

## Defensive Breakdowns Worksheet

Team: \_\_\_\_\_ vs \_\_\_\_\_

Date: \_\_\_\_\_ Observer: \_\_\_\_\_

Video – Live

### Defensive Transitions

<b>Def Transition</b>	Get Back		Slow Get Back		Pressure Reb		Deny Outlet/Ball	
Pick Up Point	Full		3/4 Court		Half Court		3 Pt Line	
Ball Pressure	Hard		Soft		None			
1st Pass Denials	Hard		Soft		None			

Notes:

### Defensive Disruptions & Frequencies

<b>Post Ups</b>	Front		Behind		3/4		Push Out		Trap	
Post Pass Denials	Hard		Soft		None					

Notes:

<b>Side Screens</b>	S & R		Switch		Go Under		Slide Thru		Trap		Trap Early	
Pushes	Base		Middle		None							

Notes:

<b>Mid Screens</b>	S & R		Switch		Go Under		Slide Thru		Trap		Trap Early	
Pushes	Side		Middle		None							

Notes:

<b>Off Ball Screens</b>	S & R		Switch		Go Under		Slide Thru		Chase Over	
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Notes:

<b>High Post Rubs</b>	S & R		Switch		Go Under		Chase Over		None	
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Notes:

<b>Wing Iso</b>	Straight		Base Push		Middle Push		Trap		Trap Early		None	
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Notes:

<b>Mid Iso</b>	Straight		Side Push		Trap		Trap Early		None	
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Notes:

<b>Zones</b>	2-3		1-2-2		1-3-1		Match Up		Combo	
Pressure	Active		Packed		Soft		Trap			

Notes:

### Defensive Situations

<b>Presses (Full)</b>	Man		Zone 2-2-1		1-2-2		1-3-1		2-1-2		Other	
Pressure Point	Deny Inbounds Pass				Trap 1st Pass		Sideline Trap		None			

Notes:

<b>Presses (Half)</b>	Man		Zone 2-2-1		1-3-1		2-1-2		2-2-1		Other	
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Notes:

<b>Out of Bounds (Base)</b>	Straight		S & R		Switch		Trap		Zone	
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Notes:

<b>Out of Bounds (Side)</b>	Straight		S & R		Switch		Trap		Zone	
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Notes: