

Dean Smith's Defensive Rules

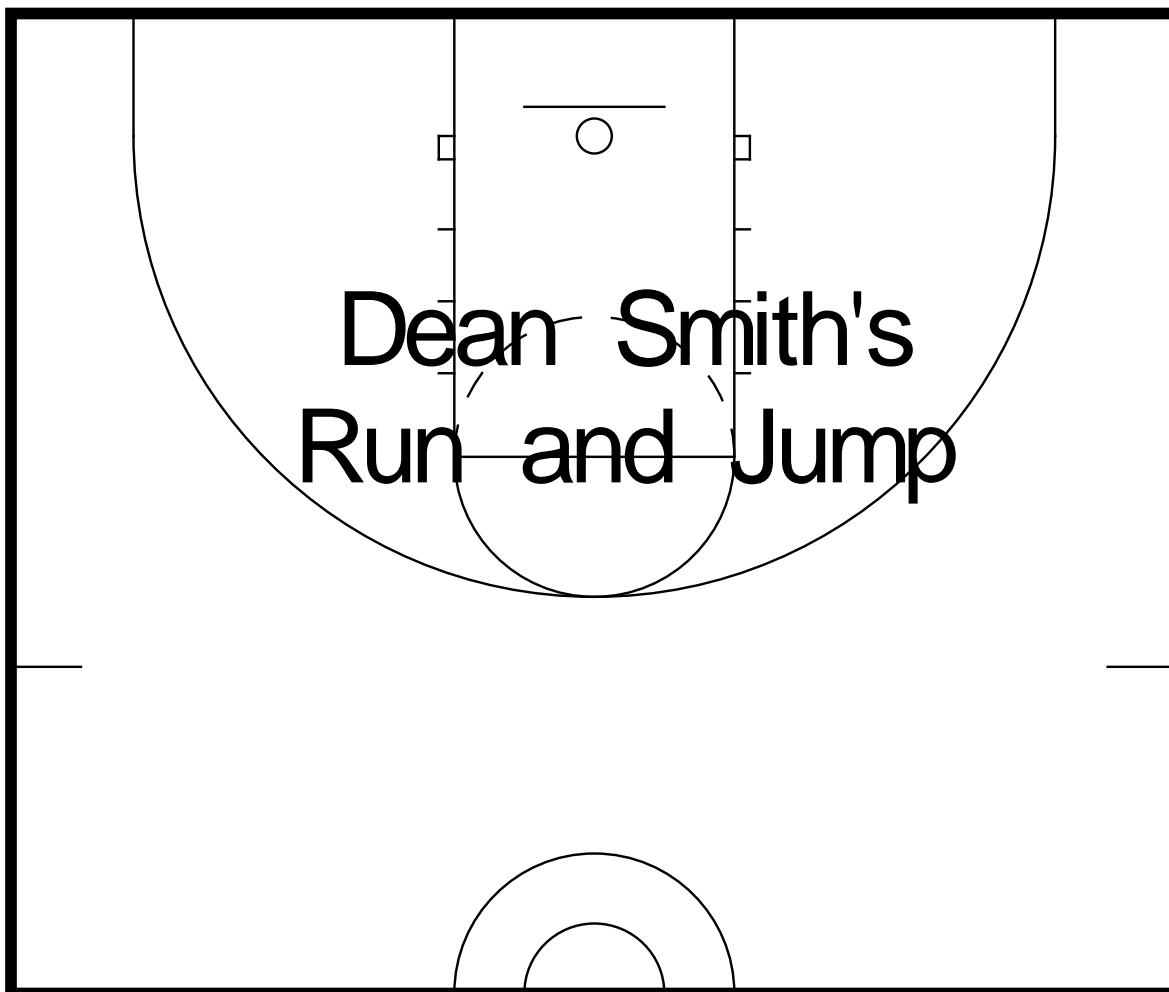
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Smith's Run and Jump

Smith's Run and Jump

Smith's Scramble Run and Jump Run & Jump Defense



Here are the possible calls used by Coach Smith in his run and jump defense.

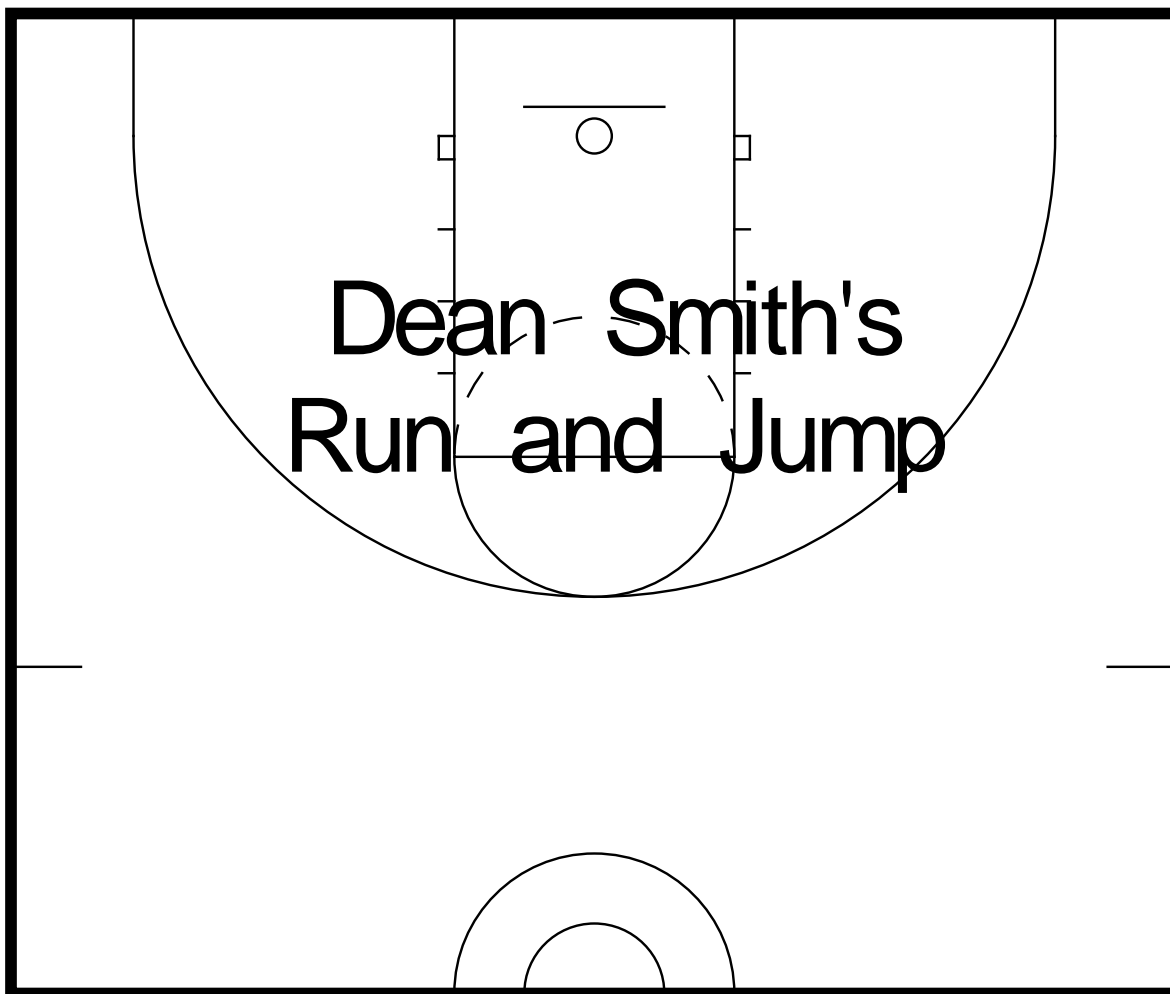
20, 22, 23, 24--All of these are straight man-to-man. The second digit tells where they will pick up (23 being man-to-man 3/4 court etc)

30, 32, 33, 34--All of these run and jump; doubling the dribbler (32 being double the dribbler as he crosses 1/2 court).

