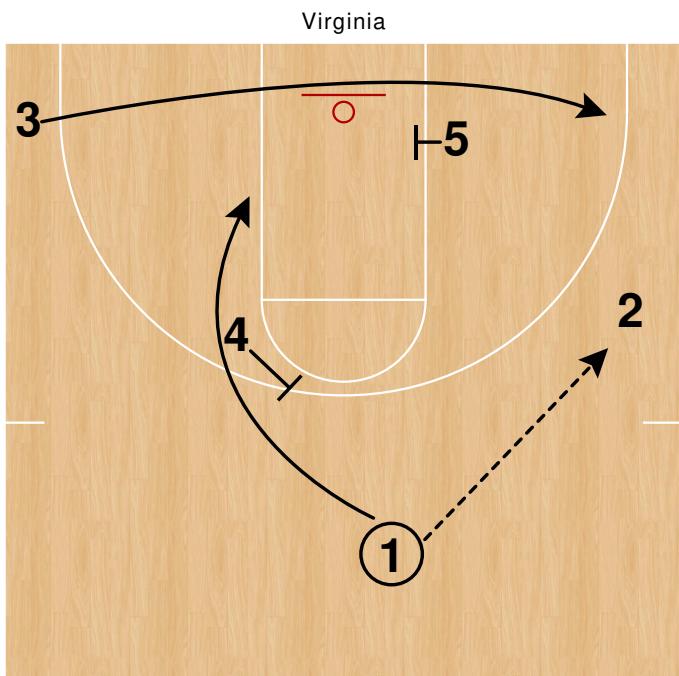
Mover Blocker - Diamond Entry

Half Court Sets

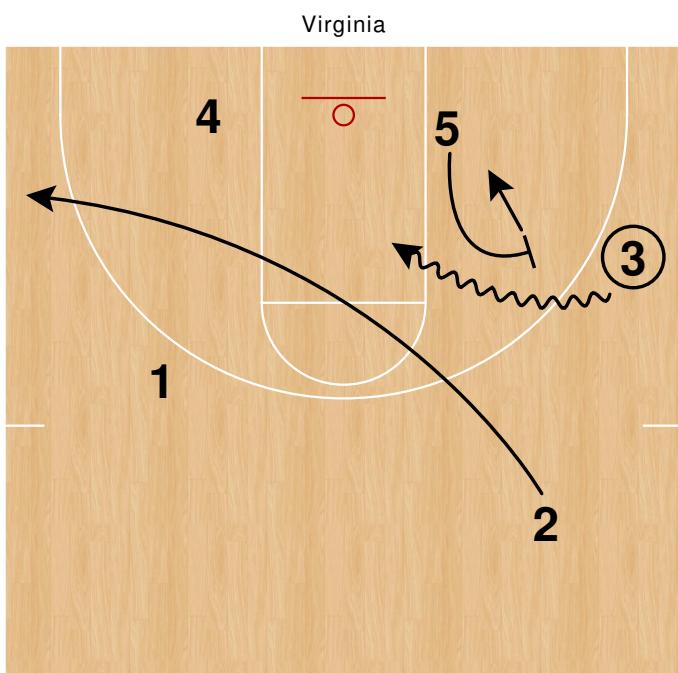
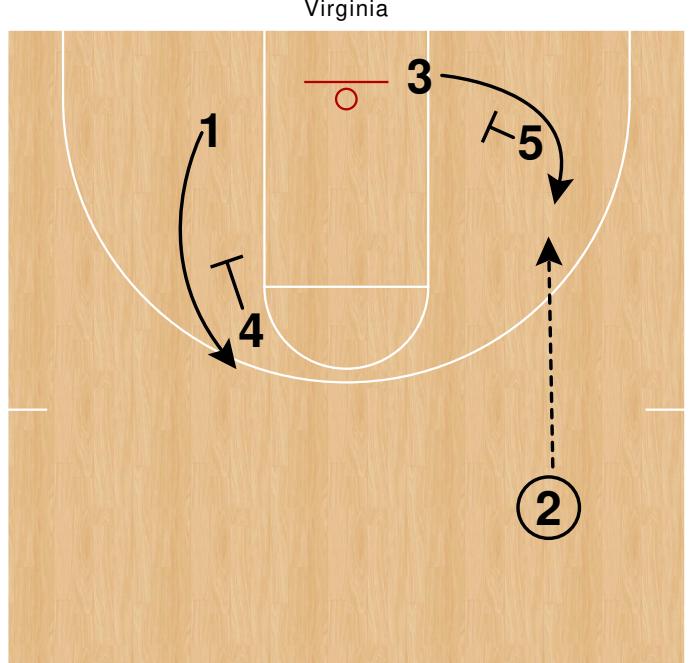
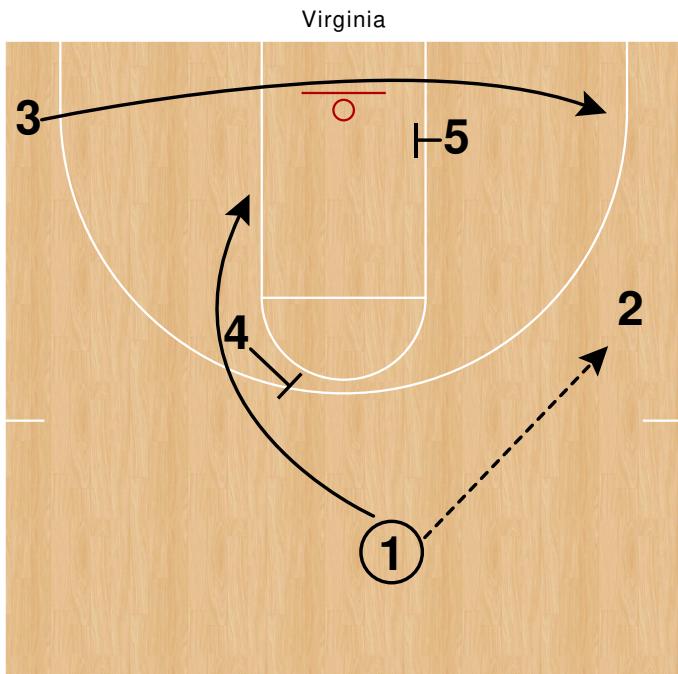


Mover Blocker - Exit

Half Court Sets

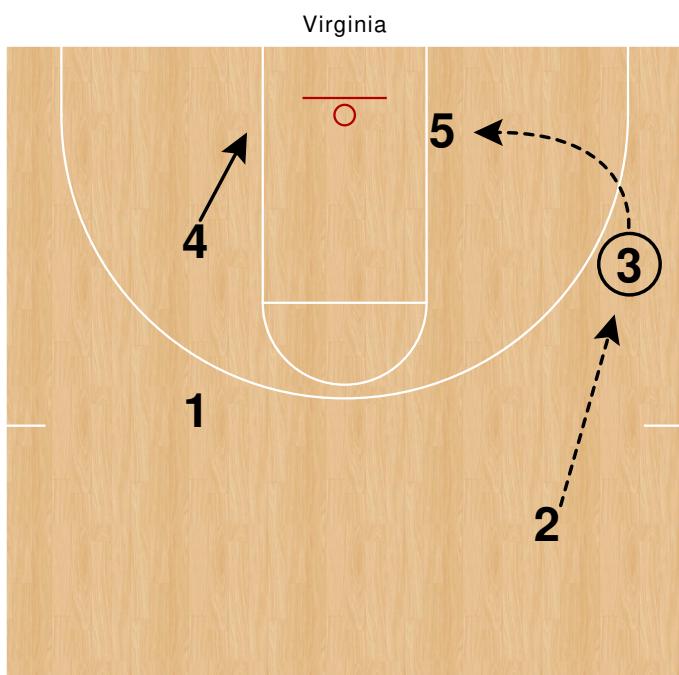
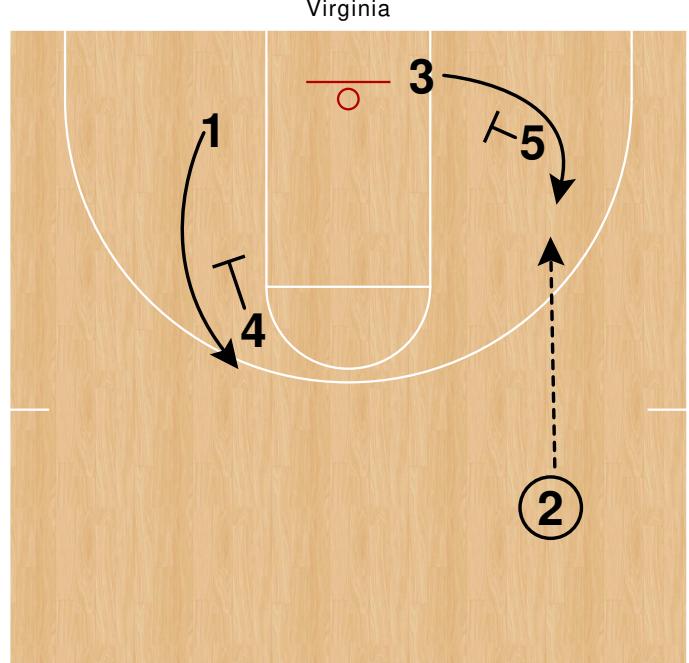
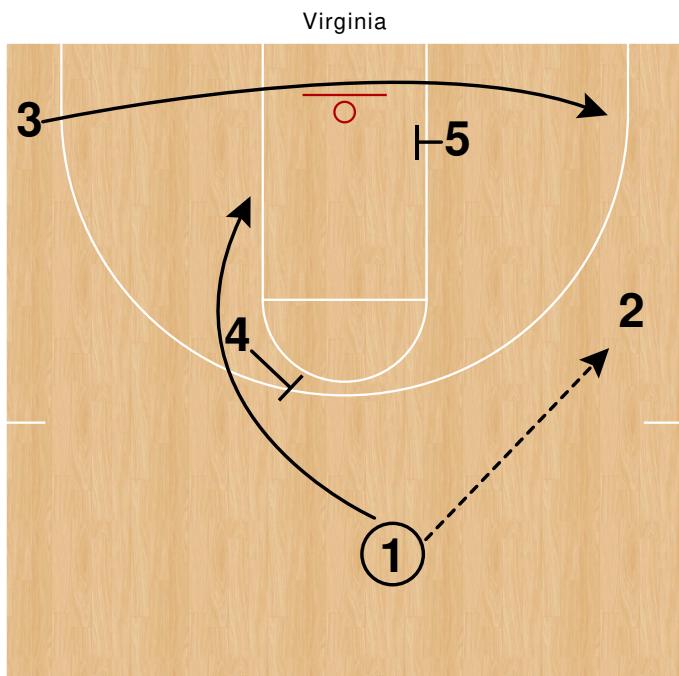


Mover Blocker - Exit (2-Man) Half Court Sets



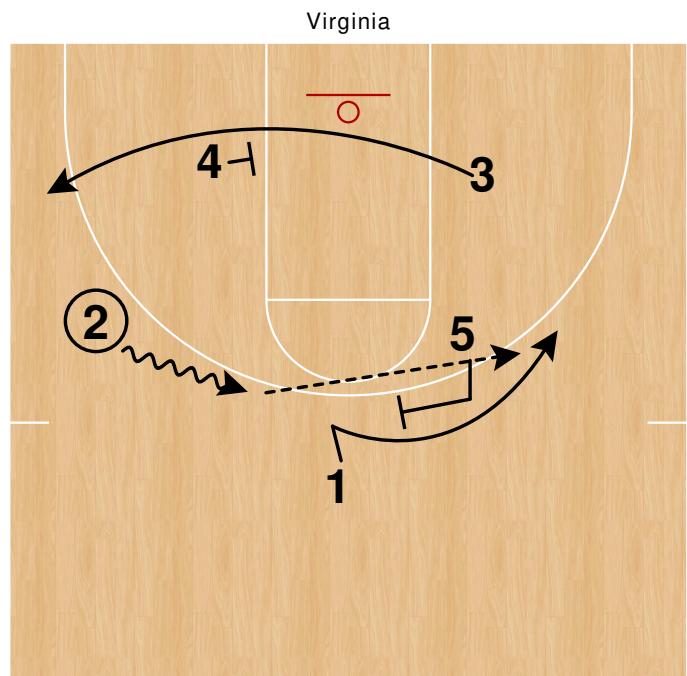
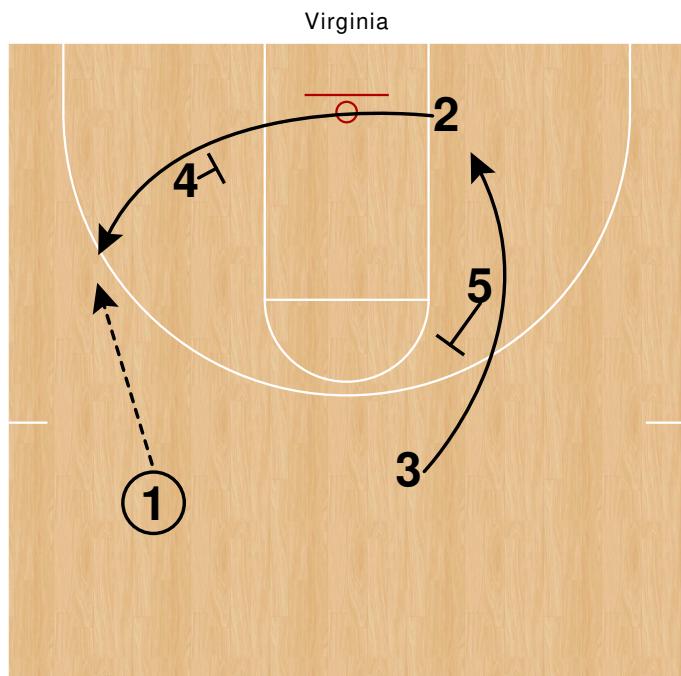
Mover Blocker - Exit Punch

