

The 1-1-3 Man-Zone Defense

"A Different Look"

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1-1-3 Man-Zone

The 1-1-3 man-zone is a flexible defense. Primarily, we work on all man defensive principles. We believe that the integrity of any defense rests with the individual fundamental skills. For instance, each individual must be able to hold a defensive stance and know specific hand skills. The commitment, repetition, and eventual success of the "stance" says everything about the work ethic of each team. There is no debate on this topic.

The 1-1-3 man-zone prides itself on simple concepts. Our man defensive drills come from the school of ball pressure, rotation, and rebounding. We want to disrupt the opponent's offensive patterns and address their greatest strengths. When you boil it down, we are trying to impact our opponent's offensive patterns and impact their habits. If you steal their practice time, you destroy their greatest strengths.

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1-1-3 Man-Zone

A. WHOLE CONCEPTS

1. DISRUPT OPPONENT'S BALL MOVEMENT

a. WHY?

- 1) Breaks offensive patterns, creates turnovers, and forces opposition to play more 1 on 1 basketball.

b. HOW?

- 1) Heavy Ball Pressure.
- 2) Sideline Pins.
- 3) Frequent Traps.
- 4) Deflections.
- 5) Quick Rotations.

2. DEFENSIVE SPACING

a. WHY?

- 1) Creates collective mindset that **five** players guard the ball.
- 2) Harder for opponent to penetrate, especially ballside.
- 3) More difficult to **see** exterior/ interior passing lanes.
- 4) Allows for quick traps.

b. HOW?

- 1) Five players jump to each pass – must be demanded!
- 2) Box Theory – Draw a line down the middle of the floor – Full court, $\frac{3}{4}$ court, $\frac{1}{2}$ court.

3. HIGH HOLE/ LOW HOLE

a. WHY?

- 1) The strength of any defense is the backside or what we call the spine. This means that the helpside of the defense always has a basket protector (low hole) and a partner who is fifteen feet to thirty feet directly above him (high hole). Hence, cutting and replacing into these spots is vital.

b. HOW?

- 1) Either freeze your low hole man or rotate him out to the closest man. This means the high hole partner slides down to protect the basket.
- 2) Rotate high hole man out to closest man then another player must fill that spot, much like cut and replace.
- 3) If the defensive spacing is good then this can happen quickly.

4. BUMPING/TRAPPING

a. WHY?

- 1) Reestablish original positions. We like big on big and quick on quick as much as possible.
- 2) Anticipation of certain cuts by opposition.
- 3) Counter penetration.
- 4) Discourage passes to certain spots such as the short corner, low/high post, and the dead corner.
- 5) Makes us an "Attack Defense."

b. HOW?

- 1) Talk, touch, and push- bumping.
- 2) Stunting- next closest player rotates to ball. Defense should attack the dribble hard. He does not hesitate or help and recover. You either get a trap or run-jump.
- 3) We do not believe in help and recover.

5. DEFENDING ELBOWS

a. WHY?

- 1) Keeps defensive spacing tight.
- 2) Accountability- players know who should be where.
- 3) Reduces opponent's high post attack.
- 4) Allows for quick trap (High Post, Low Post, Wing, Top of Key).
- 5) Affords the 5 man flexibility to close out ballside.

b. HOW?

- 1) Guards cover wing and ballside elbow or both elbows. This key is simple. Ballside wing covered by forward then elbows covered by both guards. If one guard covers a wing position and the other guard covers ballside elbow, then the helpside forward covers the other elbow.

6. REBOUNDING

a. WHY?

- 1) Determines the outcome of each game.
- 2) Completes each defensive possession.
- 3) Creates a collective mindset.
- 4) Speaks to mental toughness and discipline.

b. HOW?

- 1) Always block off shooter as he is the easiest target.
- 2) Move to triangle spots, even if you cannot see the ball.
- 3) Get weakside wedge (Two players opposite side of rim).
- 4) Nonstop pursuit of garbage rebounds –“run though the ball.”
- 5) Cap rim each practice.

B. PART CONCEPTS

1. SIDELINE PINS

a. WHY?

- 1) Slows down ball movement.
- 2) Makes offense dribble ball baseline.
- 3) Sets baseline trap.
- 4) Puts “guess” in opponent’s mind.
- 5) Defense dictates to offense, not the other way around.
- 6) Reduces operational space of floor.
- 7) Overloads ballside of floor.

b. HOW?