40, 42, 43, 44--All of these are run and jump doubling the 1st pass (43 meaning double the 1st pass beyond the 3/4 court line).

Smith's Run and Jump

Smith's Scramble Run and Jump
Run & Jump Defense

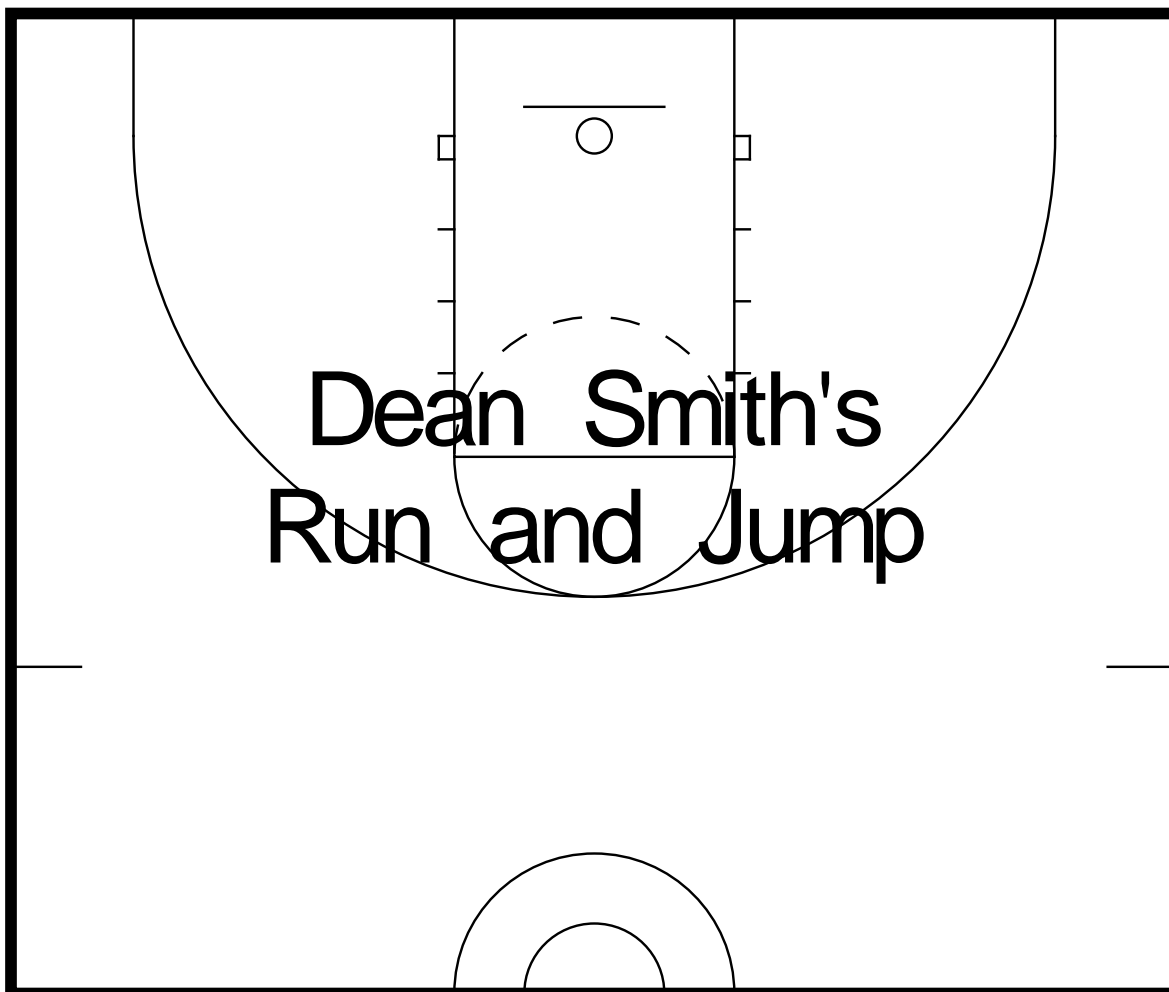


Coach Smith would traditionally use the run and jump on 4 straight possessions. The typical call sequence would be as follows.

- 2 x 20's
- 1 x 30's
- 1 x 40's

Smith's Run and Jump

Smith's Scramble Run and Jump Run & Jump Defense



Coach Smith will run and jump--recover--run and jump again.

Example: After jumping once and falling back to a "20" he will jump again one of three ways.

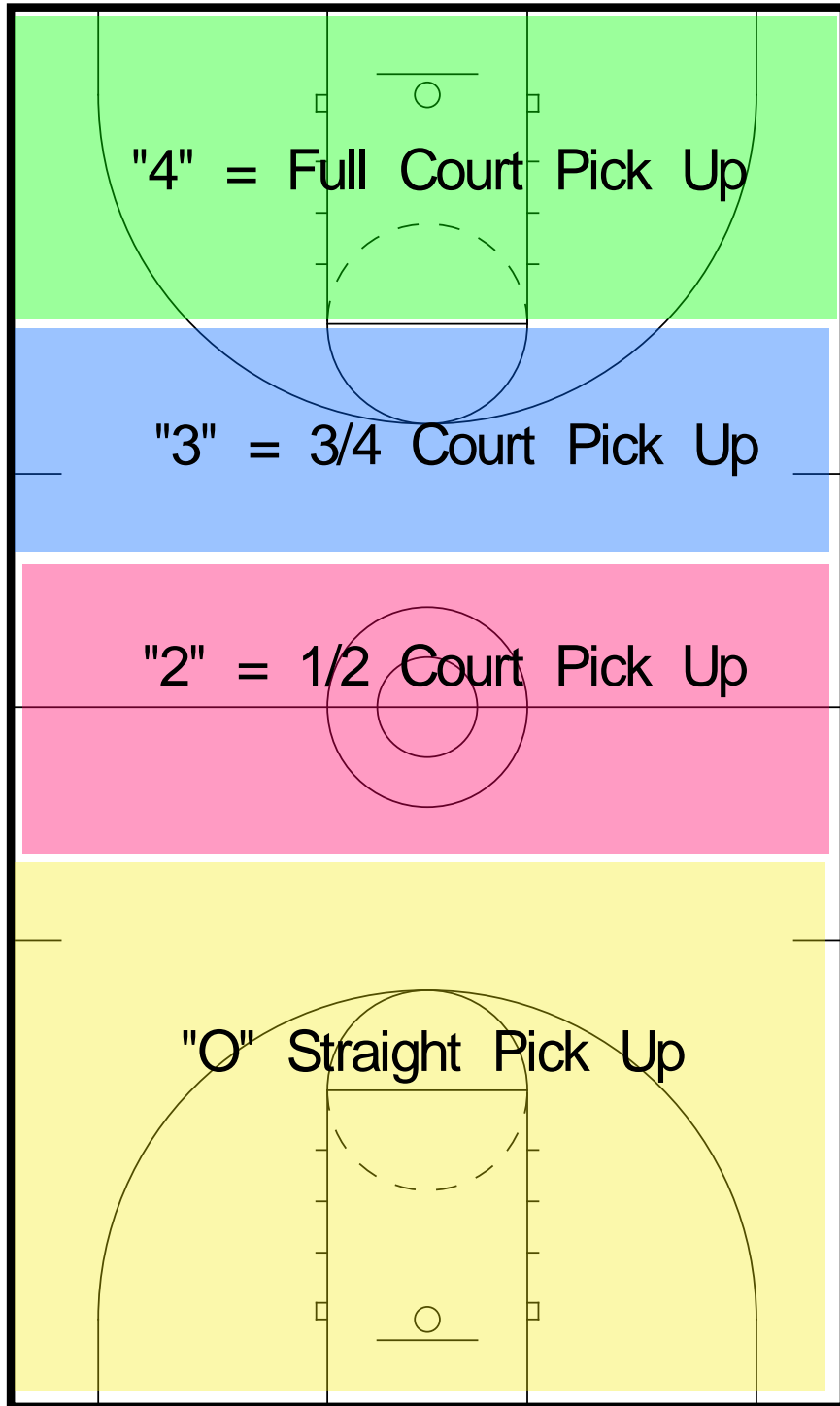
#1. Any screen on the ball double and jump.