Half Court Sets

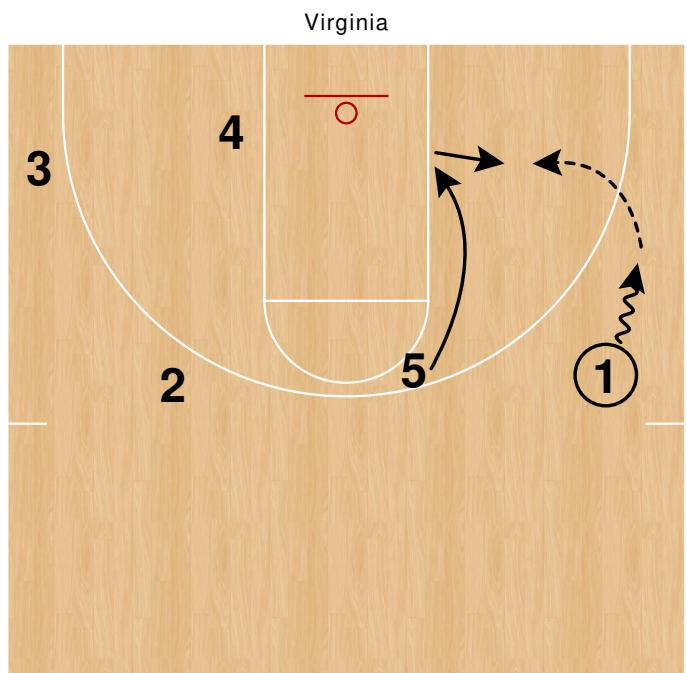
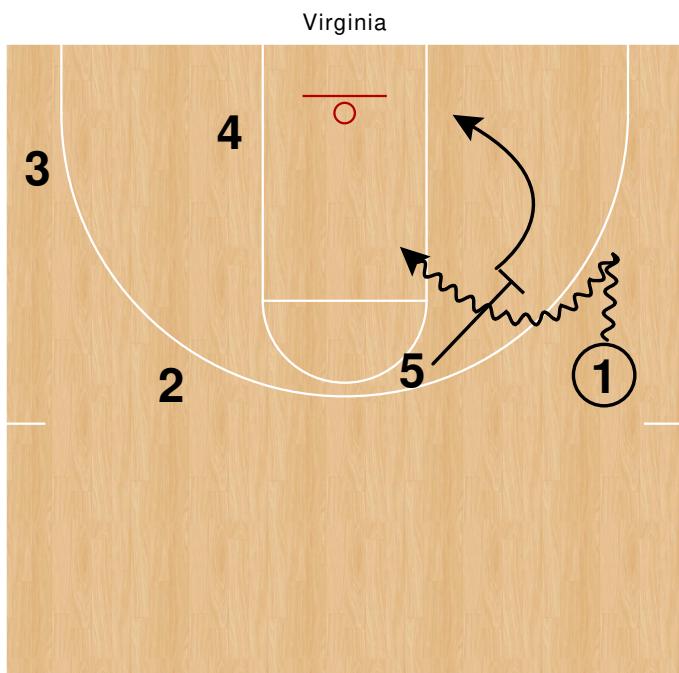
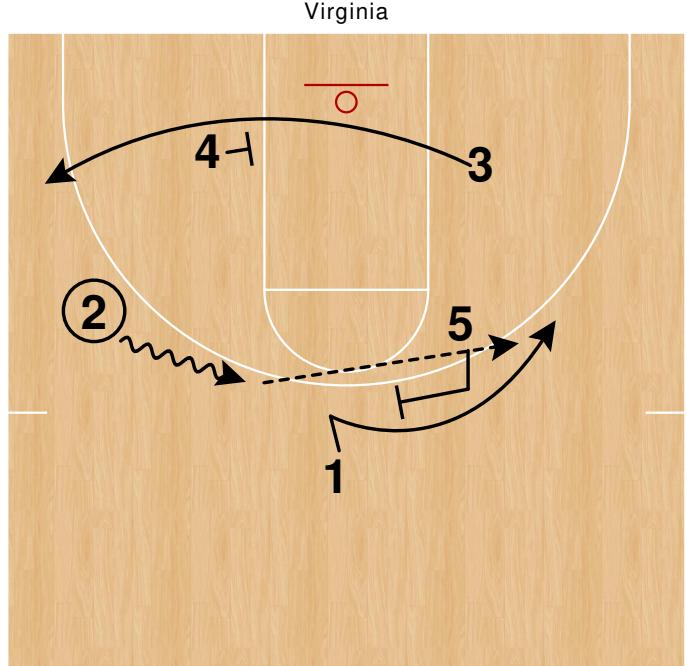
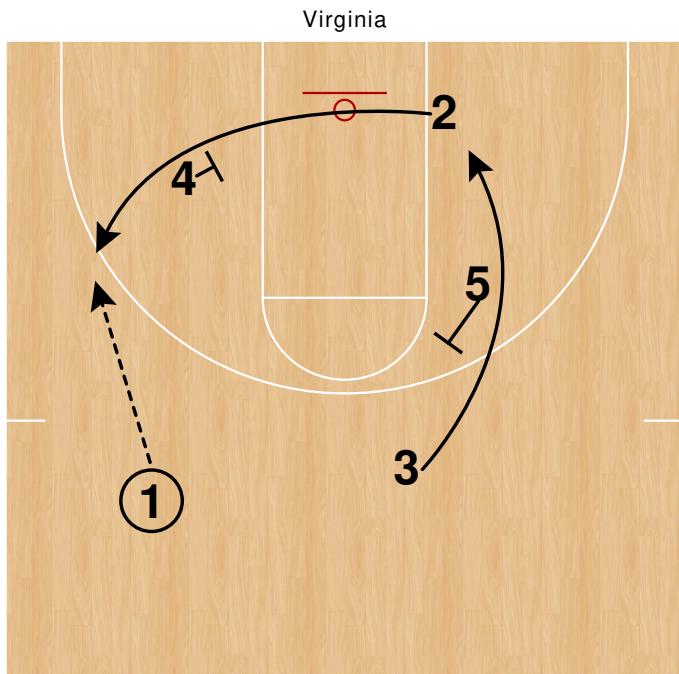


Mover Blocker - Flare

Half Court Sets

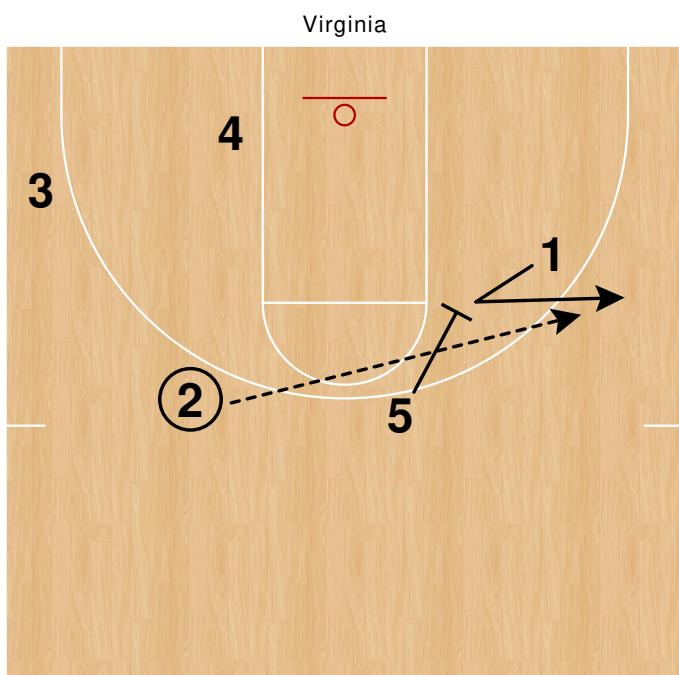
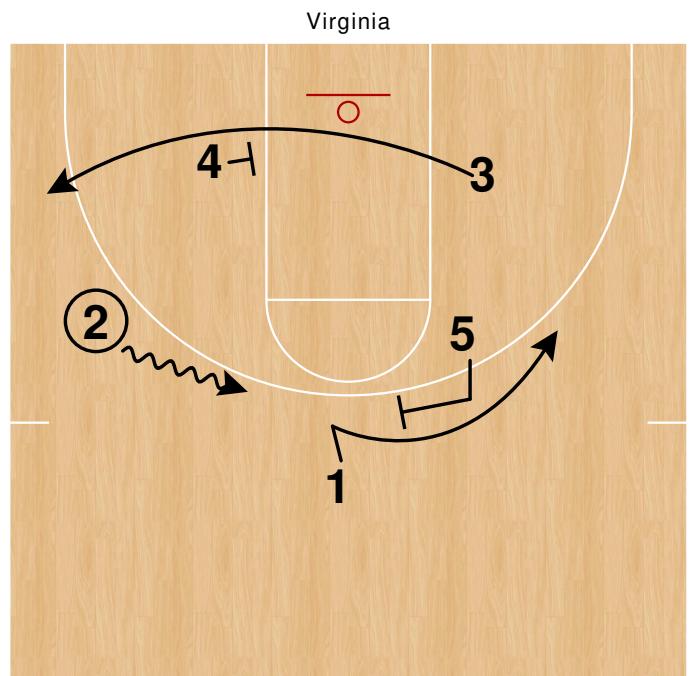
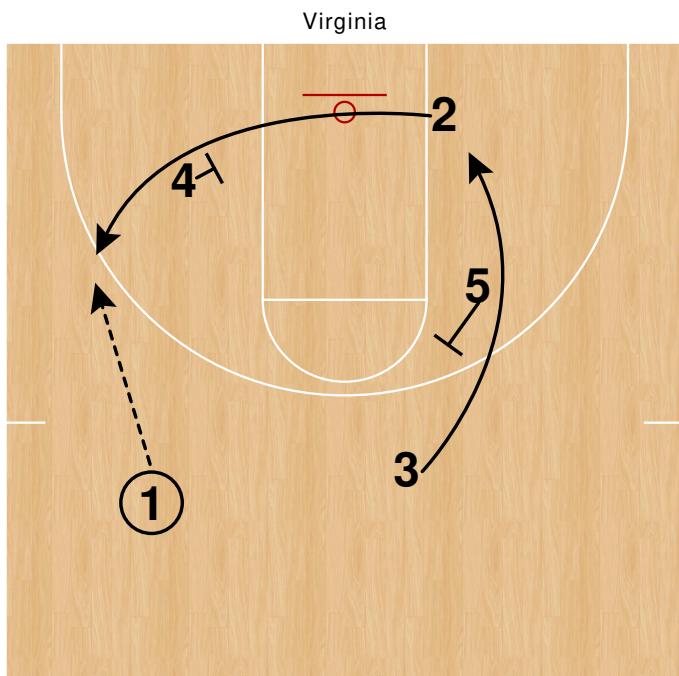


Mover Blocker - Flare (2 Man) Half Court Sets



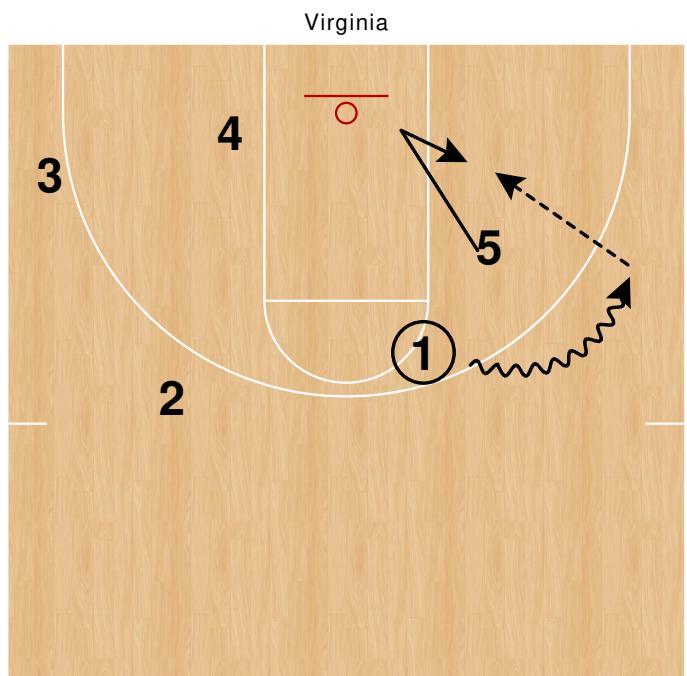
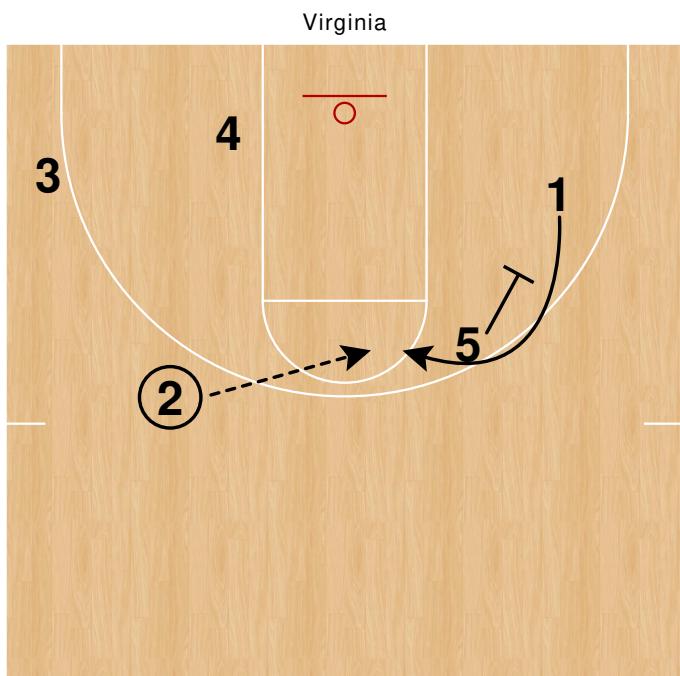
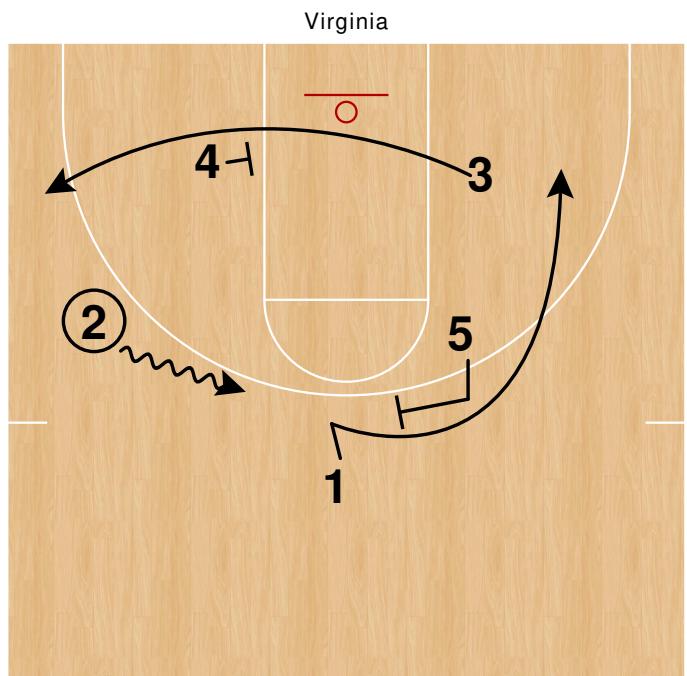
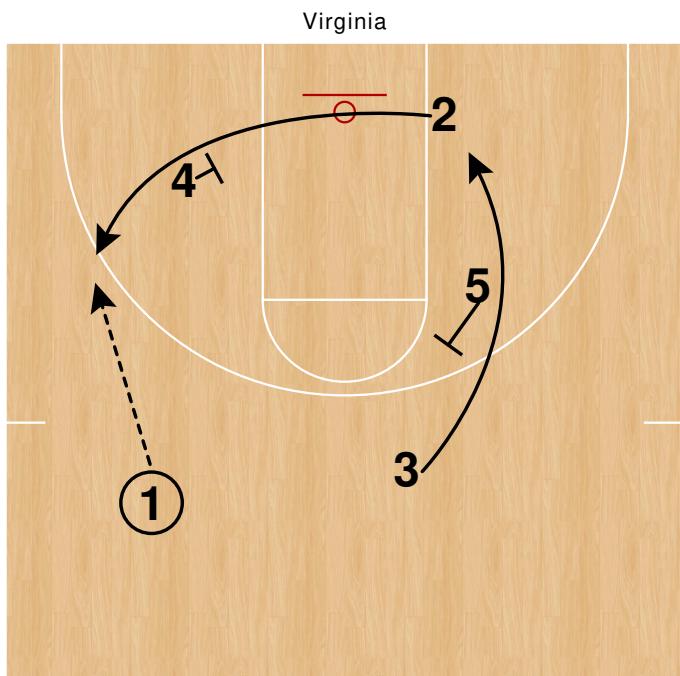
Mover Blocker - Flare (Fade Read)