- 1) Hard closeout at wing.
- 2) "High hip" of offensive man with feet square to sideline. The hands are in a "high position."
- 3) Four players in the box – overload situation.
- 4) Next closest man ready to stunt and keep ball on sideline.

2. EXTREME BALL PRESSURE

a. WHY?

- 1) Disrupts the ability of offensive man to think and read.
- 2) Causes turnovers.
- 3) A trademark that becomes a source of pride.
- 4) Accountability.

b. HOW?

- 1) 1 on 1 daily drilling on individual skill sets.
 - Closeouts.
 - Feet, Hands, and defensive spacing tested.
 - Limit offensive man's dribble until defensive man develops a skill set.
- 2) Creates a physical mindset as you sequence to 2 on 2, etc.
- 3) Cap Rim.
- 4) Advantage/ Disadvantage drilling.

3. COUNTING THE SIDELINE ALLEY

a. WHY?

- 1) Quickest way to recognize whether forwards **up** (at wing) or **down** (dead corner coverage).
- 2) Accountability.
- 3) Adjustable (Coach has freedom to change).
- 4) Sorts out elbow coverage.

b. HOW?

- 1) Two on sideline then forward on ballside stays down.
- 2) Talk it – first player there calls “ball.” Thus, aggression is not taken away from players.
- 3) Mistake- two players arrive at wing together. Trap or bump-forward down.

4. DENYING HIGH POST AND ELBOWS

a. WHY?

- 1) We want to keep the ball out of the middle alley. He who keeps the ball in the middle of floor usually wins.
- 2) Cut down offensive operational space. The floor gets smaller as game unfolds.
- 3) Expectations are clearly stated – “keep the ball out of middle and off elbows.” If the ball goes there “trap it.”

b. HOW?

- 1) Counting.
- 2) Arm front elbows, not a dead front. This allows elbow defenders to move quickly on airtime of pass.
- 3) Two guards will cover elbows, or one guard and one forward – it is that simple.

5. FRONTING LOW POST

a. WHY?

- 1) Defensive position – quick rotation versus baseline penetration – trap it.
- 2) Corner coverage if ballside forward **up** – wing pin.
- 3) Limits space in ballside box.

b. HOW?

- 1) Jump to pass.
- 2) Arms out – more difficult to screen .

- 3) Swim move technique.
- 4) Hand to hand combat.

6. STUNTING

a. WHY?

- 1) Stops penetration.
- 2) Creates attack/help mindset.
- 3) Unpredictable.
- 4) Assists defensive spacing.

b. HOW?

- 1) Closest man concept – next closest man is responsible for rotating through the ball – come to the dribble.
- 2) Spear the ball with closest hand.
- 3) Trap the kill dribble or run and jump - coach will decide.
- 4) Teaches players the cut-n-replace on defense. When one player rotates, everyone is rotating.

7. ROTATING

a. WHY?

- 1) Creates aggression.
- 2) Says “we” not “me” about defense.
- 3) Disrupts offense and difficult to prepare for in a short period of time.
- 4) Teaches players how to rotate out of presses.

b. HOW?

- 1) Use 4 on 5 drill.
- 2) Stress “hands.”
- 3) When in doubt-rotate- always stay in doubt.

8 TRAPPING

a. WHY?

- 1) Aggressive mindset.
- 2) Disrupts offense.
- 3) A device to come back from opponent's lead.
- 4) Protects a great scorer "a frozen spot" or a limited athlete.
- 5) Gives team a "secret."

b. HOW?

- 1) 4 on 5 drill.
- 2) 2 on 5 drill.
- 3) No dribble for offense.
- 4) Mandatory dribble for offense.

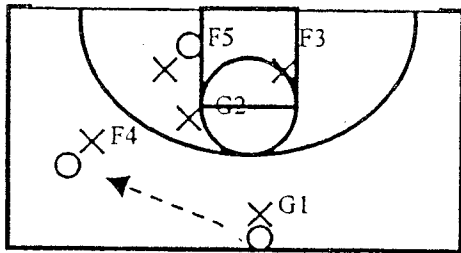
Diagrams

1-1-3 Man-Zone

Disrupt Opponent's Ball Movement

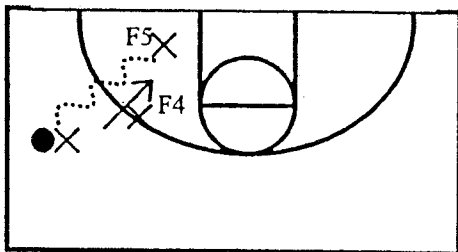
HOW?