#2. On any pass to the post area double any ball below the FT line.

#3. On any dribble to the baseline double with a flyer.

Smith's Run and Jump

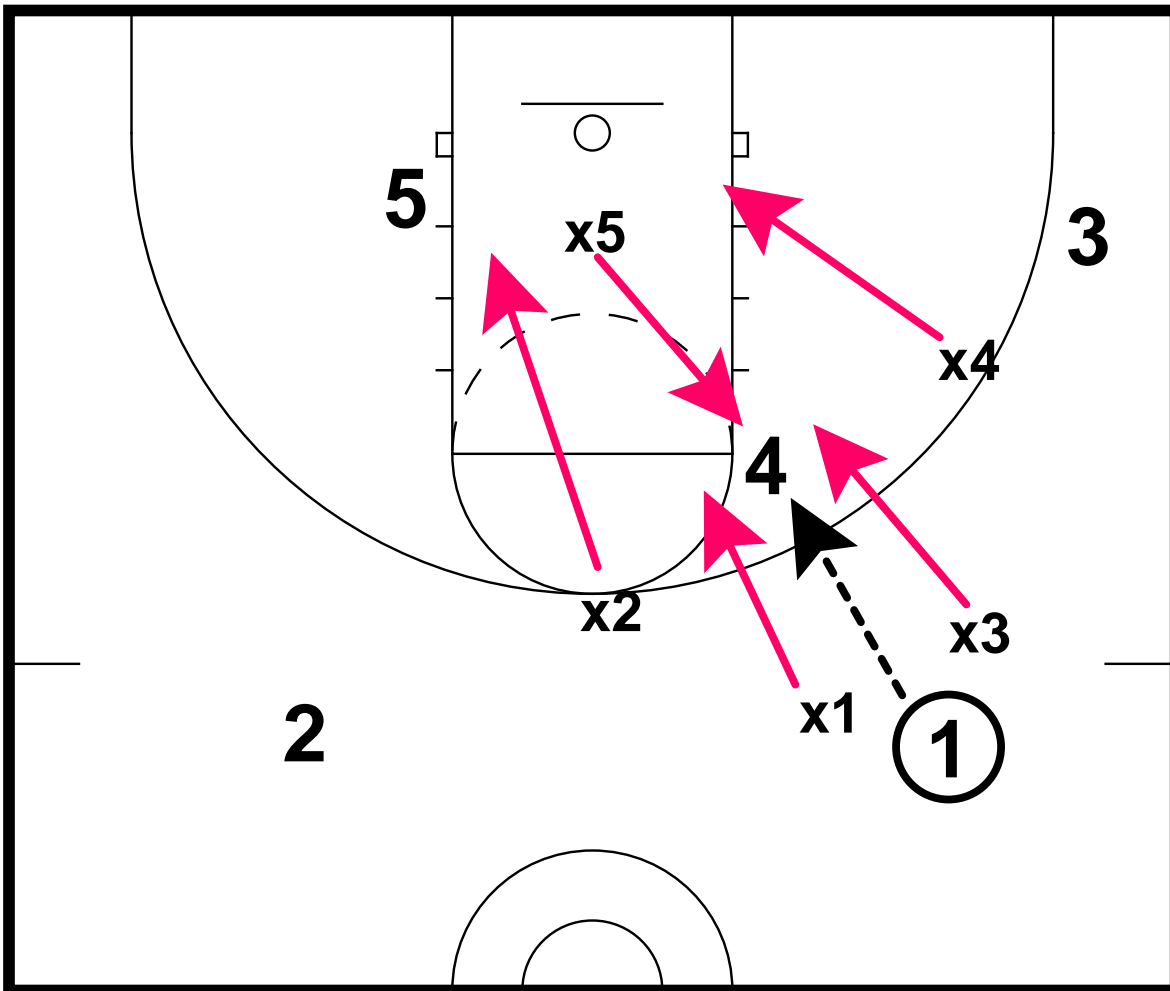
Smith's Scramble Run and Jump
Run & Jump Defense