Half Court Sets



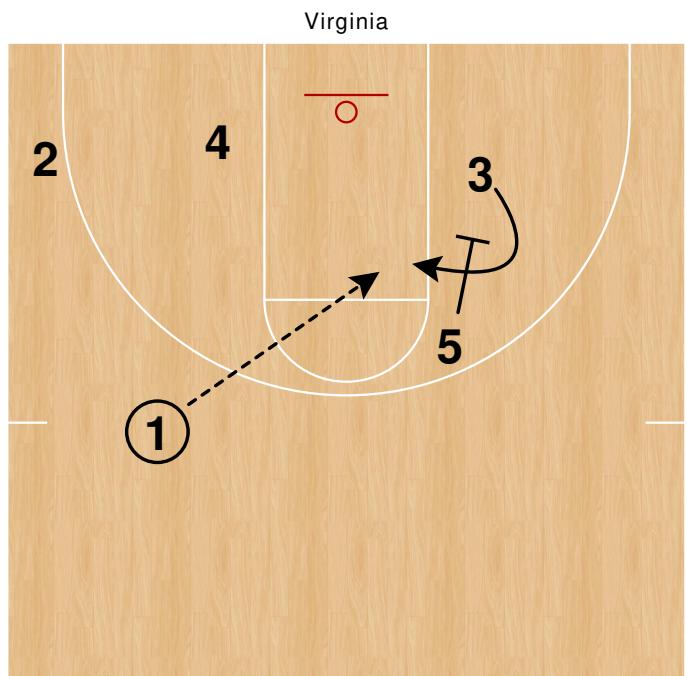
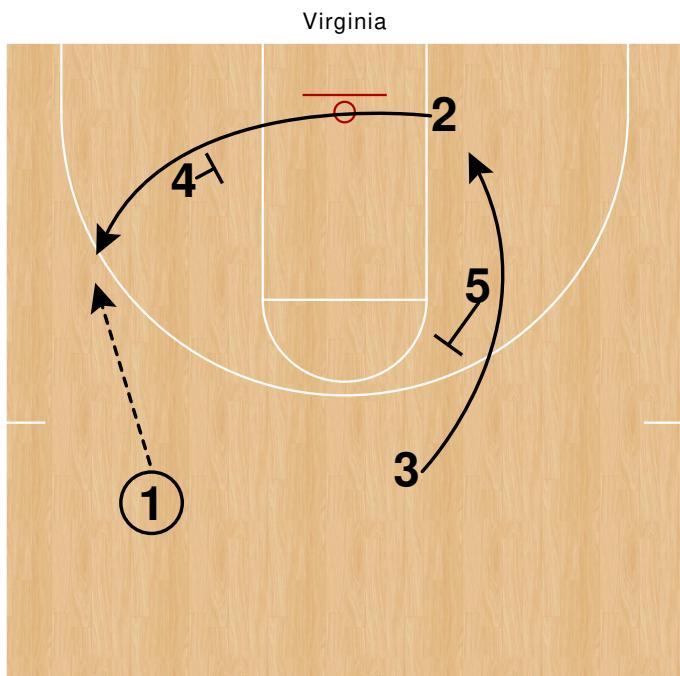
Mover Blocker - Flare (Rescreen)

Half Court Sets



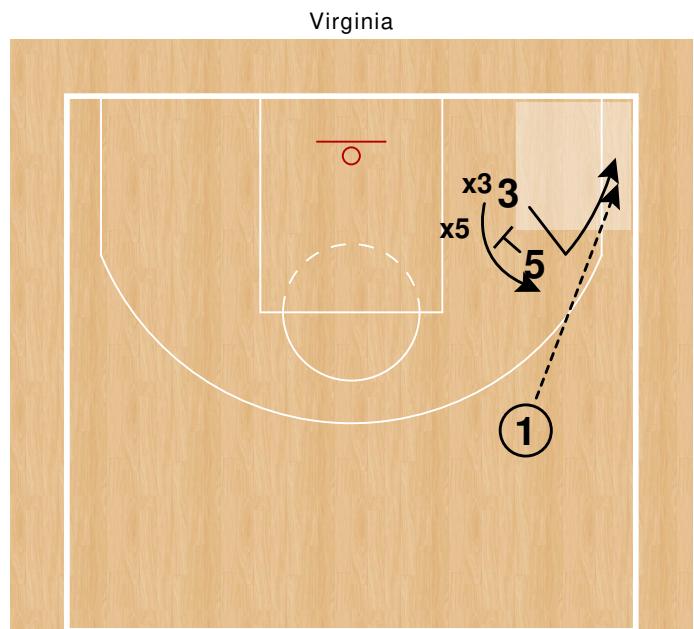
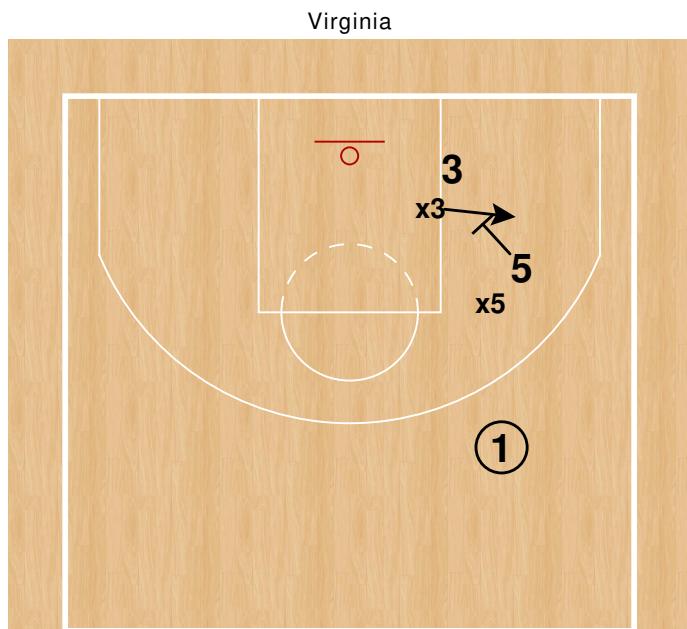
Mover Blocker - Rescreen

Half Court Sets



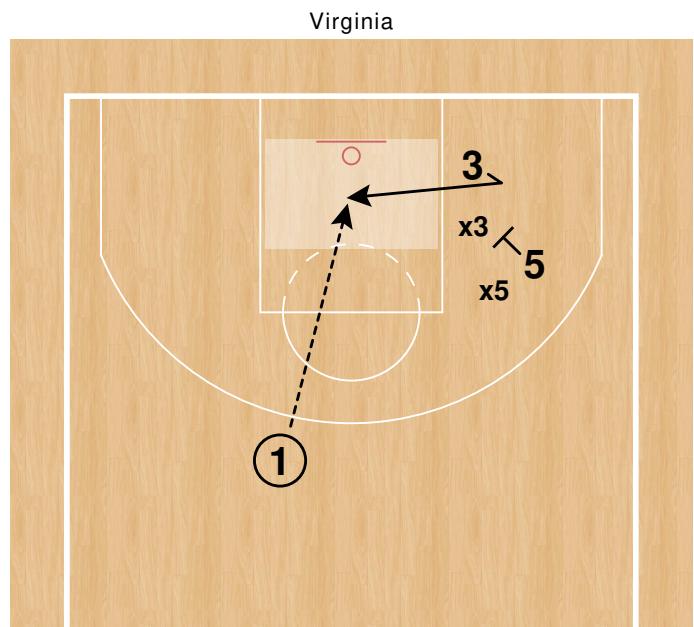
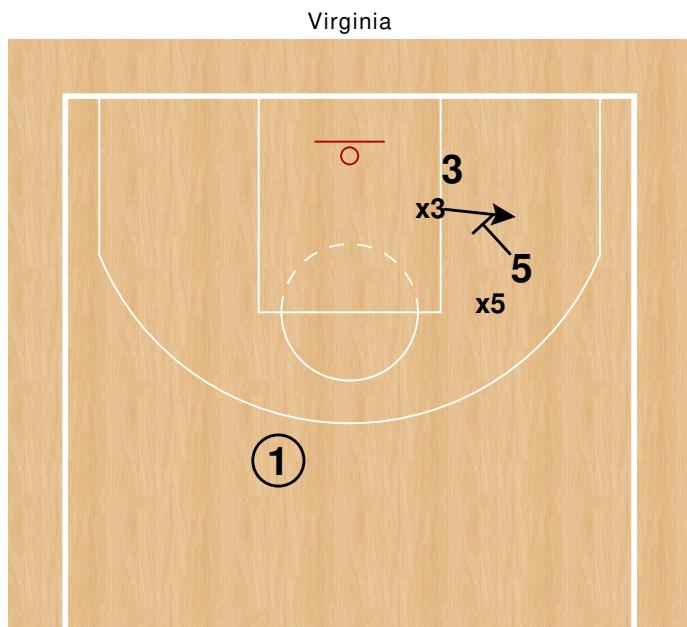
Exit - Fade Read

Half Court Sets



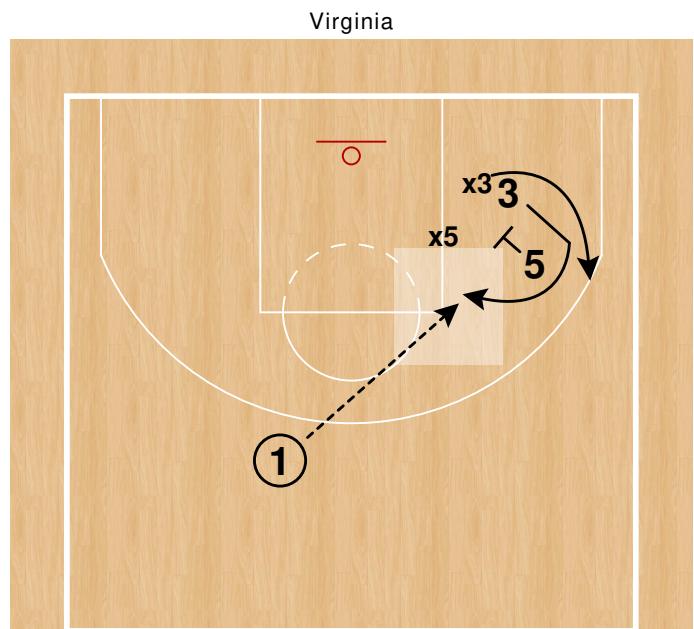
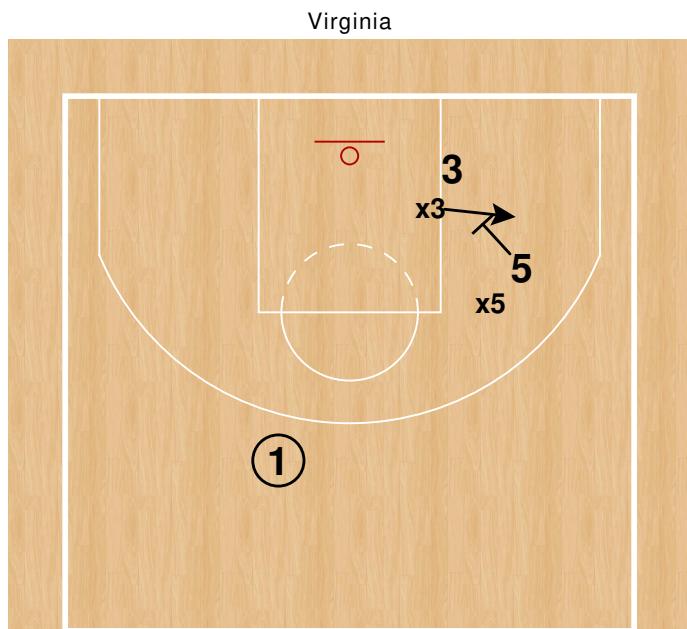
Exit - Backdoor Read