- a) Hard sideline pin.



Trap Dribble Penetration

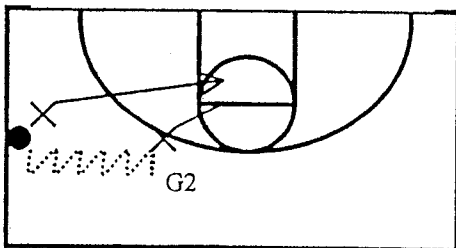
- b) Stunt and trap dribble penetration.



Run and Jump Dribble Penetration

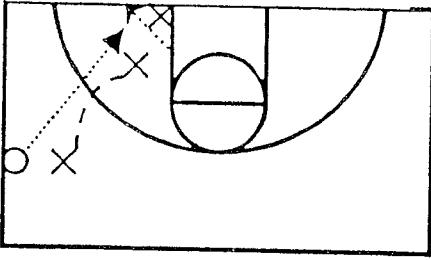
- c) Run and jump dribble penetration.

*Stunt versus dribble – next closest defender strikes out to dribble hand.

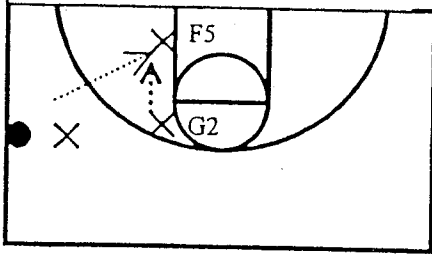


Disrupt Offensive Patterns

d) Trap all shots corner passes.

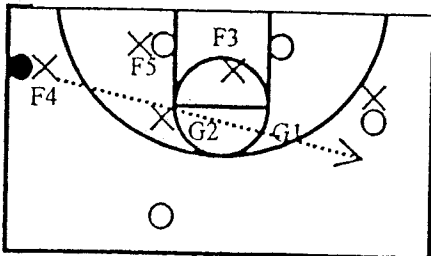


e) Trap low post passes with ballside elbow guard.



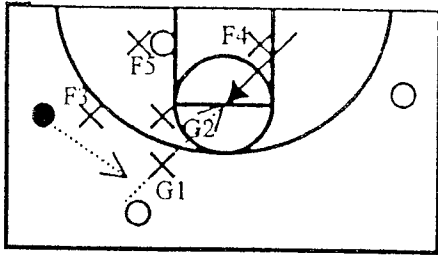
f) Trap diagonal skip pass.

- 1) Closeout on ALL diagonal skips must be on sideline hip and bring dribble back to middle.
- 2) Guard one will stunt. Either trap it or run and jump the ball.



***Disrupt Offensive Patterns**

g) Trap all high post passes.

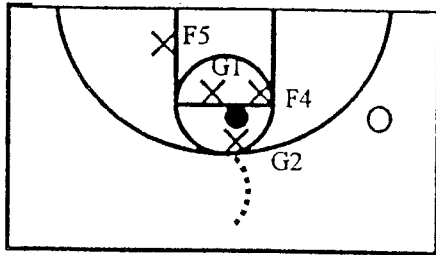


Trap High Post Pass

h) Do whatever you must to keep ball out of high post position.

- 1) Play high post with traps.
- 2) Play high post man to man.

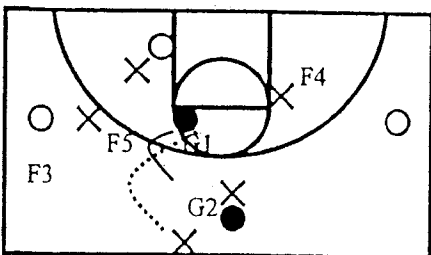
*Over time opponent will stop passing ball into post areas if you trap it.



Trap All Screen on Ball Situations

i) Trap quickly ANY screen on ball situations. It does not matter where they happen – trap ball with two closest players.

