

### ZONE BUSTERS – U11, U13 & U15 DIVISIONS.

The rationale for the introduction of the “no zone” (in the half court) rule is that zone defences in U11,U13&u15, can limit the development of individual and team skills. For example, driving opportunities are limited and players often do not have the muscular strength and coordination to shoot, with good technique from the perimeter.

Any defence played in the half court which does not incorporate normal man to man defensive principles shall be considered to be a zone. For this purpose, trapping defences which rotate back to man to man defensive principles are acceptable.

**As a coach, it is important to teach your players how to play man on man defence with proper defensive stance, shadowing, and arm and body positioning. The defensive principles of rotation, “help and recover”, containment, vision of the entire court and positioning relative to both your player and the ball are important fundamentals that underpin most, if not all, defensive philosophies. BWA resources on the difference between zone and man to man defence is here: <https://www.youtube.com/watch?v=FFM1Ftk1kHM&t=31s>**

#### **What does man to man defence look like around the key:**

Coaches often call out “which number?” or “who’s your player?” in defence and the players respond by calling the number of the player they are set up on, and generally they will stick with that player as the offense moves around the key. Later on in the season or for more experienced players and coaches, the coaches and players learn how to recover and help, trap then return to their allocated player. Initially though sticking with the same player is beneficial when developing defensive skills.

Please do not teach your players to “set up the Key” in defence and stay there. This is guarding space. It is ok to run back to the key or the three point line , then pick up your man to man once they cross the half calling out the numbers.

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

1. One or more players were not in an acceptable man to man defensive position in relation to the player they are guarding and the player with the ball;
2. A cutter moved all the way through the key and was not defended using acceptable man to man defensive techniques (for example, “bumping” the cutter, following the cutter or switching);
3. Following a trapping or help and recover situation the team made no attempt to re-establish man to man defensive positioning;
4. The team zone pressed and did not assume man to man defensive positioning once the ball had been advanced into the quarter court.

#### **Technical Foul**

If the “zone buster” believes a violation has occurred (ie a team or player is not playing acceptable man to man defensive principles) they will ask the Scoretable Chairperson to request at the next dead ball, the referees to charge a Technical Foul – Personal Unsportsmanlike on the head coach of the offending team. Importantly, the referee does not have to determine whether or not a violation occurred. That decision rests solely with the “zone buster”.

Most coaches are unlikely to deliberately breach the rule by playing a zone defence in the half court. Accordingly, an “honour” system can be highly effective while coaches and players are learning the difference between a zone and man to man defence.

***Players who represent Northam at the Country Champs tournament each year must play man to man Defence. The penalty for zoning is a tech foul.***