Half Court Sets



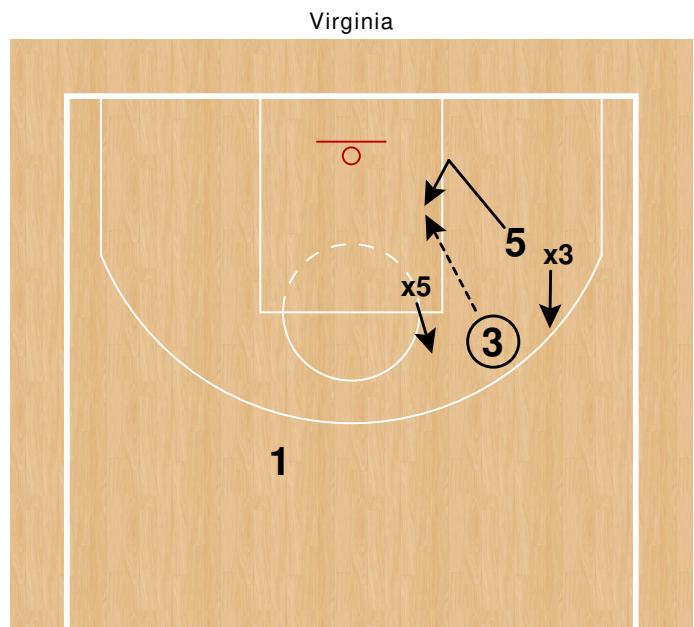
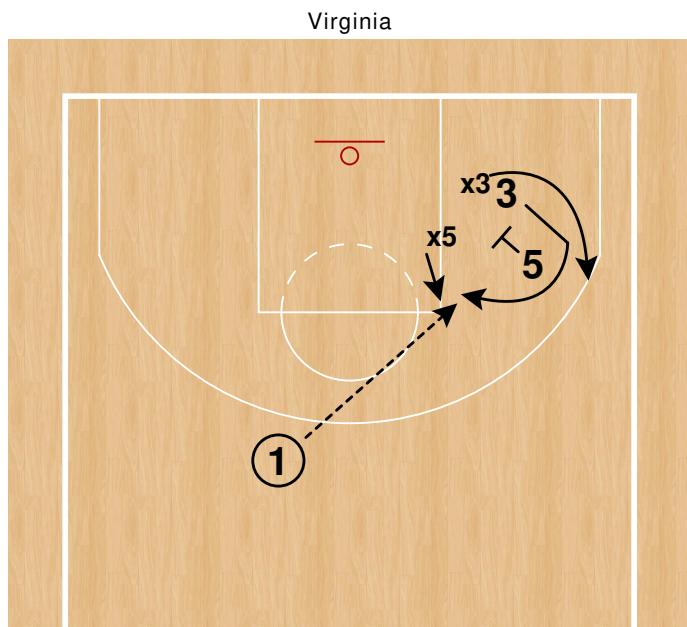
Exit - Curl Read

Half Court Sets



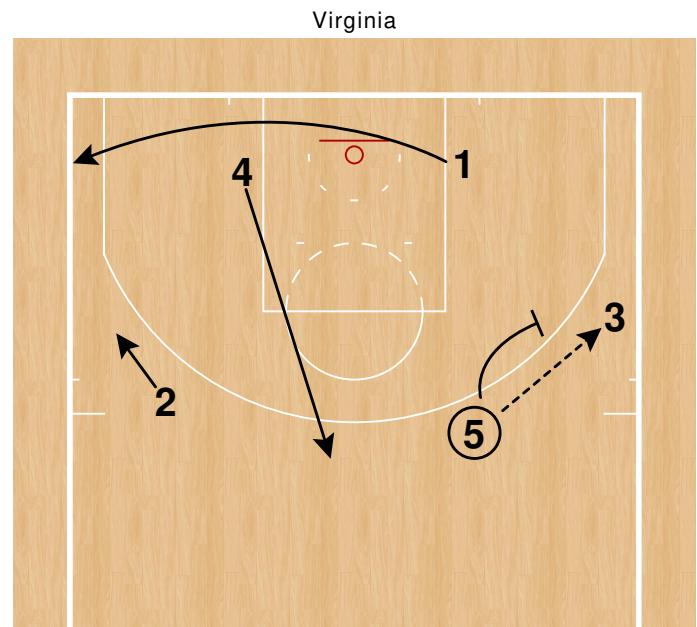
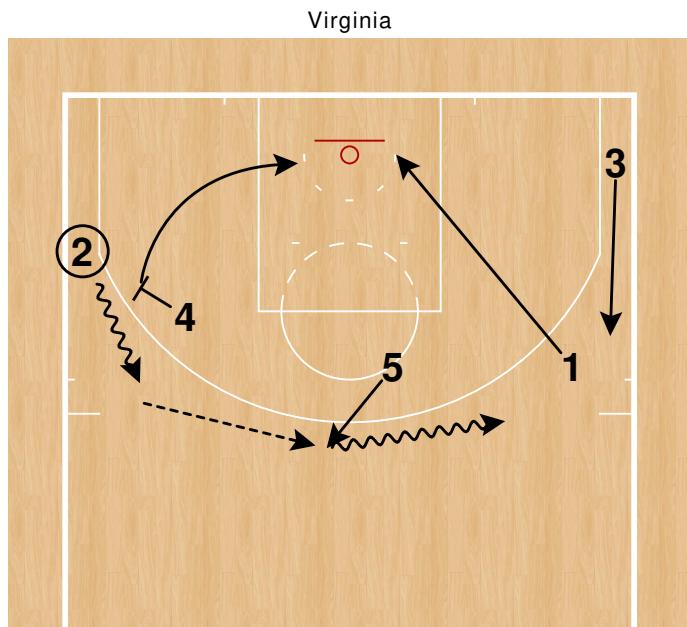
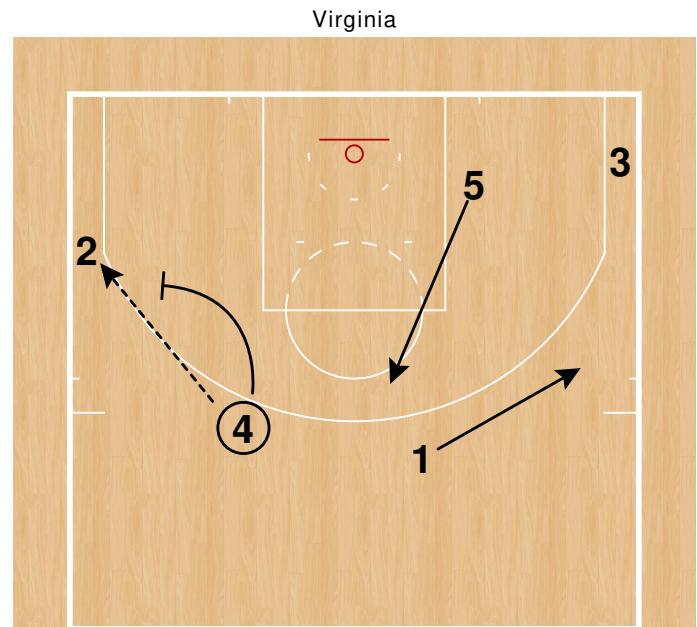
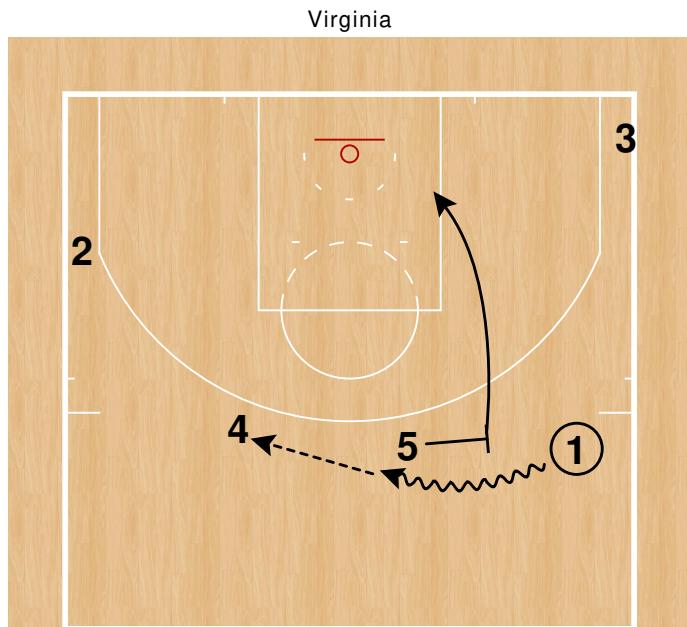
Exit - Hit Screener

Half Court Sets



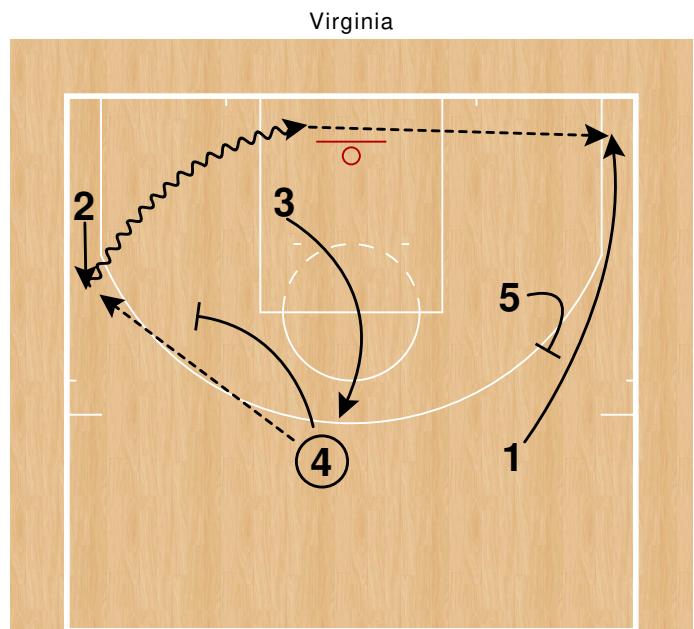
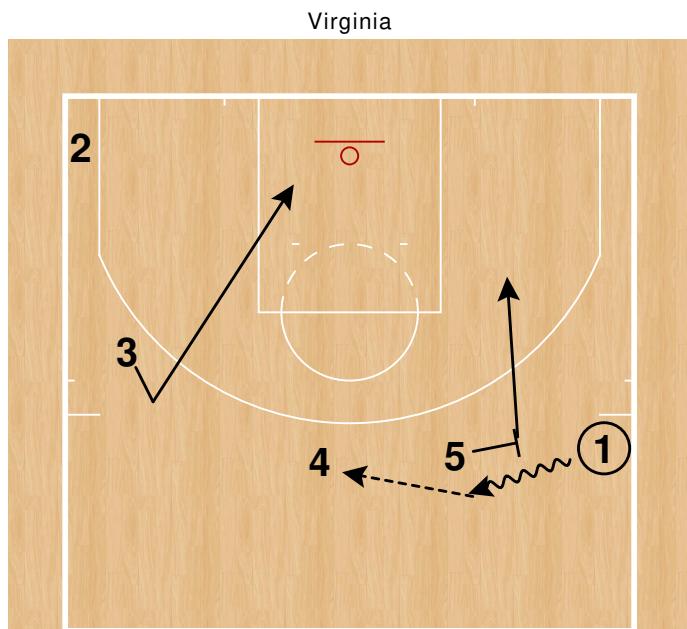
Euro