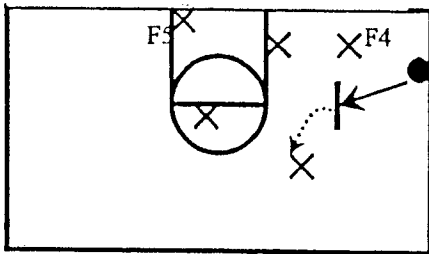
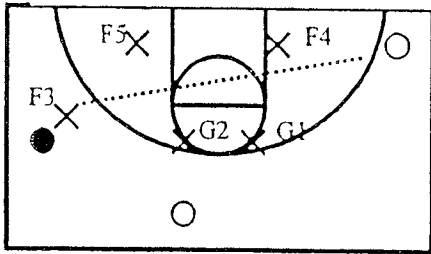
- 1) Any defensive player not involved with the trap quickly takes TWO steps toward the ball.
- 2) Force the passer to throw a ball over the top.



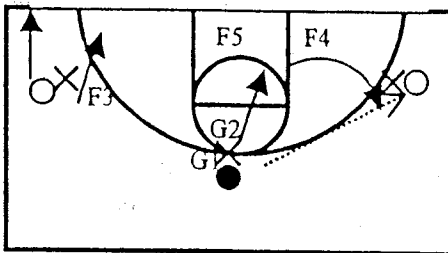
Defensive Spacing

HOW?

- a) Jump in direction of pass.



- b) Jump to ball on airtime of pass.
 - 1) Hands must stay up or out.
 - 2) 5 defenders move as one.

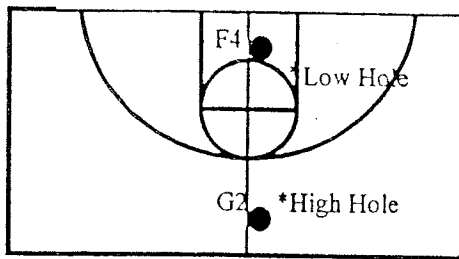


- c) Exception to the rule.

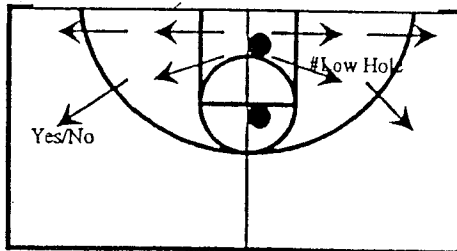
1. Great Shooter.
 - a) You can have F3 stay with great shooter.
 - b) You can do the same versus dribble penetration.

HOW? Put special jerseys on shooters in practice.

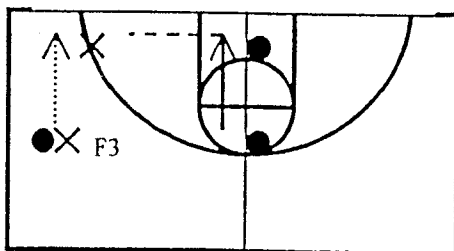
High Hole/ Low Hole Concept



- a) These two spots must be occupied at all times.
- b) The back bone to any defense, whether you are at $\frac{3}{4}$ court, $\frac{1}{2}$ court, or in your $\frac{1}{2}$ court defense.



- c) As a coach, you must evaluate how frequently you want the low hole man to move out of that position. This is a big deal because it takes your biggest player away from the basket.

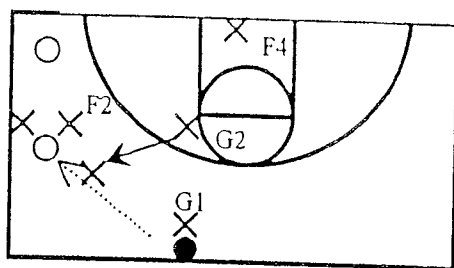


- d) Should the low hole man vacate his spot, the high hole man must immediately replace him. This action would be the same with any pass/ trap/ rotation versus penetration situation.

*How efficiently your team does this will determine your success – NO question.

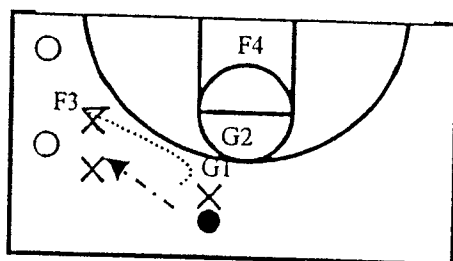
Bumping and Trapping

- Your player has a choice with bumps and traps. They can either trap or cut-n-replace.
- G2 decides trap at wing. F3 can either stay or bump down to corner.



