

## Strong First Pass Denials

### What to Discover or Recall:

*Off Ball defenders must constantly attack the passing lanes.*

*In assuming a pass denial position, the defender must play "UP" the passing lane between their opponent and the ball.*

*Attacking the passing lanes disrupts offensive spacing and timing. It, also, forces the offensive players away from the basket increasing their shot and drive distance.*

*Preventing the opponent from receiving the ball requires determination.*

## Attacking the Passing Lanes

Off ball defensive efforts should be focused on obtaining the basketball, not just protecting the basket. Therefore, to achieve this, Off Ball defenders must constantly attack the passing lanes. They must be alert and anticipate all passes. They must watch the passer's eyes since almost all passers will telegraph their passes. In attacking the passing lanes, defenders should deflect most passes rather than trying to catch them.

For first pass denials to be successful, defenders do not have to deflect or get a hand on every pass. By constantly attacking the passing lanes, it will disrupt offensive spacing and timing by forcing the offensive players further away from the basket in order to receive the ball. This increases, not only the opponent's shot distance, but also the drive distance to the basket adding an extra dribble, and increases the pass distance into the low post creating a greater opportunity for interceptions.



Deny the passing lane by playing "UP" between opponent and the ball. Stay low maintaining a bent knee, "Ear on Chest" position. Use split vision. See the opponent and the ball. Extend an arm straight out into passing lane with the palm to the passer. The off arm is held in a high, in a bent elbow position maintaining slight contact with opponent.



### Pass Denial "Stop Sign"

Just by extending an arm straight out in the passing lane with the palm facing the passer ("Stop Sign"), in almost all cases, upon seeing a hand in the passer will immediately look for another receiver.

**Caution: See the Ball on Defense**

It is imperative to have vision on the ball at all times. This is especially true when in defensive transition. Defenders should NEVER run back on defense with their backs to the ball. Since most passers telegraph their passes, maintain vision on the ball handler.





## "Dancing" with the Opponent

Preventing the opponent from receiving the ball, requires hard work and determination, however, strong pass denial only lasts three seconds. After three seconds the passer will have to find another receiver or risk a closely guarded five second count violation. Remember, the best way to defend an outstanding offensive player or "Super Star" is to deny them the ball.

### What to Discover or Recall:

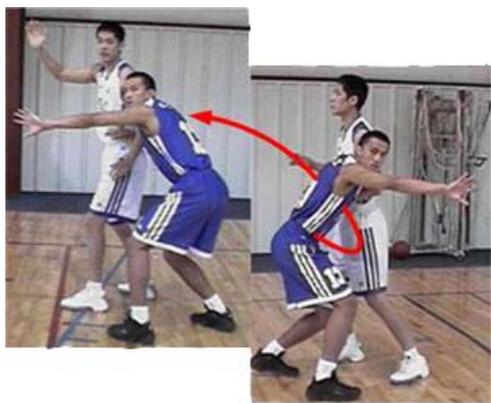
*Against back cuts, if at all possible the defender should try to maintain a shoulder to shoulder pass denial position forcing the cutter toward the baseline pushpoint.*

*If the defender gets past the defender, the defender should just switch "Stop Signs" by extending the opposite arm and hand into the passing lane while making a quick head snap.*



### Defending Back Cuts

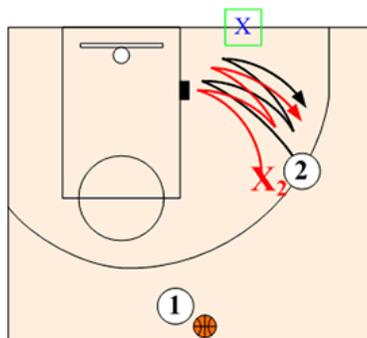
Against back cuts, if at all possible the defender should try to maintain a shoulder to shoulder position forcing the cutter toward the baseline pushpoint.



### Switching "Stop" Signs

If the defender gets past the defender, the defender should just switch "Stop Signs" by extending the opposite arm and hand into the passing lane while making a quick head snap.

**CAUTION:** Do not open up against back cuts. While opening up may be successful against a receiver's initial cut, it is very difficult to guard a moving opponent with your back toward them.



### "Dancing"

When being over played, most offensive players will use head and shoulder fakes in an effort to get open. However, in most cases head and shoulder faking fakes out their own passer more times than it does the defender.

If a player uses a series of head and shoulder fakes in an attempt to get open, the defender should just "Dance" with the receiver by switching stop signs.