Coach Smith's Philosophy

Coach Smith's Philosophy

Dean Smith's Philosophy Run & Jump Defense

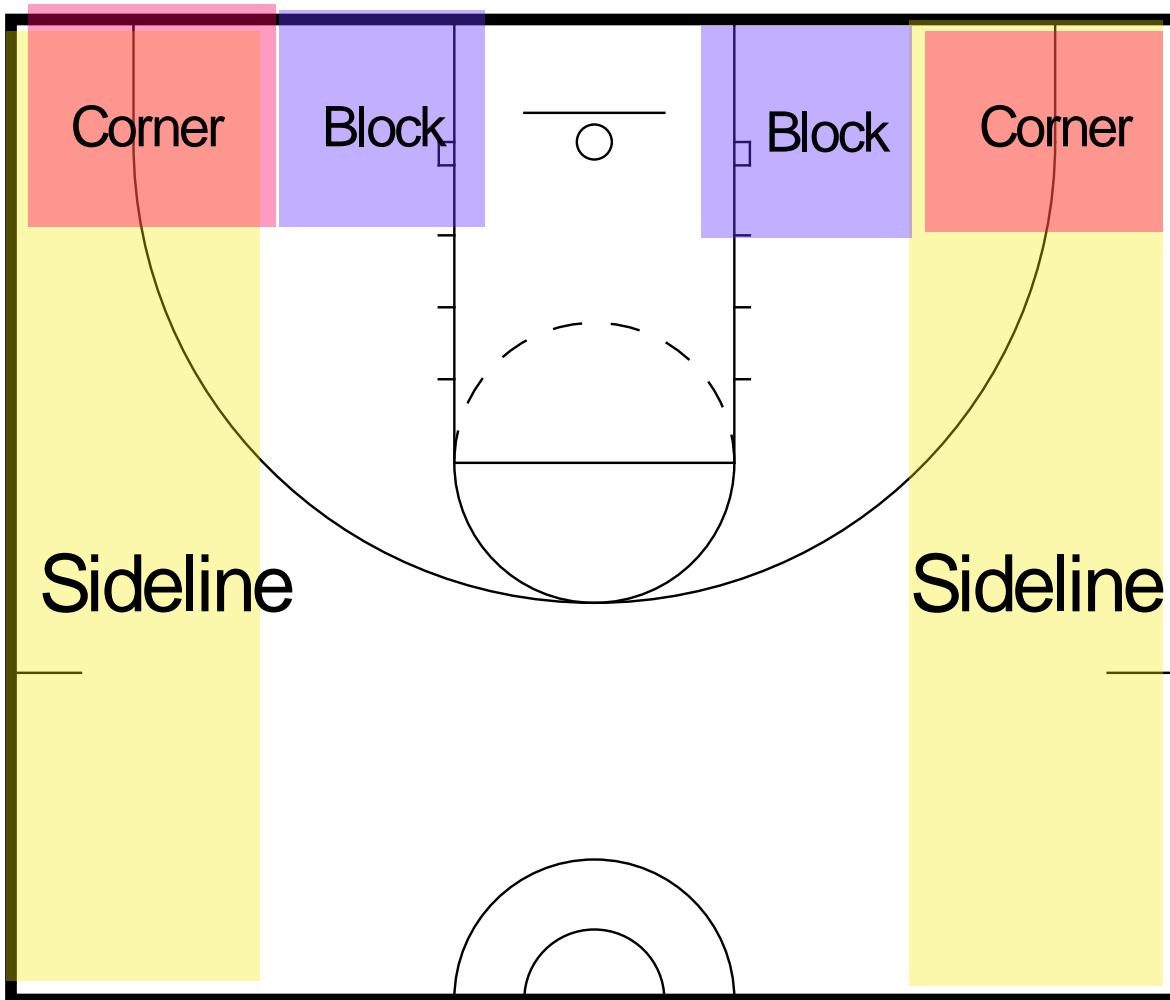


Philosophy

Dean does not want the offense to get the shot from their offense that they practice getting every day. If the other team shoots quick or gets an easy shot he doesn't care because they are not getting shots from their offense. He said that the run and jump is most effective verses teams that are highly organized.

Coach Smith's Philosophy

Dean Smith's Philosophy
Run & Jump Defense

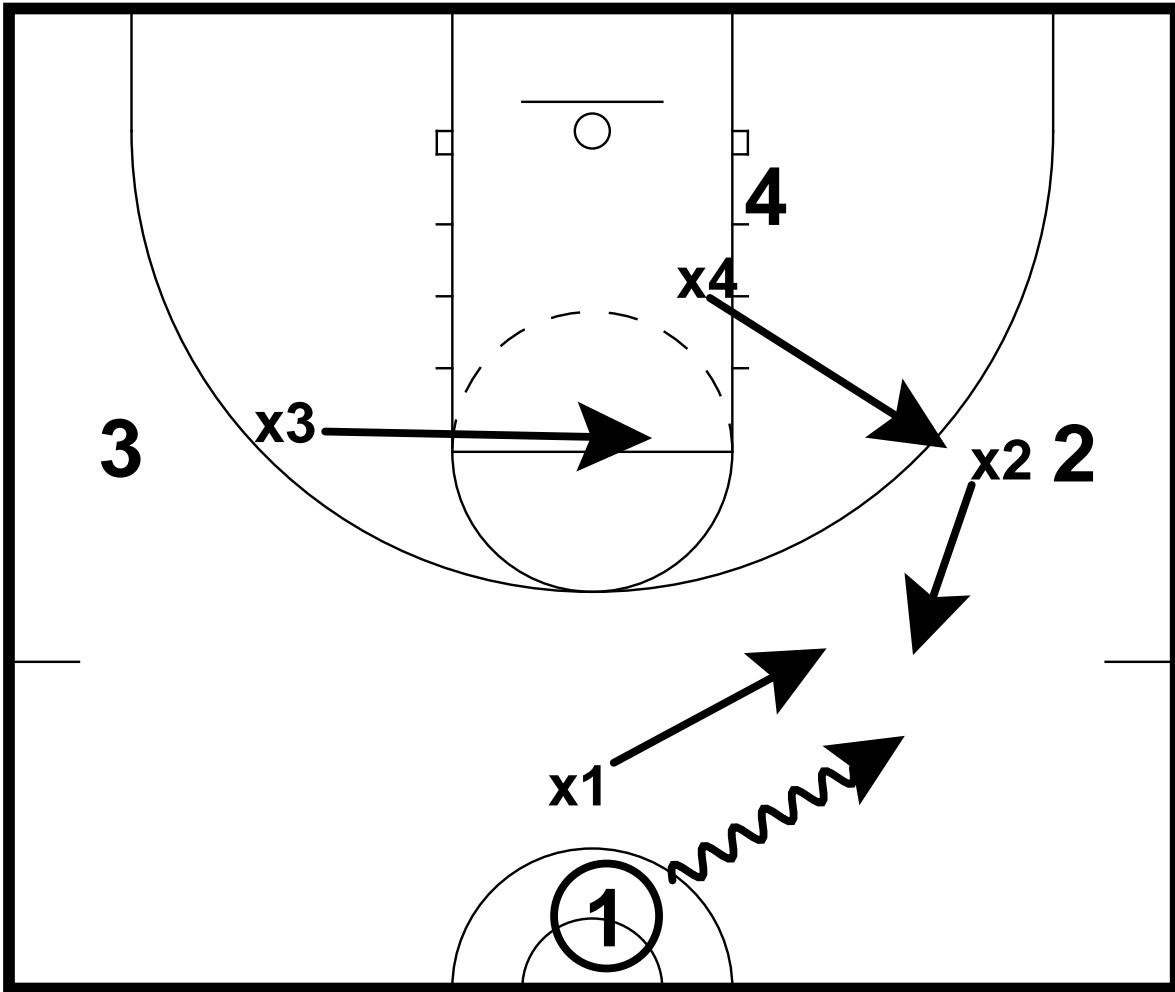


Coach Smith said they go on the practice floor the 1st day with tape on the floor dividing the court into areas. This is so the defensive terminology remains consistent.