Half Court Sets



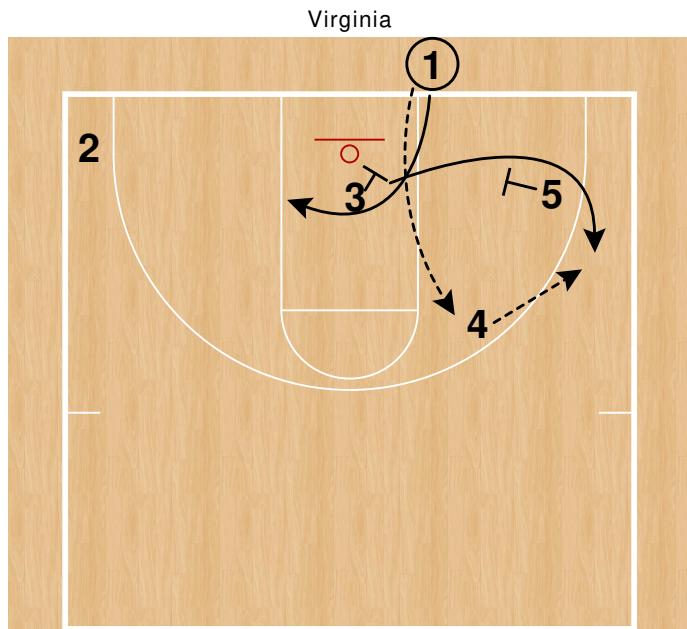
Euro - Hammer

After Time Out



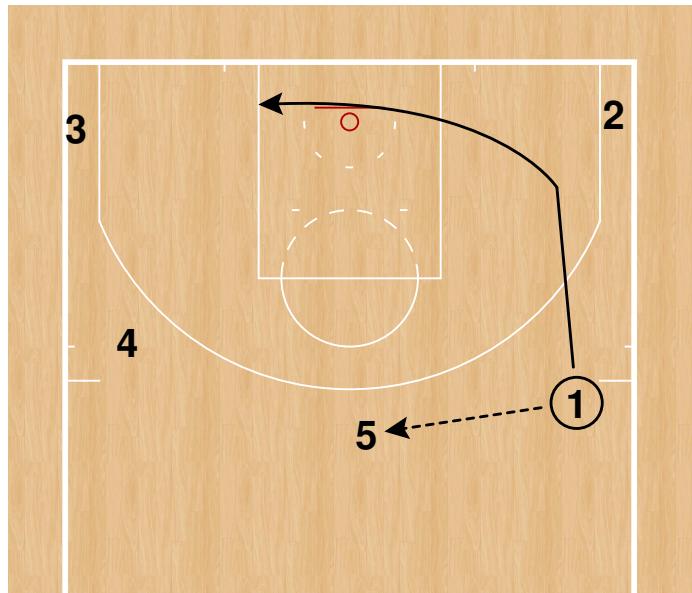
1 Out

Baseline out of Bounds

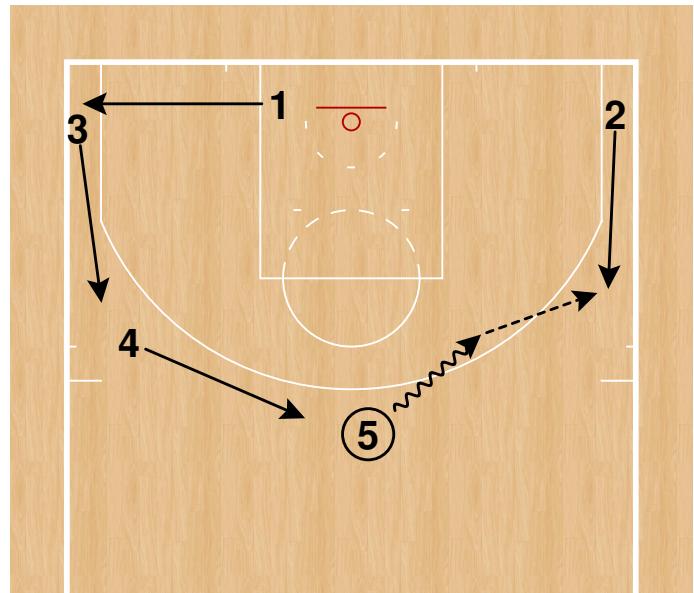


Delay Clear Half Court Sets

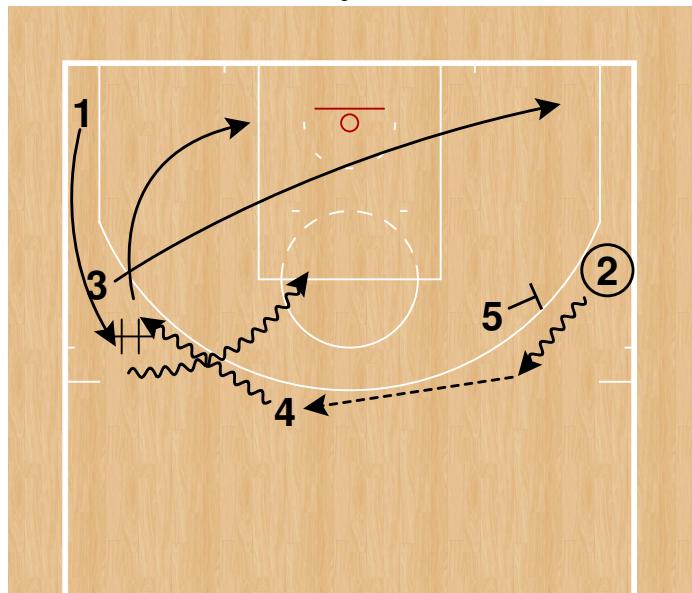
Virginia



Virginia



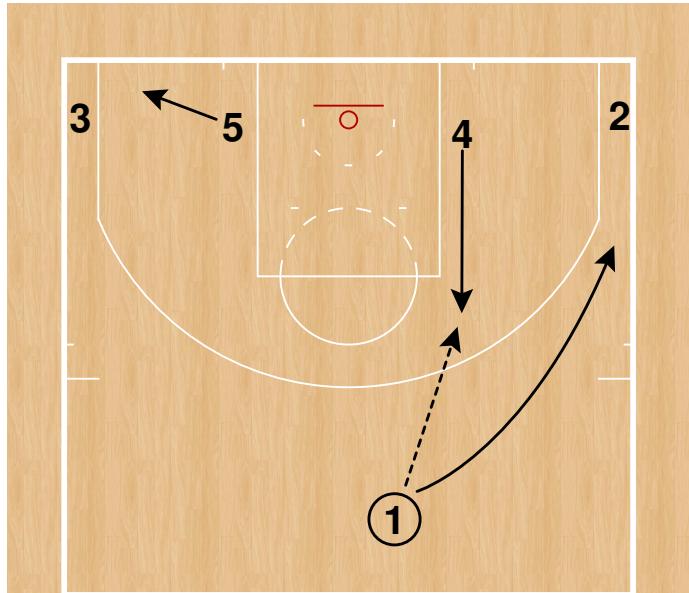
Virginia



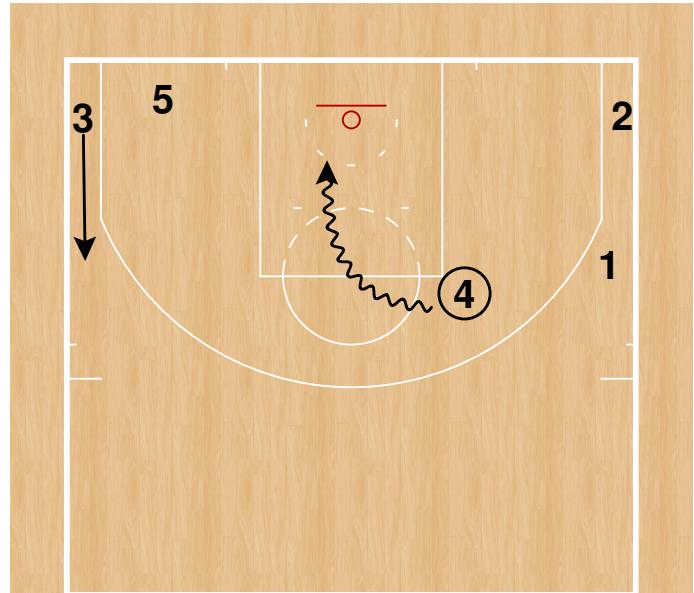
Elbow ISO

Half Court Sets

Virginia

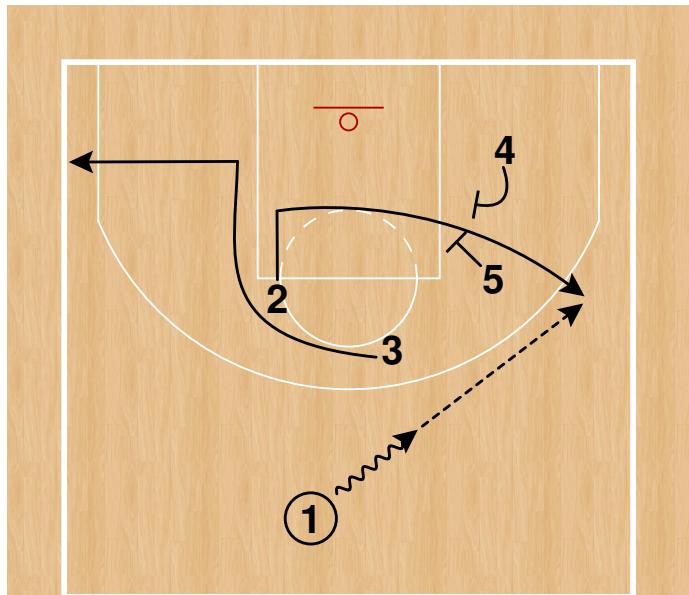


Virginia

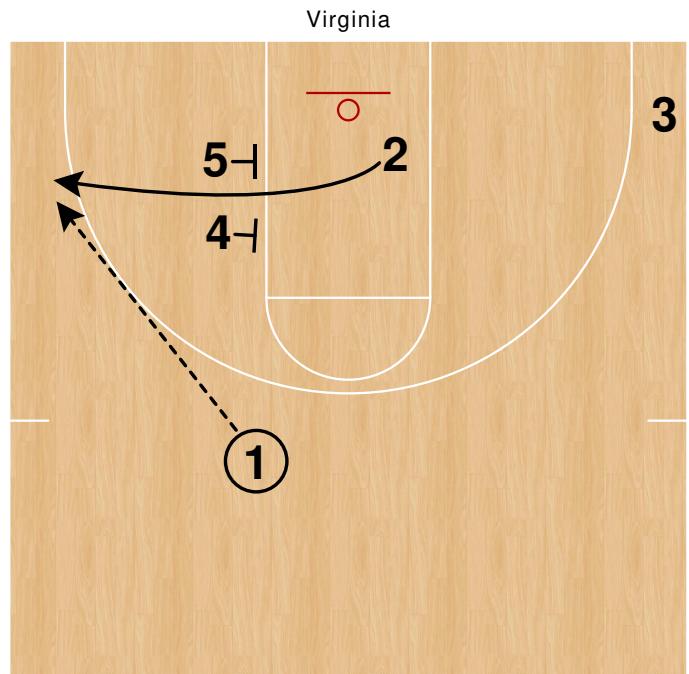
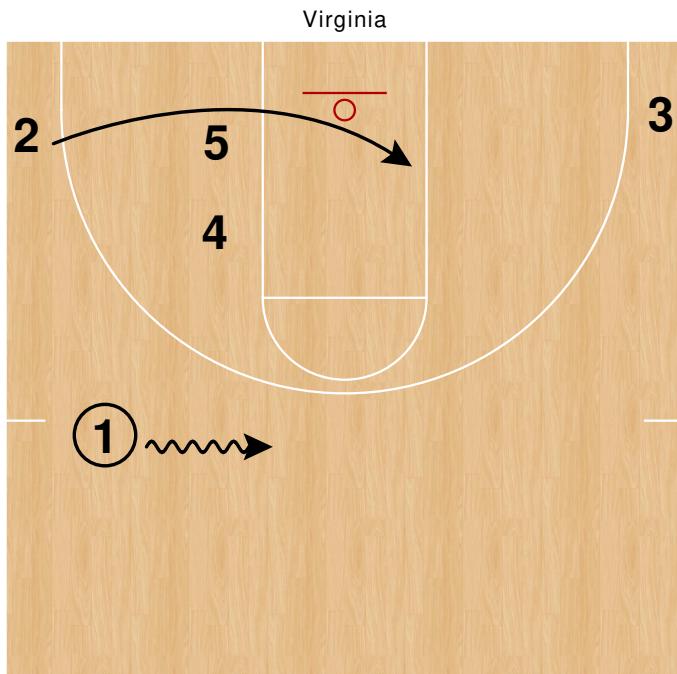


Elevator Half Court Sets

Virginia

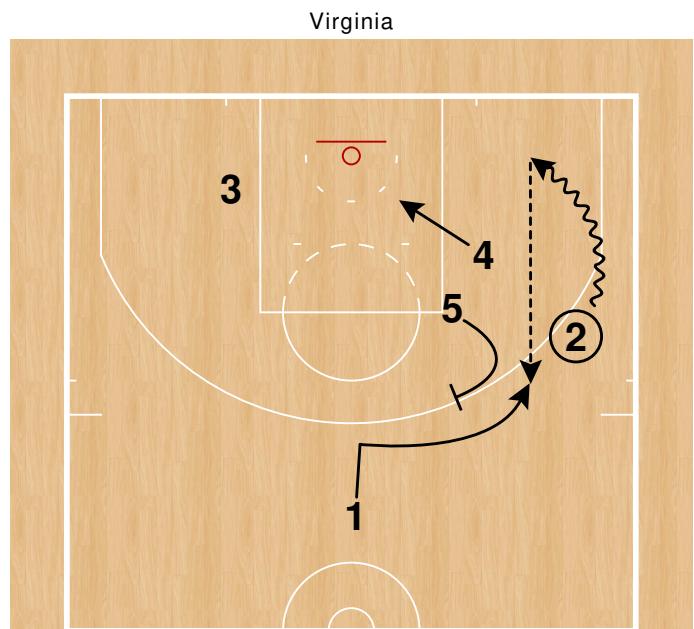
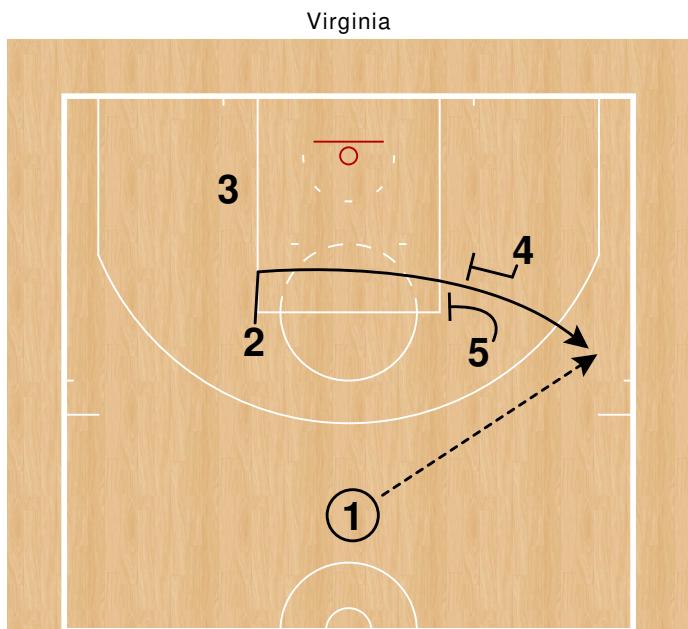


Elevator Half Court Sets



Elevator - Throwback

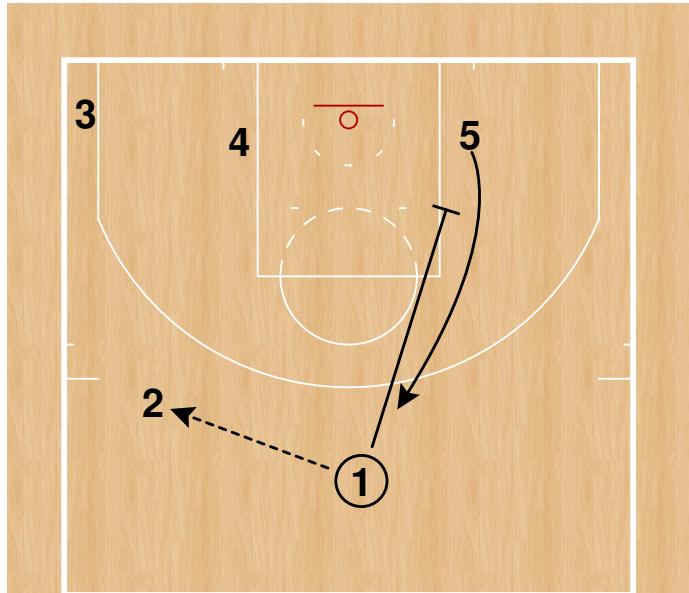
After Time Out



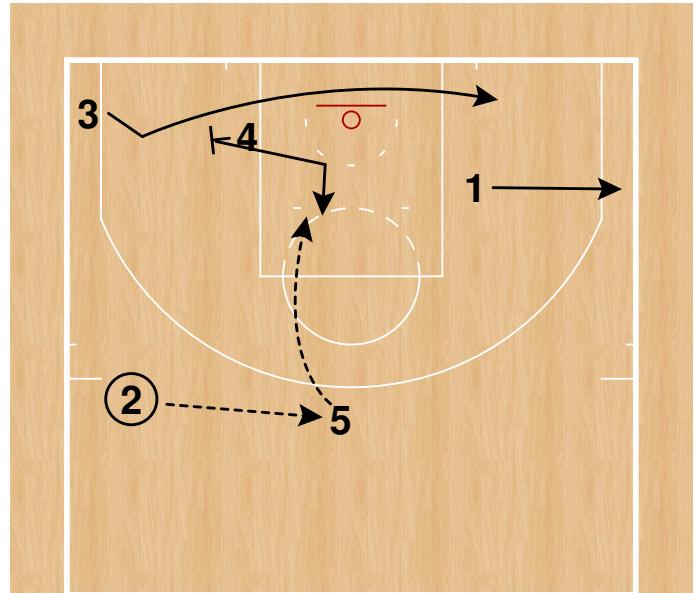
Flex Duck

Half Court Sets

Virginia

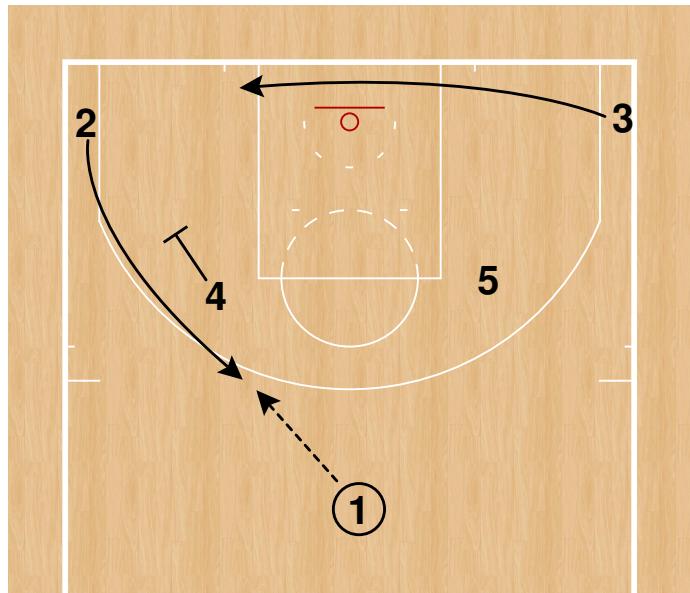


Virginia

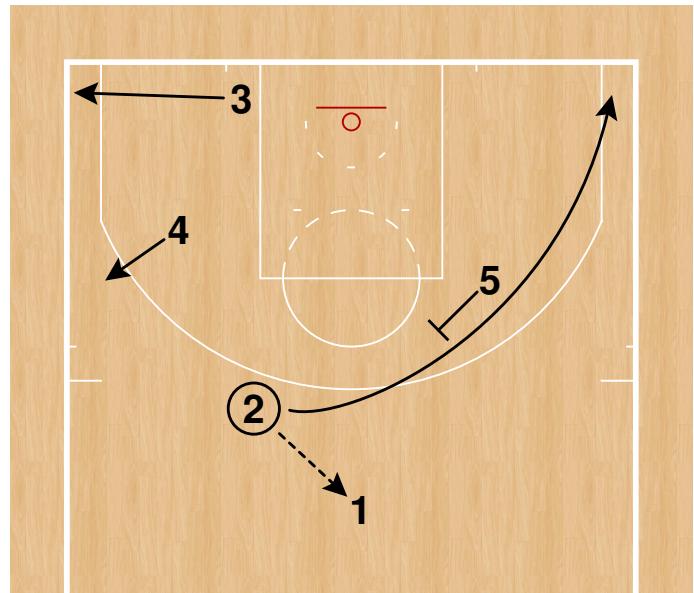


Flip - Spread Half Court Sets

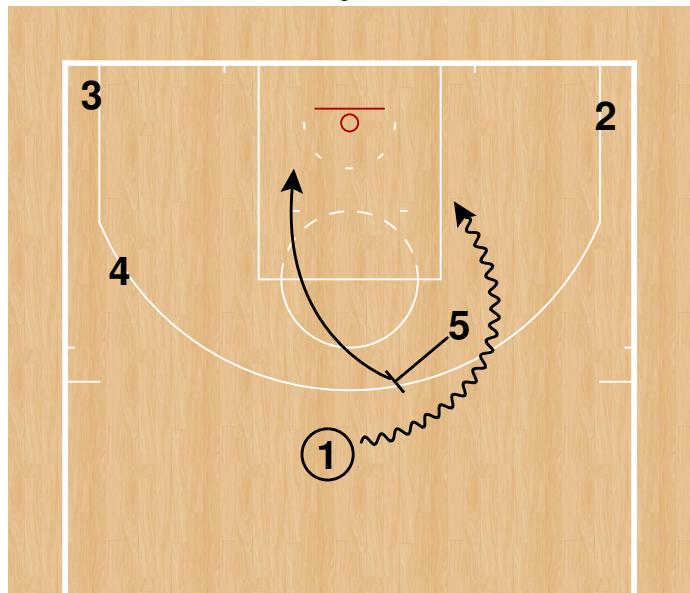
Virginia



Virginia

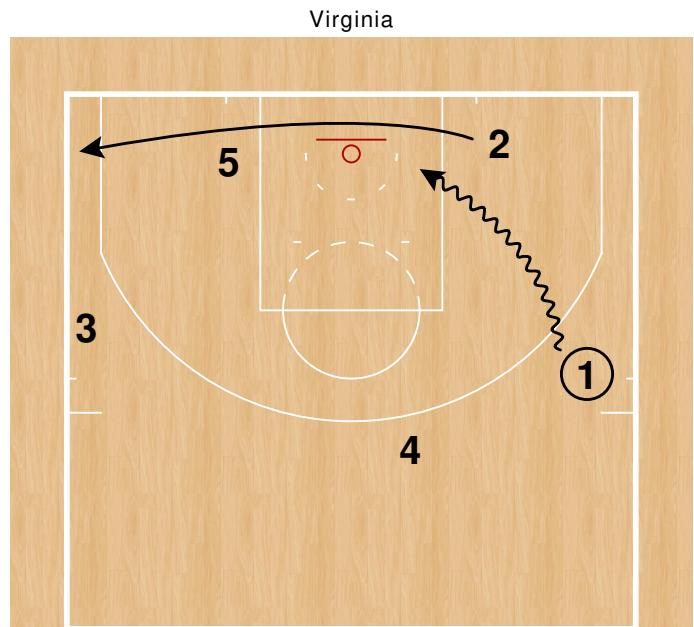
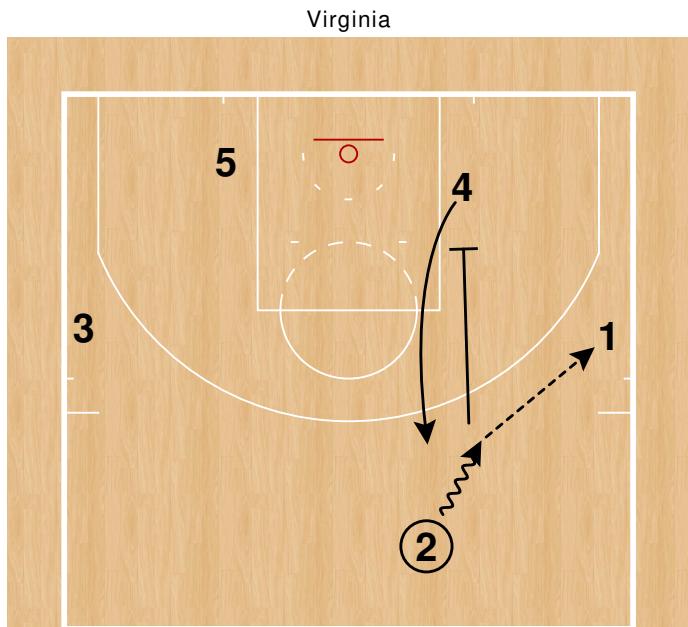


Virginia



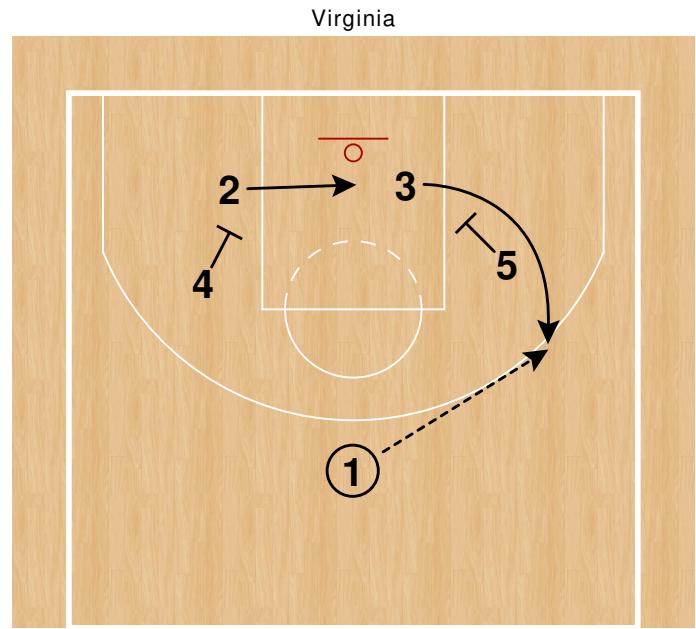
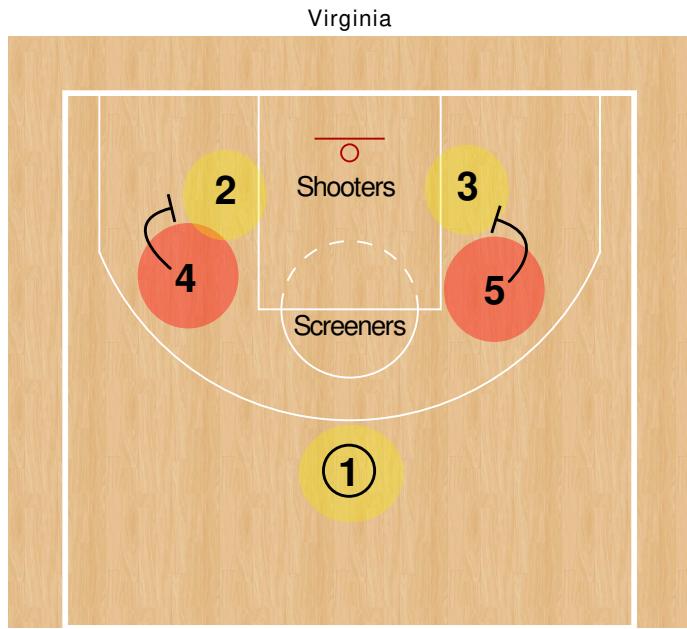
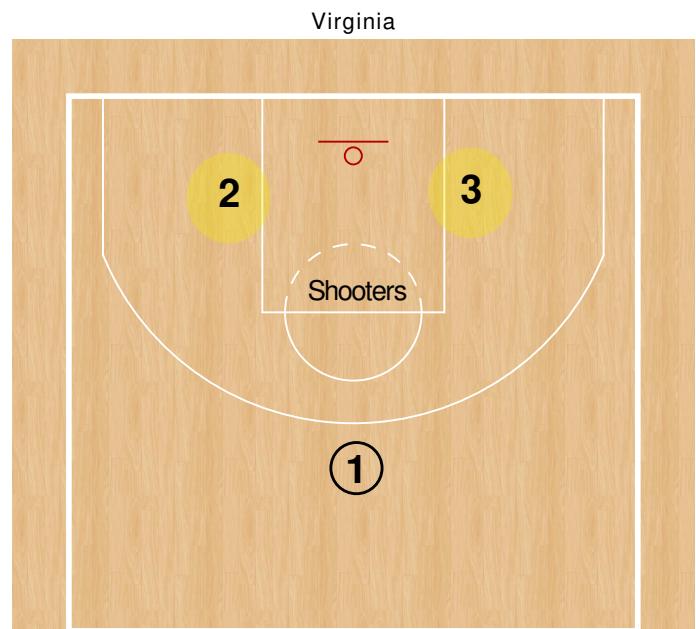
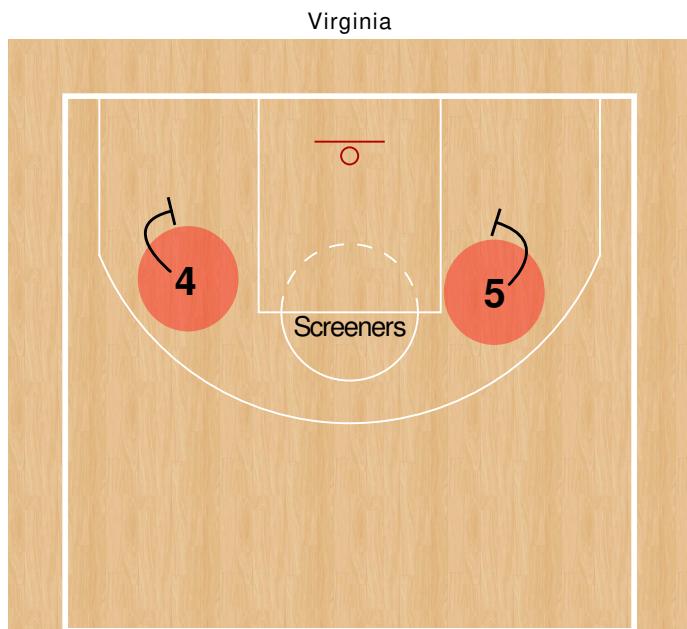
PG ISO