# Ballside Dribble Penetrations

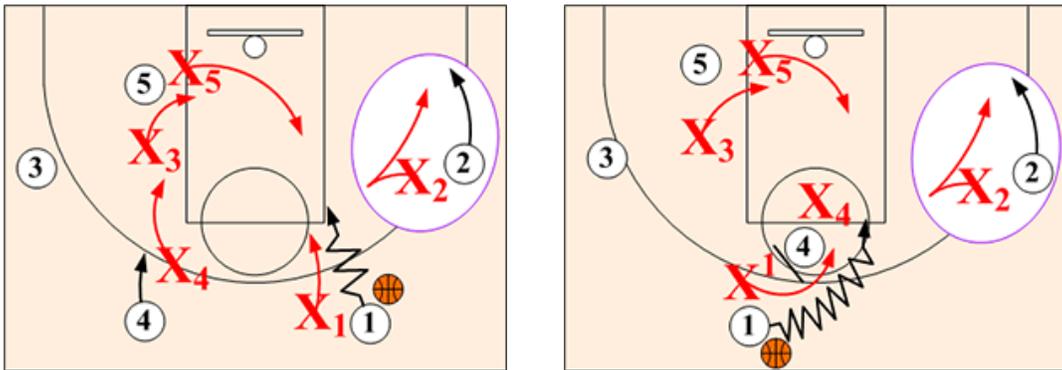
*Stay Home on Ball Side. Do NOT leave shooters to help!*

On dribble penetration, help comes from the Helpside not the ballside. Defenders on the ballside may bluff and fake at the dribbler, but their primary responsibility is to deny any kick out pass to spot up shooters.

## What to Discover or Recall:

*Do NOT leave shooters to help on dribble penetration.*

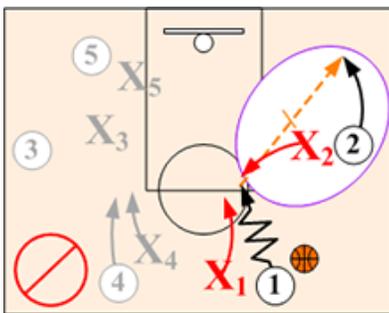
*Helpside defenders are responsible for rotating over to stop the ballhandler's penetration.*



## Defending the Drive & Kick

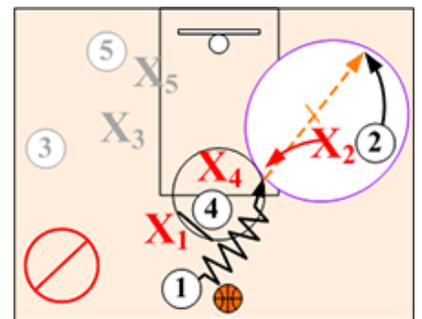
When a ballhandler penetrates to the basket on dribble, ball side defenders maintain strong pass denial positions and do NOT help. Helpside defenders are responsible for rotating over to stop the ball handler's penetration. Low Helpside I defender steps out taking a charge whenever possible. Mid or high helpside defender drops to baseline.

## Risks of Providing Help on Ball Side Dribble Penetration



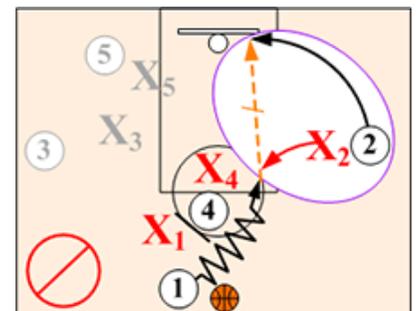
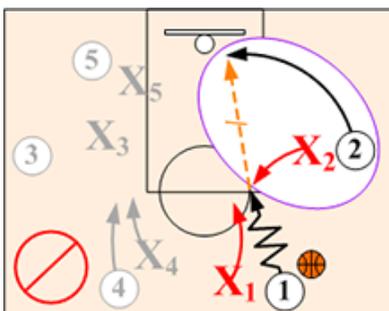
### Open Spot Up

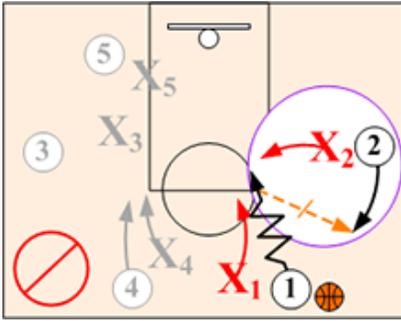
The problem of helping out on ball side is that smart point guards will penetrate to draw ball side defenders to them, creating wide open shots for shooters spotting up.



### Lay-Up

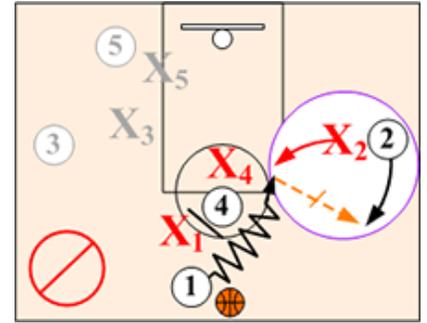
If ball side defenders sag off to help out against dribble penetration, wing has the option of cutting to basket for an easy layup.





### Kick Out Pass

When ball side defenders sag off to help against dribble penetration, it opens up the drive and kick option.



### Coaching Tip

When point dribble penetration becomes a problem deploy a half court trap in order to take the ball out of the ballhandler's hands.