

# Providing Strong Backside Support

## What to Discover or Recall:

*Helpside support not only eliminates one-on-one isolations, but also provides the defense with a numerical advantage.*

*Helpside defenders are responsible for both their opponent and the player with the ball.*

*Helpside support requires more alertness and effort than guarding a player with the ball. Helpside defense is NOT a place to relax and rest.*

*Helpside "I" defense requires six basic skills.*

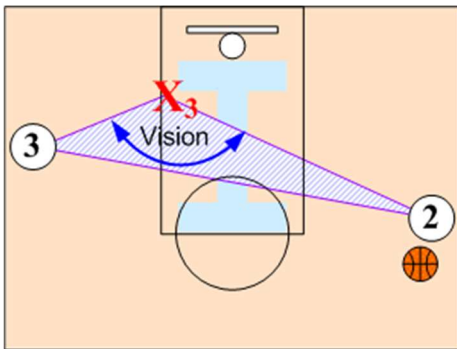
In assuming a Helpside position, the defender must remain alert and active focusing on both the player with the ball and their opponent.



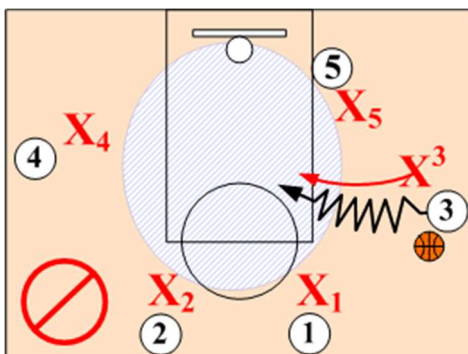
Assume a position between opponent and the ball. Using split vision, seeing both the opponent and the ball.

Maintain a low, aggressive stance pointing one hand at the opponent and the other at the ball.

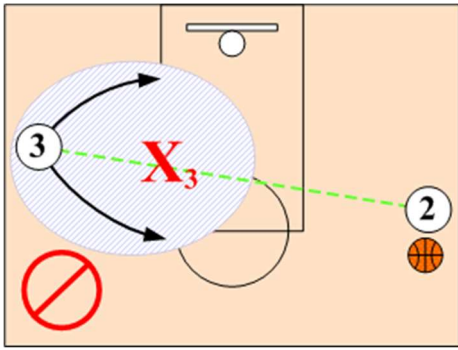
Stay alert with active feet ready to rotate. Do not stand flat-footed.



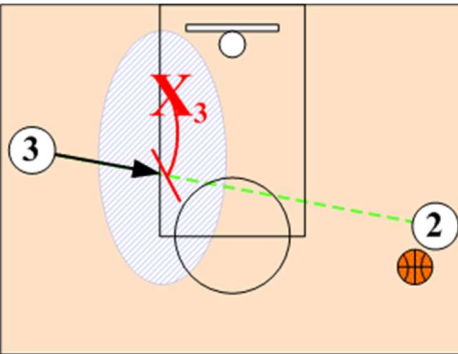
Weakside defenders should play up the passing lane using the same **Ball - "You" - Opponent** principle as ballside first pass denials. Use split vision, seeing the opponent and the player with the ball.



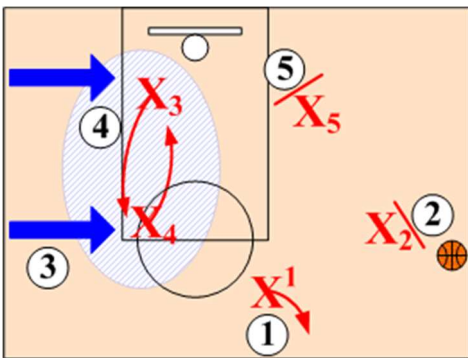
**CAUTION:** When weakside defenders play close to their opponents, it not only eliminates any defensive help, but also opens up the entire middle area of the court and actually encourages middle penetration.



Dictate direction on cuts. Do not give the cutter any options. Helpside defenders should assume a position that forces the opponent to cut in front in order to receive a pass.



When the opponent does make a cut towards the passer, the defender should step up and physically block the cut.

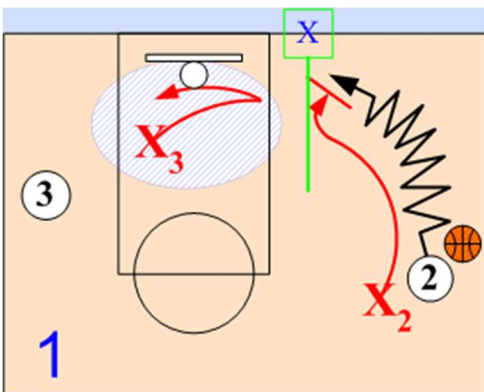


## Inverting

Players in the Helpside I position should recognize when a big player is in a "High I" position and a smaller player is in a "Low I" position, and INVERT by switching positions whenever possible.

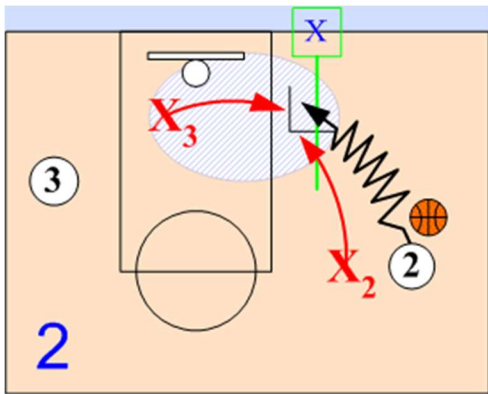
## Six Basic "Helpside I" Actions

Once in a Helpside I position, defenders can anticipate executing any one of six basic actions: Show & Recover, Taking a Charge, Double teaming, Denying Flash Cuts, Quick Close Outs, and Rebounding (helpside box outs).



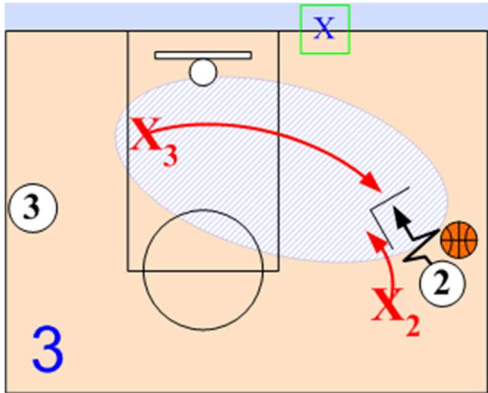
### Show and Recover

Step out and Help on dribble penetration. If/when dribbler picks up the ball or reverses direction prior to reaching the baseline pushpoint, recover back to a Helpside I position anticipating a pass.



### Take a Charge/Double Team

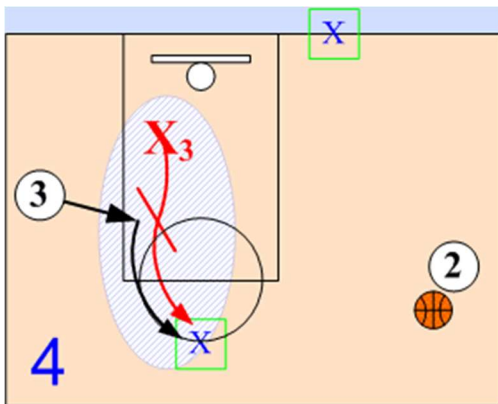
Once the dribbler penetrates beyond the baseline pushpoint extended, the weakside defender should immediately step out and take a charge or double team.



### Double Team Early

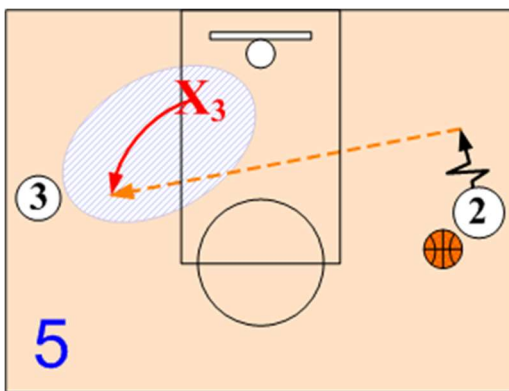
Whenever a mismatched, one-on-one situation occurs on a wing, the weakside defender should double team the ballhandler early going on the first bounce.

*Note: Double teaming early option can also be a predetermined action by a coach.*



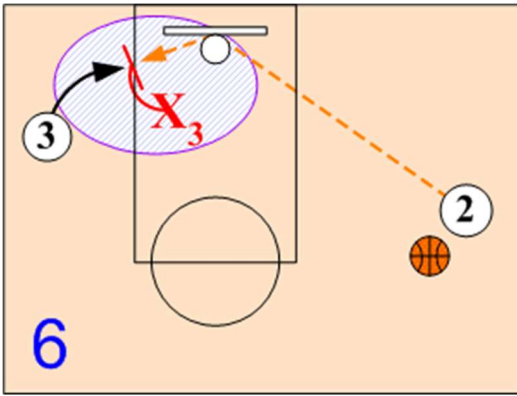
### Block Cutters

Aggressively block any direct cut to the ball or basket. Force the cutter to the top of the circle pushpoint. Act (anticipate) rather than react.



### Quick Close Outs

Since almost all passers will telegraph their passes, Helpside defenders should watch the passer's eyes. In addition, cross court passes the passer will "wind up" prior to making the pass providing the Helpside defender ample time to close out and intercept or deflect the pass.



### **Box Out & Rebound**

Assume all shots will be missed and box out opponent. Do not allow any offensive rebounds and second efforts.

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