Half Court Sets



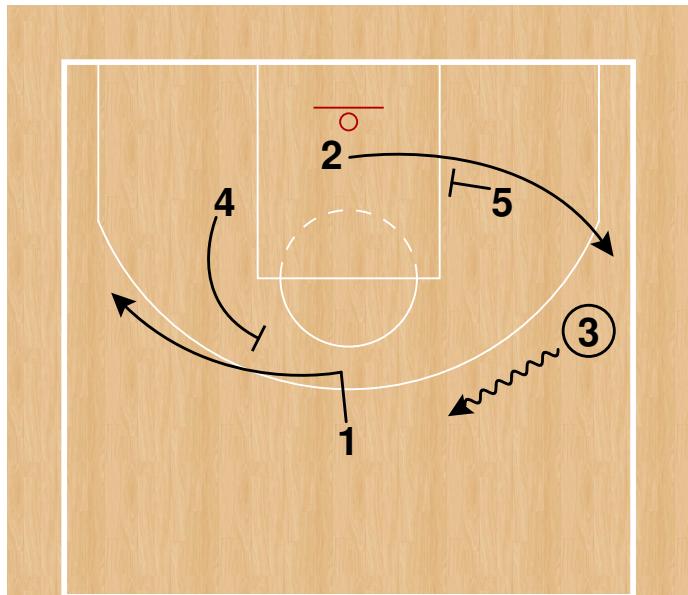
Setup - Mover Blocker

Half Court Sets



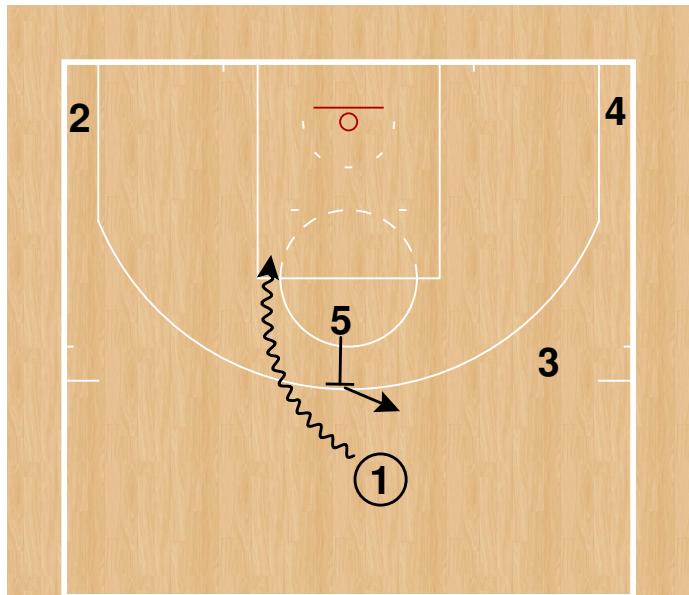
Setup - Mover Blocker Half Court Sets

Virginia

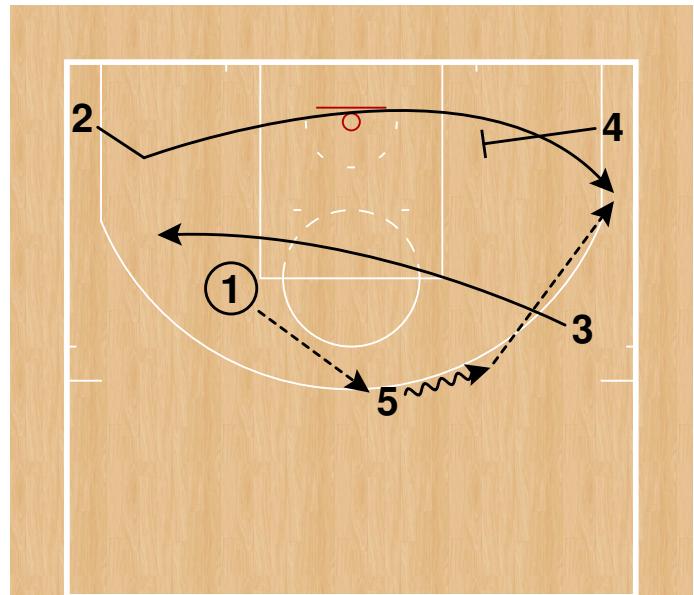


Spread Pop Half Court Sets

Virginia

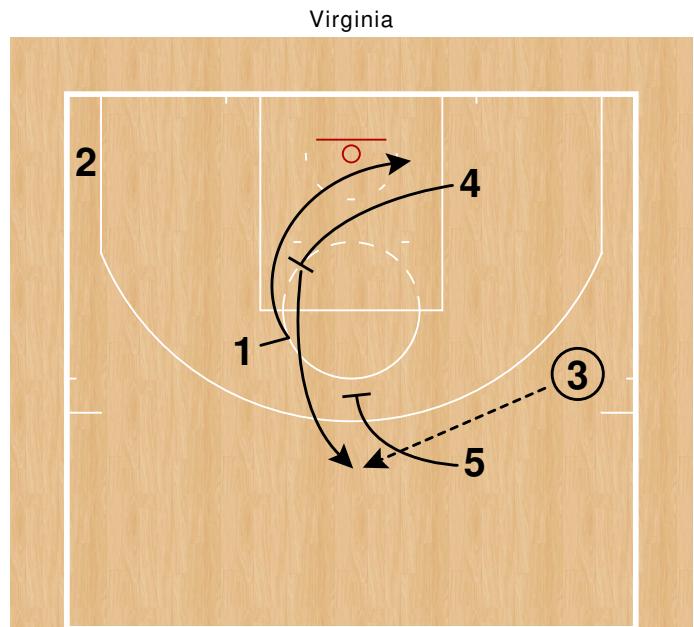
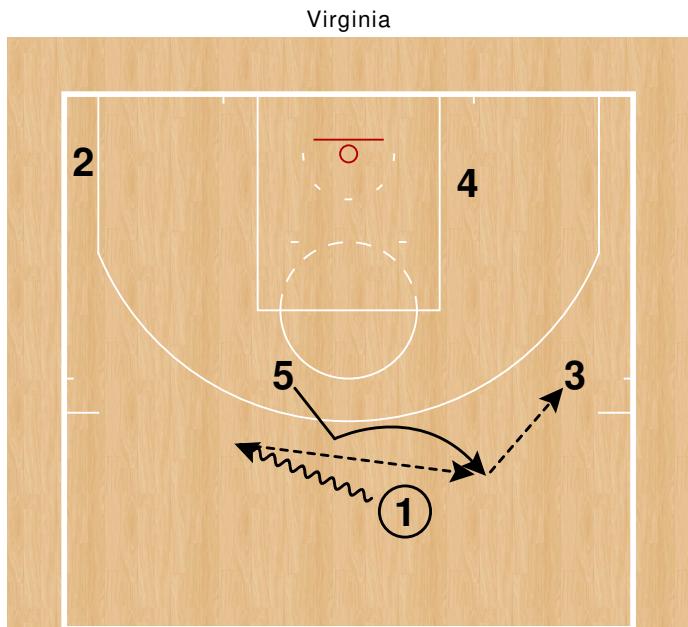


Virginia

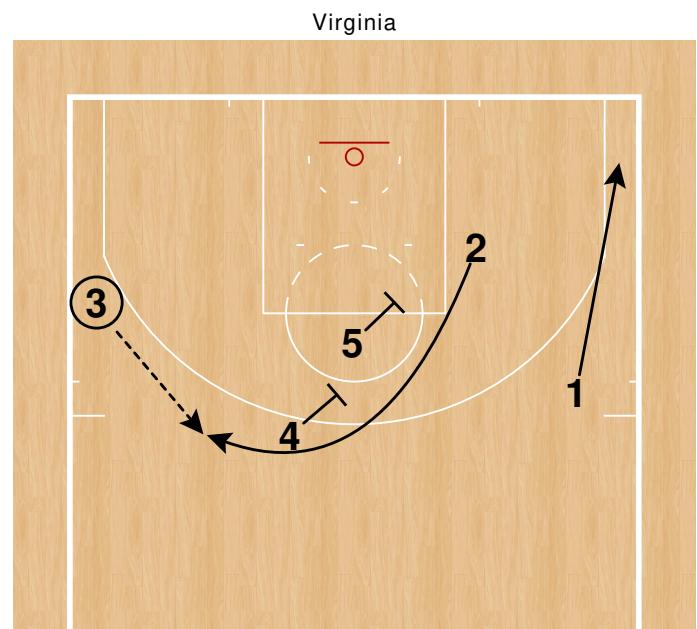
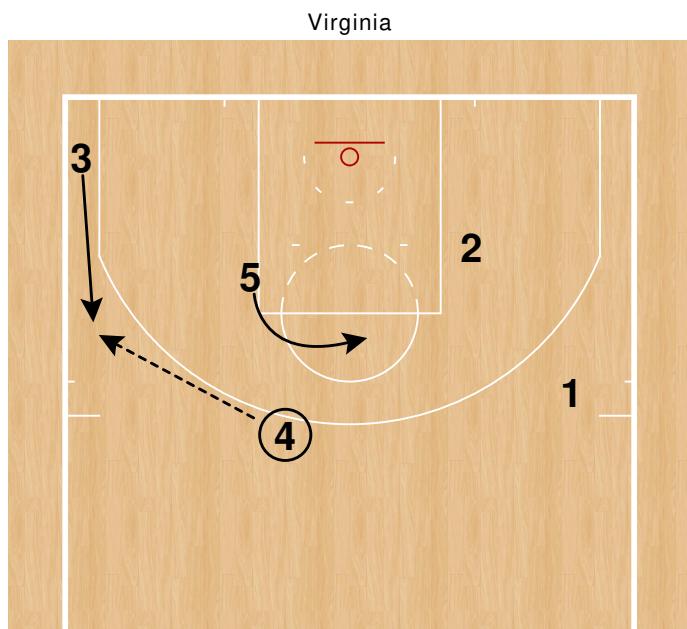
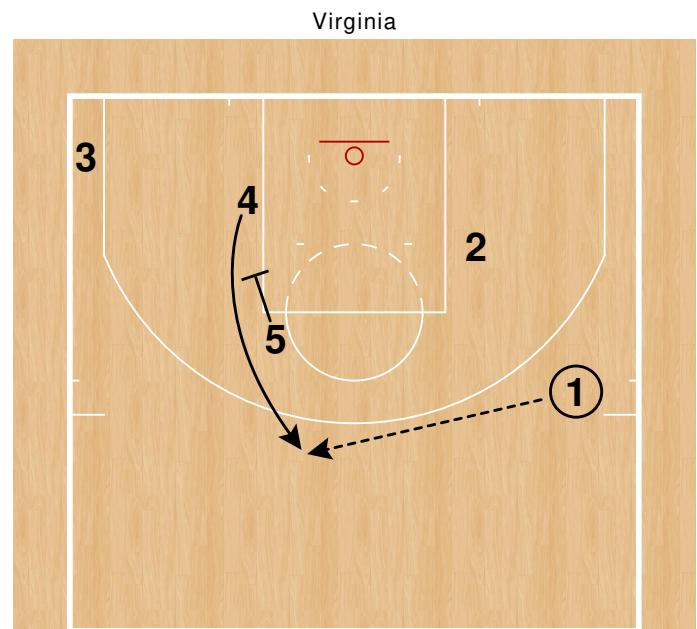
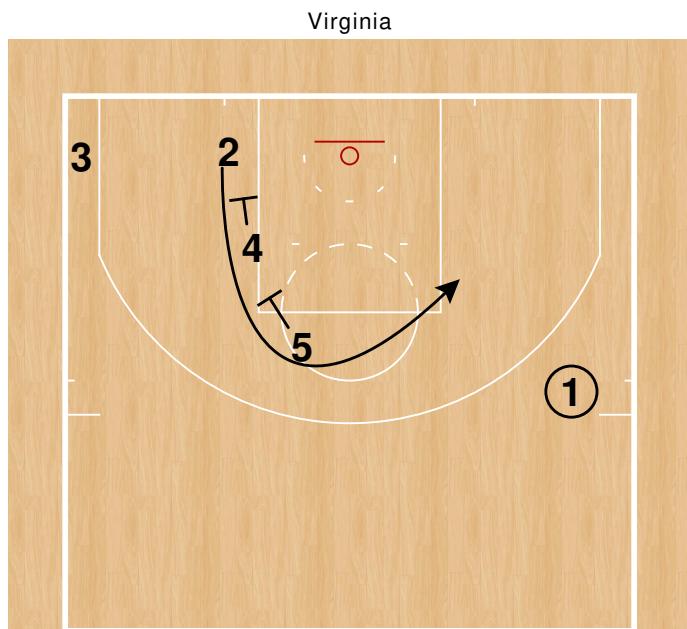