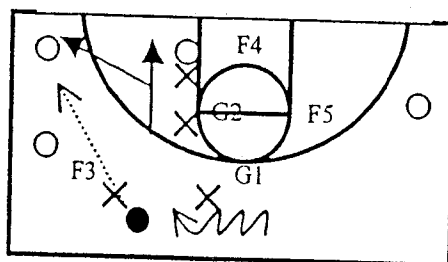
Cut-n Replace versus Penetration

- Simple stunt or strike out by F3 at dribble penetration.
- G1 replaces F3 and you have a clean run and jump action.

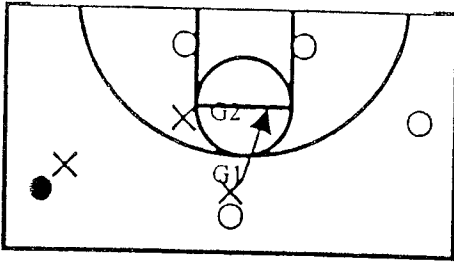


Trap and Rotate

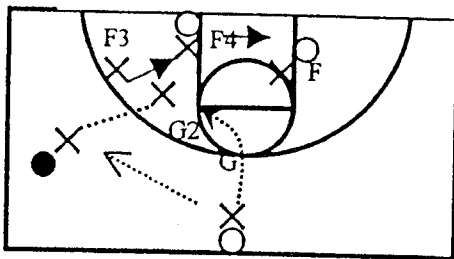
- Anytime you trap, rotation is the order of the day. Hence, your players must be alert at all times.
- Closest man concept when ball is passed. He who hesitates is lost.



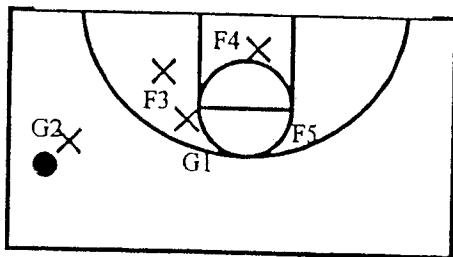
Defending the Elbows



- a) Elbow coverage is a key component for the 1-1-3. It is simple to understand but difficult to execute.

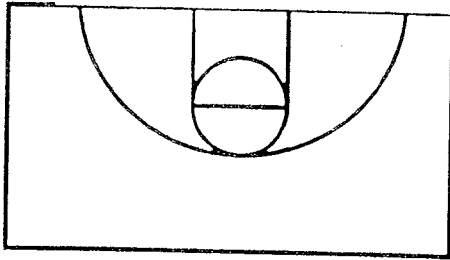


- b) Ideally you would like G1, and G2 to cover the elbows, as this is easiest. Yet it will probably be ONE guard and one forward.

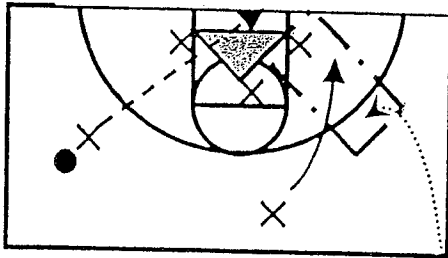


- c) The ballside elbow MUST have a defender standing on that spot. WHY? Someone will eventually flash there and to assist with penetration.

Rebounding



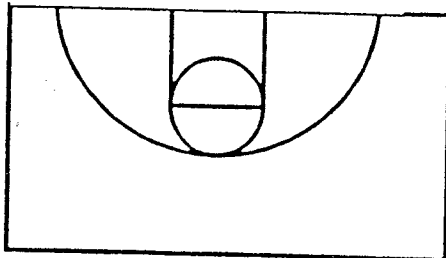
- a) Cap your rim. WHY? This takes the assumption away from your players that some shots will be made. Additionally, it forces your team to rebound through necessity.



- b) A triangle/ cup must be formed on all shots.

- c) A weakside wedge must form, as you want more players in the area where the rebound will come off the rim.

Weakside Wedge



- d) Your players must know that the shooter is the easiest person to block off and many rebounds can be had with a "gangtackle" mindset.

*Rebounding is dirty work. You must stay at this task daily – nothing fancy.