



U12 KBA – NO ZONE RULE

NO “ZONE” RULE: (ADAPTED FROM BASKETBALL QUEENSLAND’S NO ZONE RULE)

The use of Zone Defence is banned within Under 12 Competition. This is to mirror the current BQJBC rules and to encourage the development of defensive and offensive skills in the younger athletes. In the interest of better player development, coaches should ensure defences are only those which incorporate man to man principles.

DEFINITION OF ZONE DEFENCE:

Any defence in the half court, which does not incorporate normal man-to-man defensive principles. Trapping defences which rotate back to man-to-man principles are acceptable.

VIOLATIONS OF MAN-TO-MAN DEFENCE:

Violation of the “no zone” rule will generally fall within one of the following categories:

- ✚ One or more players are not in an acceptable man to man defensive position in relation to the player they are guarding and the player with the ball;
- ✚ A cutter moved all the way through the key and was not defended using acceptable man to man defensive techniques (eg. bumped, switched, followed)
- ✚ Following a trapping or help and recover situation the team make no attempt to re-establish man to man defensive positioning.
- ✚ Teams Zone press and did not assume man to man defensive positioning once the ball was into the

quarter court.



U12 KBA – MAN TO MAN DEFENCE

MAN-TO-MAN DEFENSE - DEFENSIVE STANCE AND FOCUS

Your weight should be on the balls of your feet (not your heels), and your feet should be about shoulder width apart. Keep your knees bent and your back straight. Keep your head up, eyes forward, arms out with your palms up and elbows bent a little. Watch the offensive player's belly-button, especially if he/she is quick and hard to stay with. The offensive player can fake you with a head fake, eye fake, arm or shoulder fake, or a jab-step, but the belly-button will always go only in the direction that he/she is going.

MAN-TO-MAN DEFENSE - DEFENSIVE SLIDES

When guarding your opponent, slide your feet sideways, using quick, short steps, and don't get your feet crossed. Don't hop. If you get beat in the open floor, don't just yell for help... turn and sprint after your opponent. Once you get in front of your man again, get back into your defensive stance.

MAN-TO-MAN DEFENSE - CLOSE-OUT ON THE BALL

Defenders must learn to "close-out" on the player with the ball. Once the offensive player receives the pass, the defender should rush toward the ball-handler in a low stance. The last several steps should be quick, choppy steps to stop your momentum (so the defender doesn't dribble around you). Your baseline line foot should be back, to force the ball-handler toward the baseline.

As you approach the ball-handler, snap your shoulders and head back to help slow yourself down. We now teach our defenders to close-out with the inside hand (closest to the baseline) high, to contest the outside shot, and the outside hand low (this helps prevent a cross-over dribble into the middle).

MAN-TO-MAN DEFENSE - ON THE BALL DEFENSE

Over-guard toward the offensive player's strong side. If your man is right-handed, over-guard that side and make him/her go left. If your opponent is on the right wing, drop your left foot back a little toward the baseline and overplay a little toward the offensive player's right side, as this will give you time to react to a move to his/her right. Try to force offensive player to the baseline. Once at the baseline, set the trap, and do not allow any further penetration along the baseline.

Keep the palm of your lead hand facing up. Try to get at the ball from below, not by slapping down it, which results in a foul. Your other hand should be in the passing lane. Slide with your opponent, and try to get him/her to stop the dribble, and then close in and apply pressure.

Don't "reach-in". This causes you to lose your balance and defensive stance, and you become easy for the offensive player to get around. Reaching in also results in fouls and free throws for the opponent. Don't get into the bad habit of reaching-in and taking a swipe at the ball as the offensive player dribbles around you. Instead move your feet, hustle, stay with your man, and prevent him/her from getting to the basket by maintaining good on-ball defensive stance. If you get beat, sprint after the offensive player and beat him/her to a spot where you can once again resume your defensive stance.

MAN-TO-MAN DEFENSE - DENIAL

Clog the passing lane and prevent the player you are guarding from getting the ball, that is, "deny" him/her the ball. When guarding an offensive player who is one pass away from the ball, you should be in denial. Denying your man the ball, keeps him/her from scoring. Play the passing lane and stay between the player you're guarding and the ball. Place your foot and hand nearest the ball slightly forward, and turn the palm of your hand toward the ball, so that you can reject any incoming passes. Be in a position to see both your player and the ball. If the ball-handler stops the dribble, you have a "dead ball situation" and everyone should in close on their man, in "full-denial".

In "full-denial", the defensive players should be "on the line". To explain this concept, imagine a line extending from the ball to the person you are guarding. In full-denial, you should position yourself so that you are on this line, body toward your man, but with head and eyes turned toward the ball, and your ball-side hand up in the passing lane.

If your man is a long distance, or two passes away from the ball-handler, you can play a little "up the line", that is a little way from the imaginary line towards the hoop.

The distance, or spacing, up the line depends upon the speed and quickness of the defender and the distance his/her man is from the ball. On a long pass, the defender should still be able to move toward the line and intercept the pass. If instead the defender initially played "on the line", his/her man could make a back-cut and get open. Playing a little "up the line" prevents the back-cut, and still allows for the interception.

MAN-TO-MAN DEFENSE - TRAPPING (SETTING THE DOUBLE-TEAM)

In trapping, one defender should first stop the dribbler, often along the sideline or baseline, or in one of the "trapping zones" (see below). Trapping zones are those areas where the offensive player definitely does not want to get caught losing his dribble. It's like getting caught in a corner.

Once the ball is stopped, the second defender sprints over and double-teams the ball carrier. They obscure the ball-handler's view, and get into the passing lane. Their knees are adjacent to each other to prevent the ball-handler from "splitting" the trap.

The position of their hands should be at the same height as the ball. If the offensive player holds the ball high to "throw over the top", the hands should be high. If the ball is low, the hands should be low to prevent the bounce pass.

Do not reach in! "Reaching-in" changes a good situation into a bad one (now the player goes to the free throw line). Instead, the trapping players should deny the player from getting the pass off and get the 5-second call, or force her to make a bad pass, which is intercepted by one of your teammates.