STS

Half Court Sets



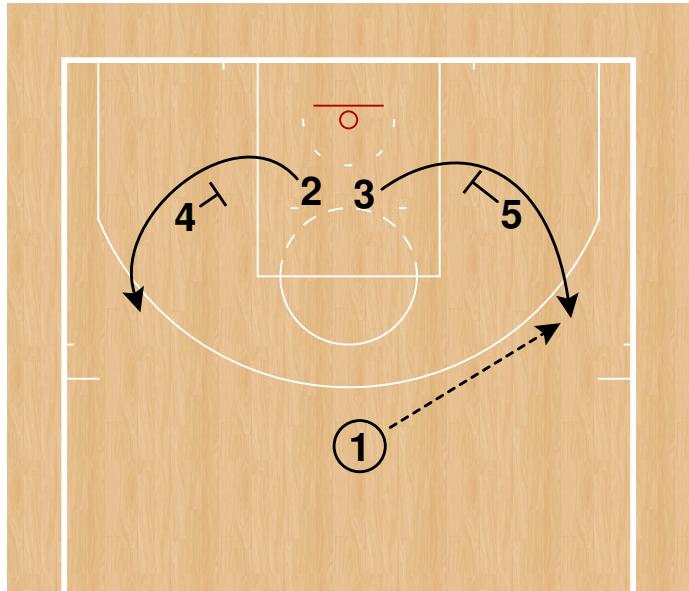
Thirds Half Court Sets



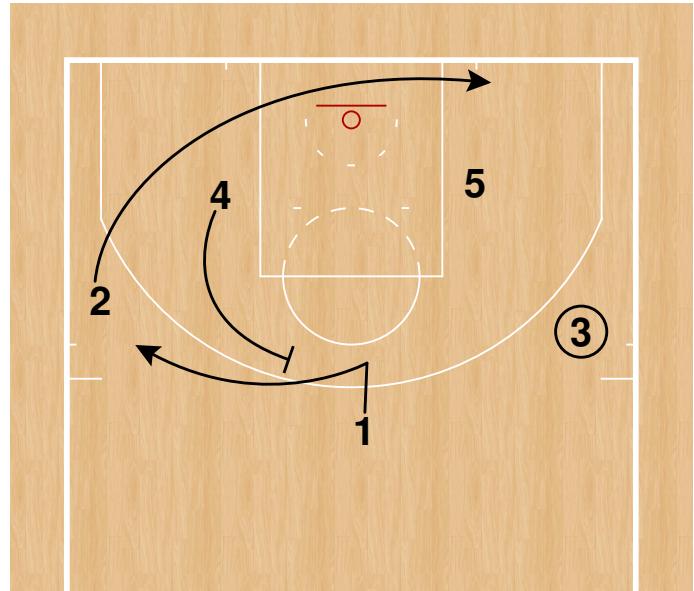
Thumbs Up

Half Court Sets

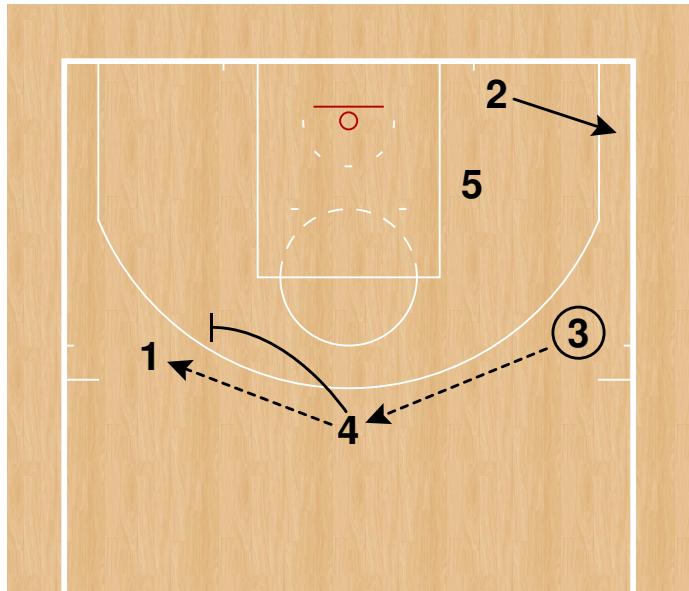
Virginia



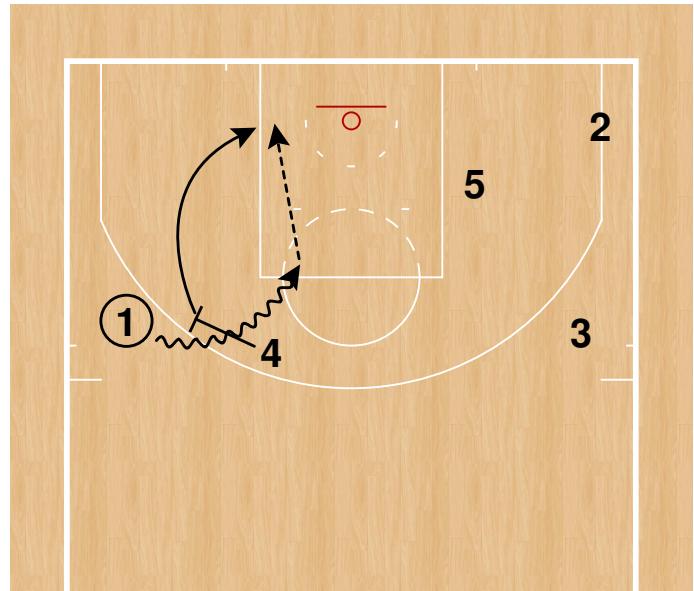
Virginia



Virginia

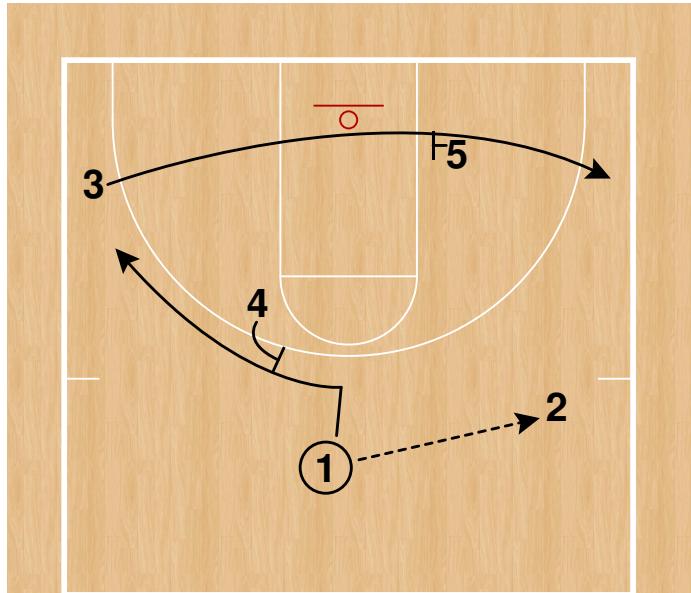


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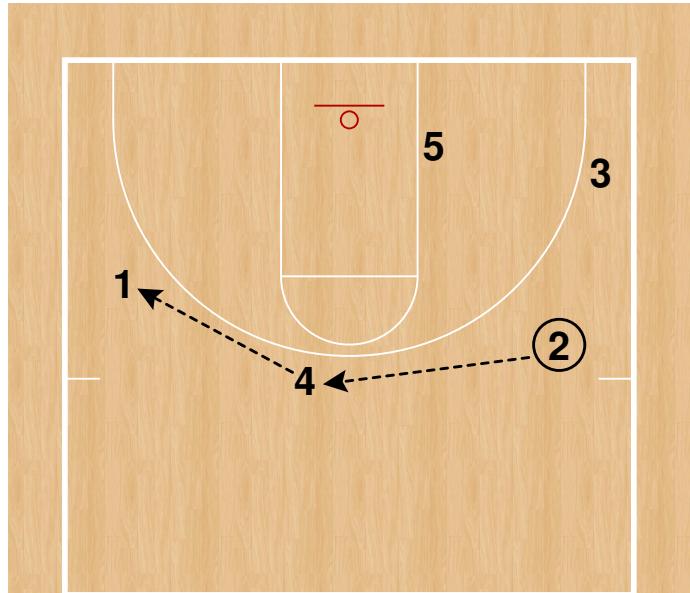


Thumbs Up - Flood Half Court Sets

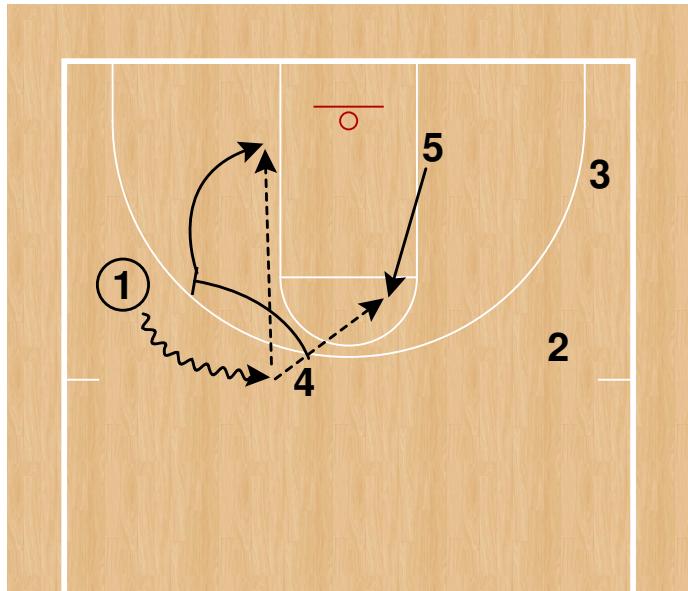
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Virginia

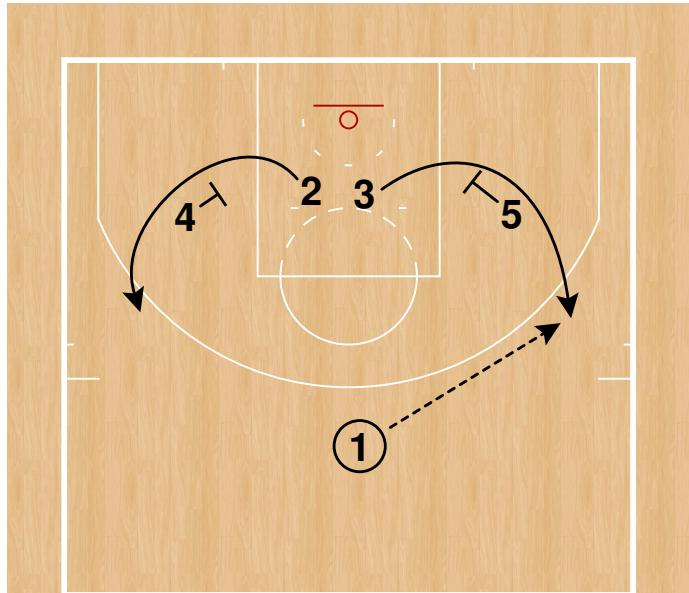


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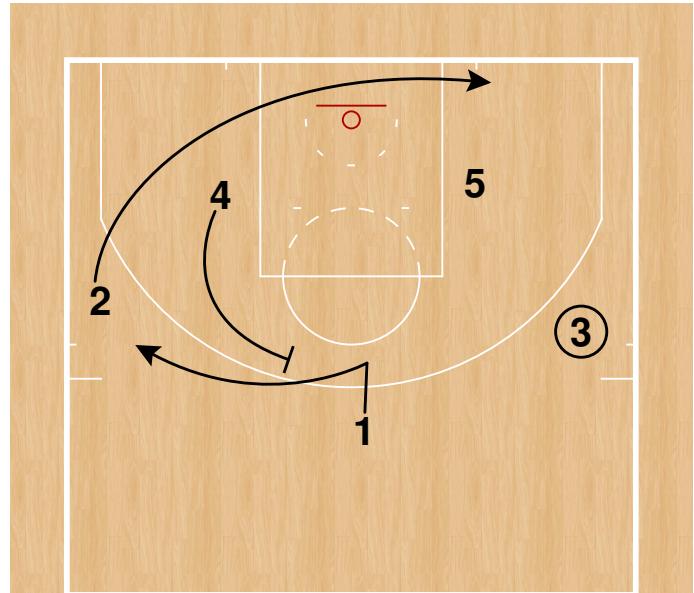


Thumbs Up - Pin Half Court Sets

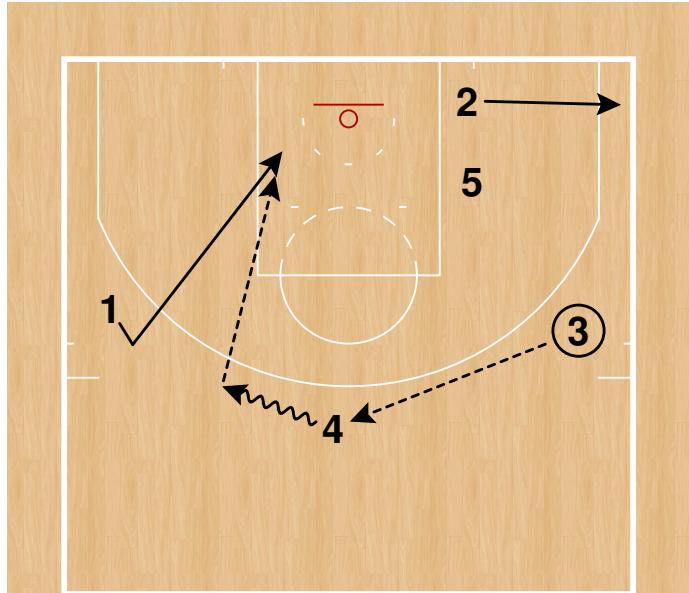
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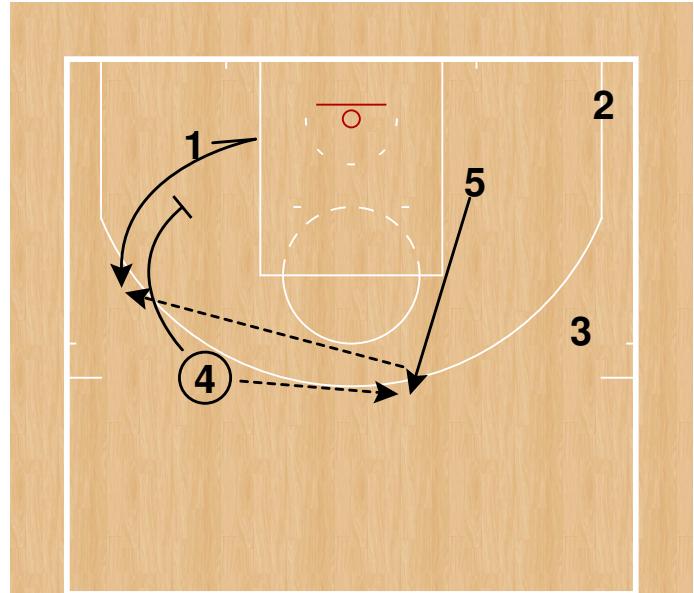
Virginia



Virginia



Virginia



Zone 14

Half Court Sets