Defensive Breakdown

Defensive Breakdown

30 Defense Drill Run & Jump Defense

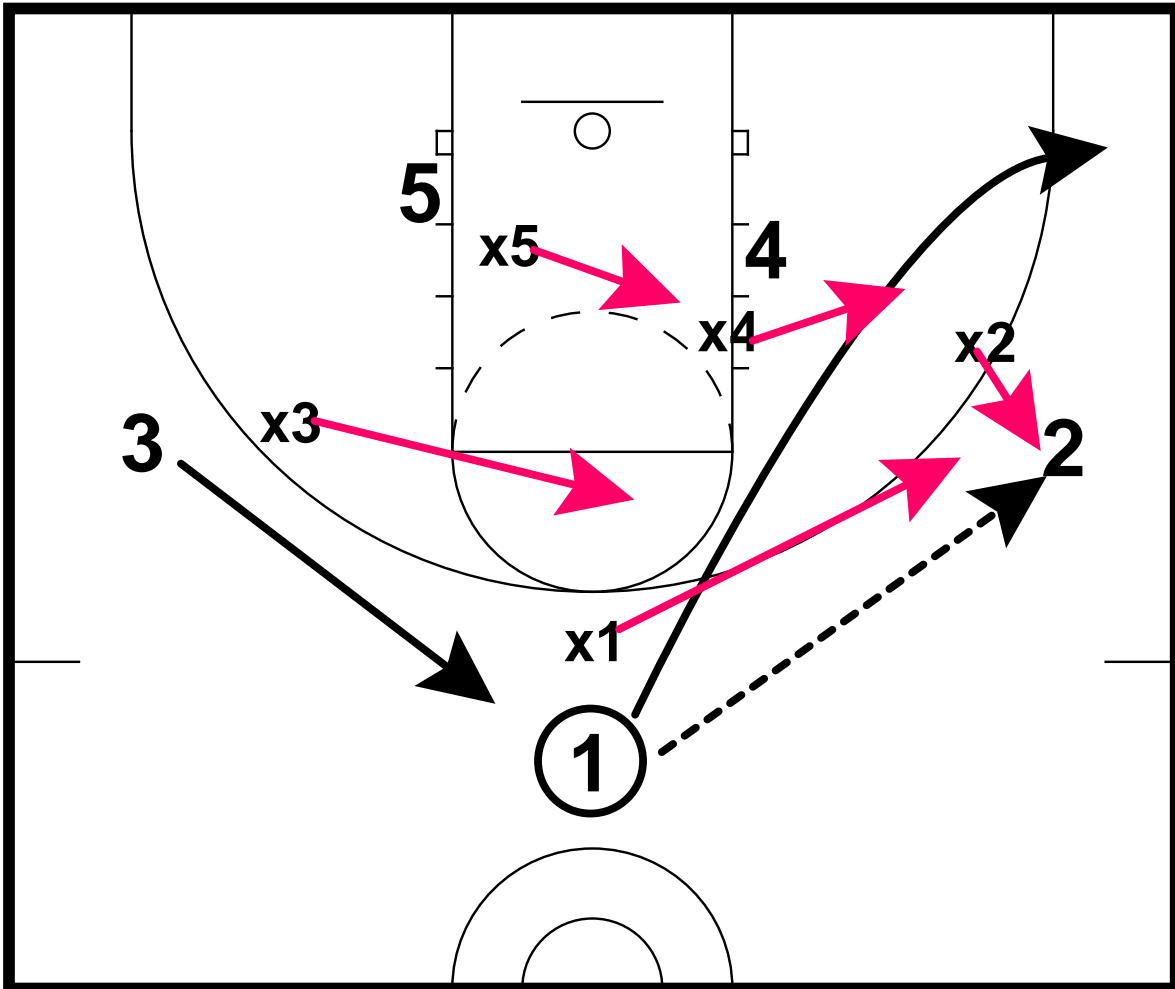


Offensive Players must do as diagrammed.

- 4x covers pass to 2 (1st pass)
- 3x covers pass to 4 (1st pass).

Defensive Breakdown

40 Defense Drills
Run & Jump Defense

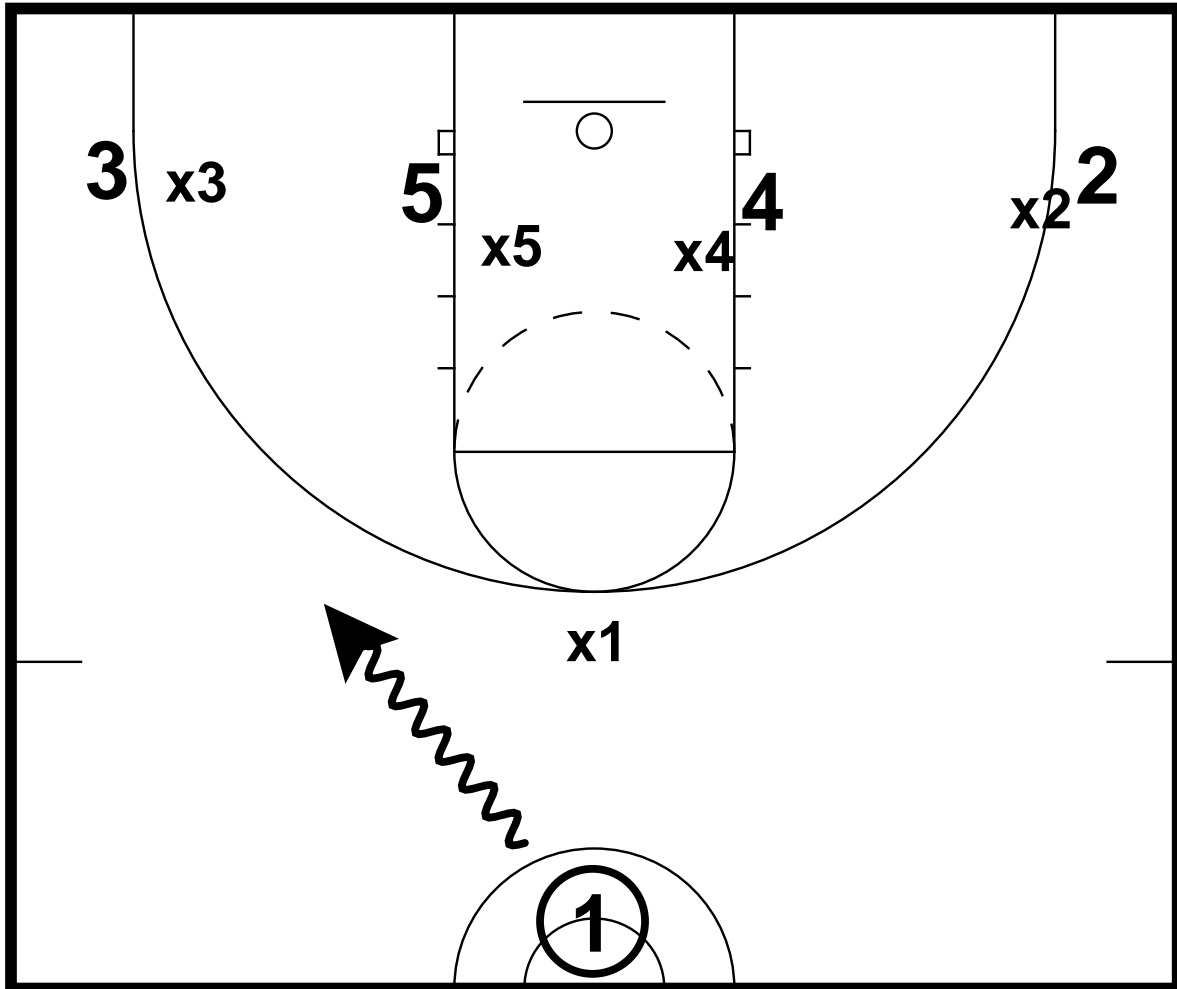


40 Drill #1

This simple allows teams to practice trapping the first pass, while 3x and 4x work off ball to intercept any pass attempted out of the trap.

Defensive Breakdown

40 Defense Drills
Run & Jump Defense



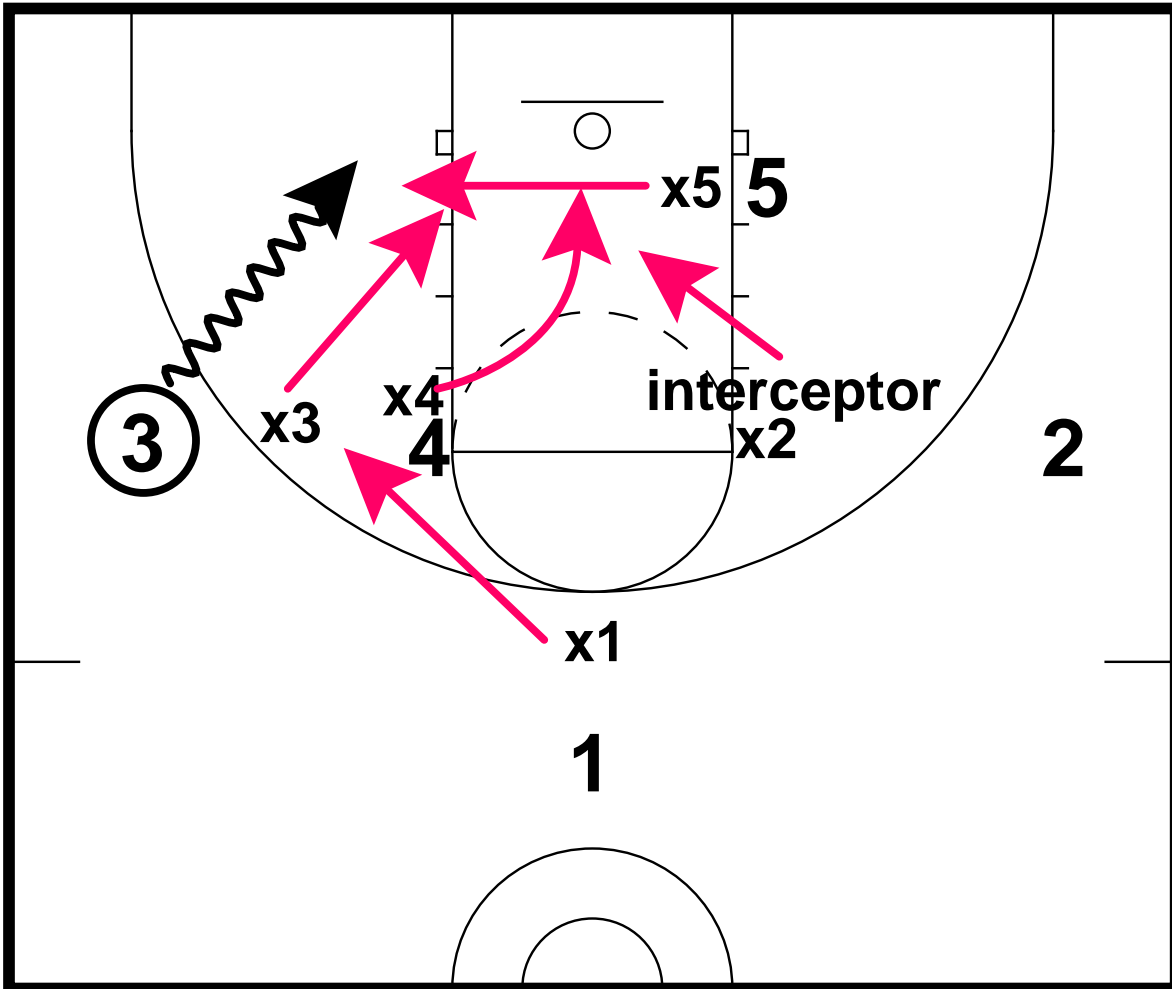
GREAT DRILL

40 Drill #2

Offensive people moved randomly for 10-15 seconds. Coach yells "o", to signal the offense to dribble across half court. The defense works hard to trap while off ball defenders work to put themselves in the proper position to intercept.

Defensive Breakdown

40 Defense Drills
Run & Jump Defense

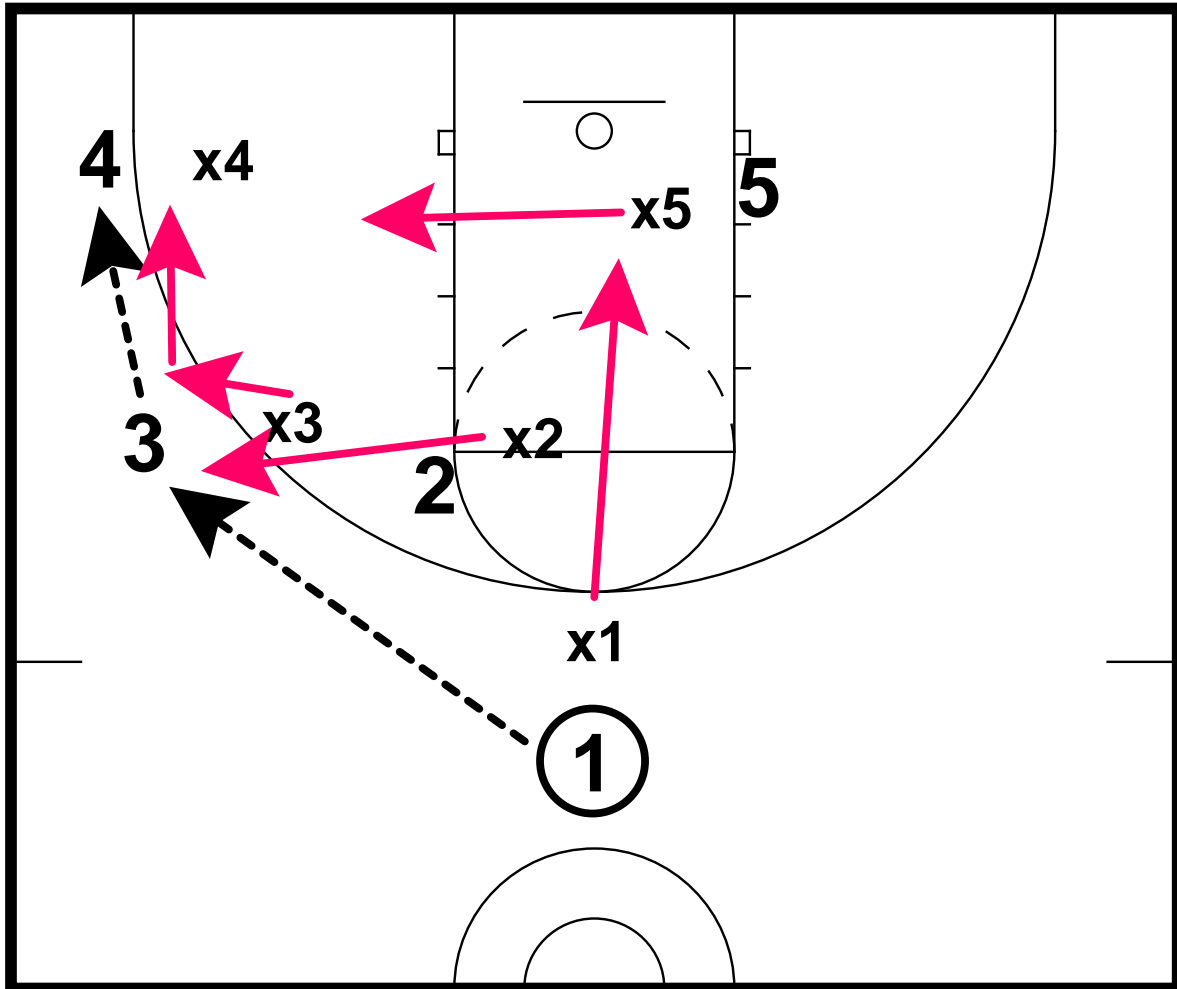


40 Drill #3

One of the secrets behind the success of North Carolina's run and jump defense was their willingness to trap any dribble that moves baseline.

Defensive Breakdown

40 Defense Drills
Run & Jump Defense



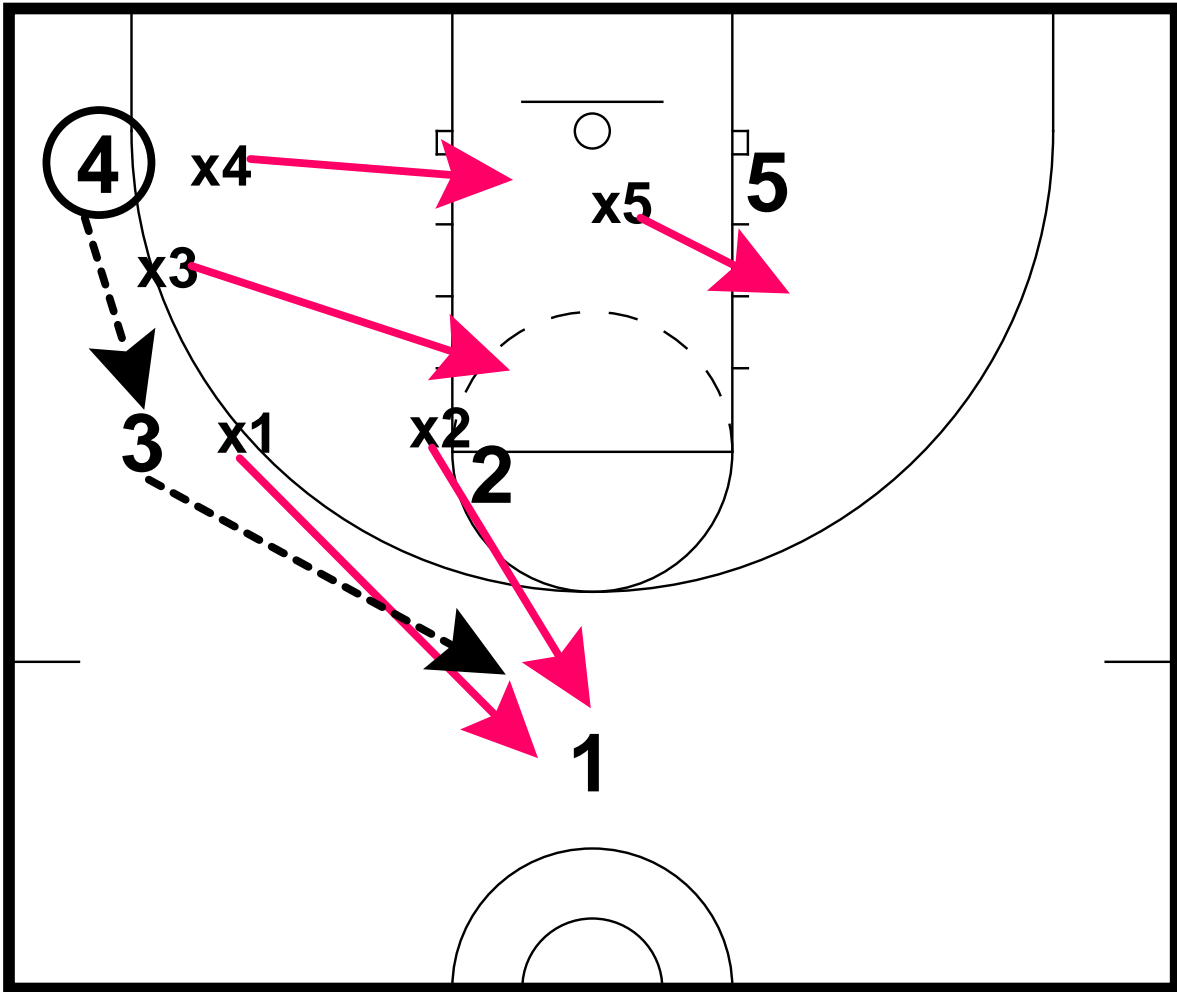
40 Drill #4

3x and 4x double team pass to the corner. 1x and 5x become interceptors. 2x becomes flyer.

NOTE: flyer leaves goal open and covers cross court pass when needed.

Defensive Breakdown

40 Defense Drills
Run & Jump Defense

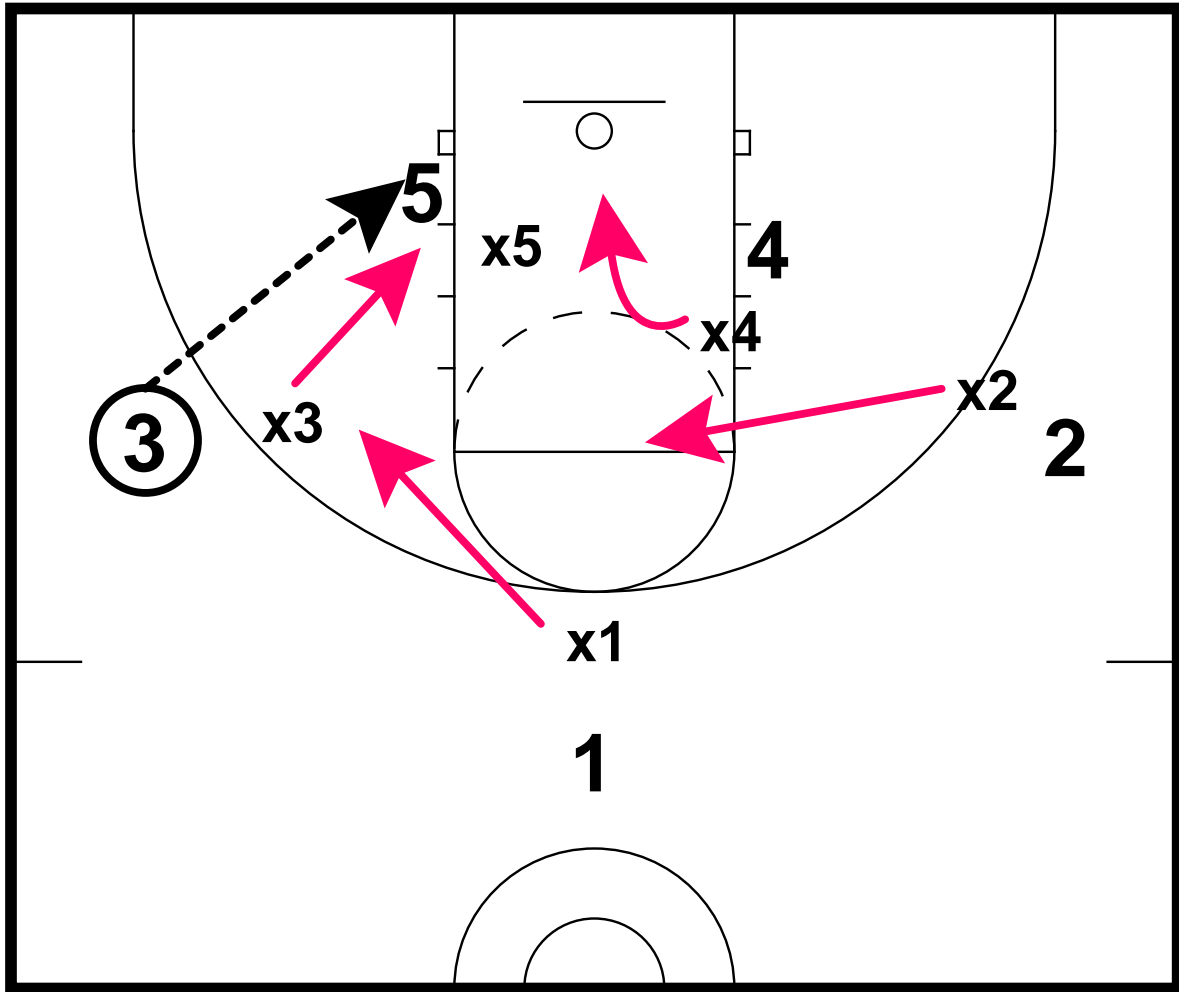


40 Drill #5

1x and 2x double team. 3x and 5x become interceptors. 4x becomes a flyer.

Defensive Breakdown

40 Defense Drills
Run & Jump Defense

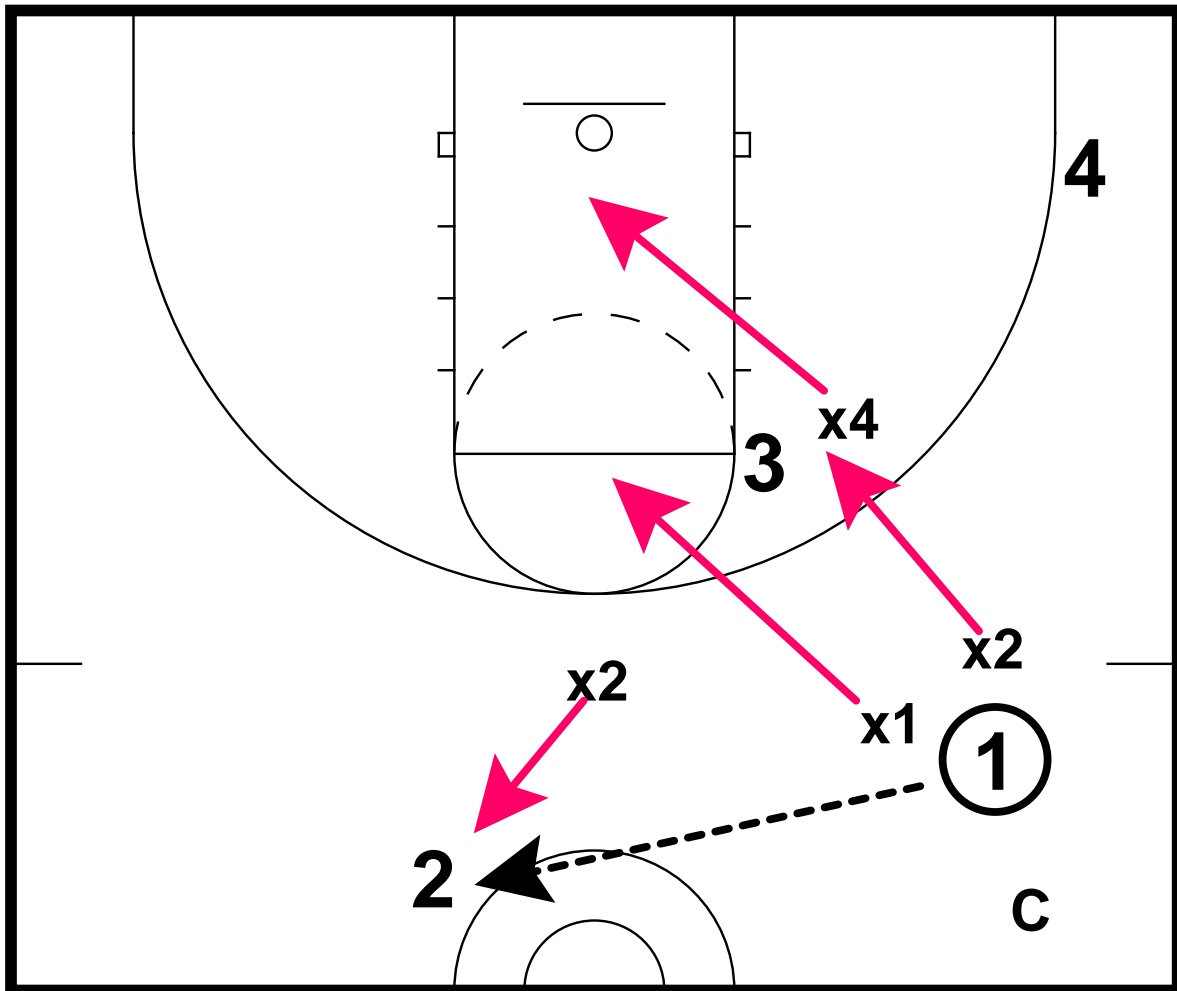


40 Drill #6

Double team the post. 3x and 5x double team. 1x and 4x become interceptor. 3x becomes the flyer.

Defensive Breakdown

Breakdown Drills for Run and Jump Run & Jump Defense

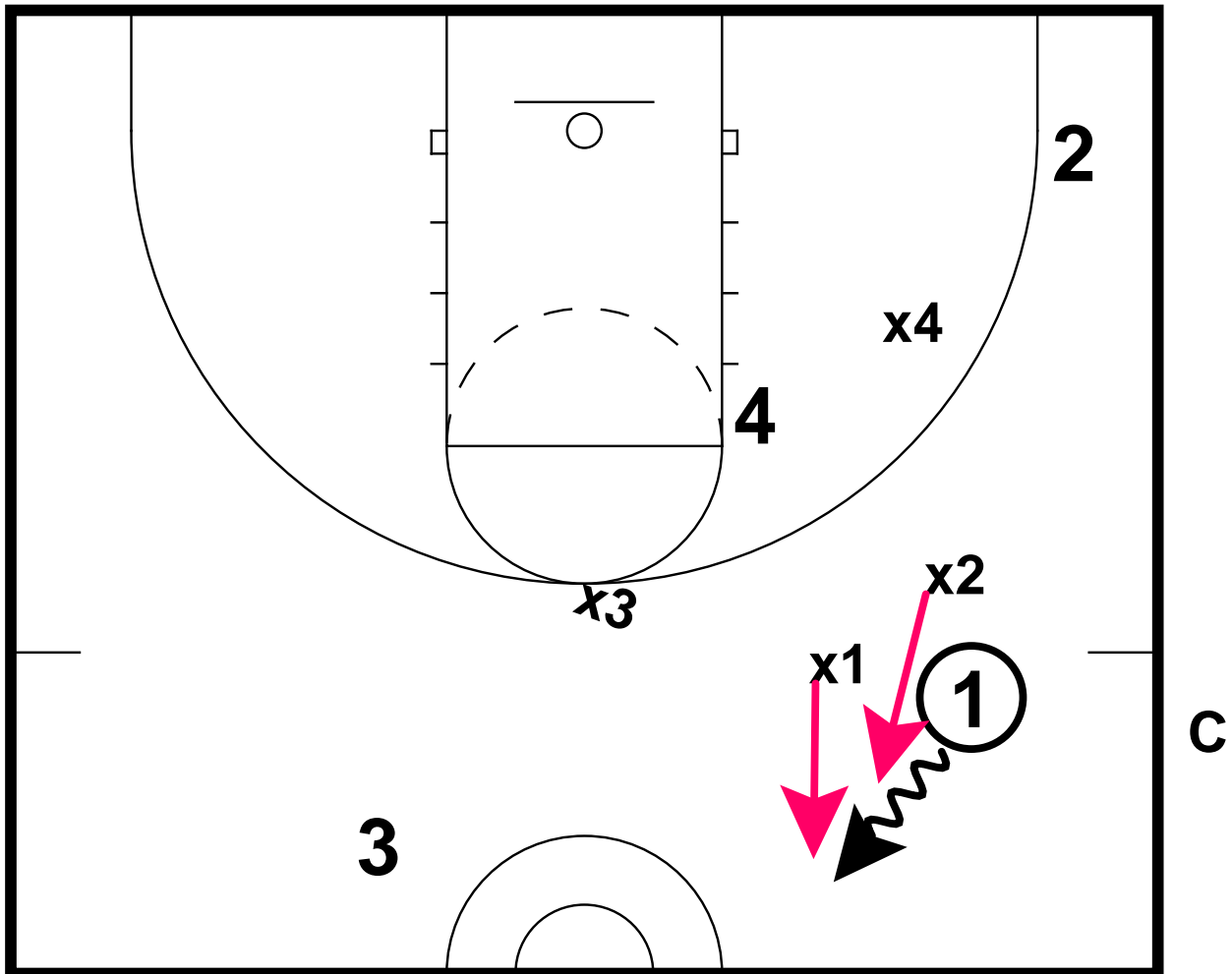


Breakdown Drill #1

Coaches passes the ball to 1 who can't dribble. On any pass that is not stolen, work on containment using the off ball defenders.

Defensive Breakdown

Breakdown Drills for Run and Jump Run & Jump Defense

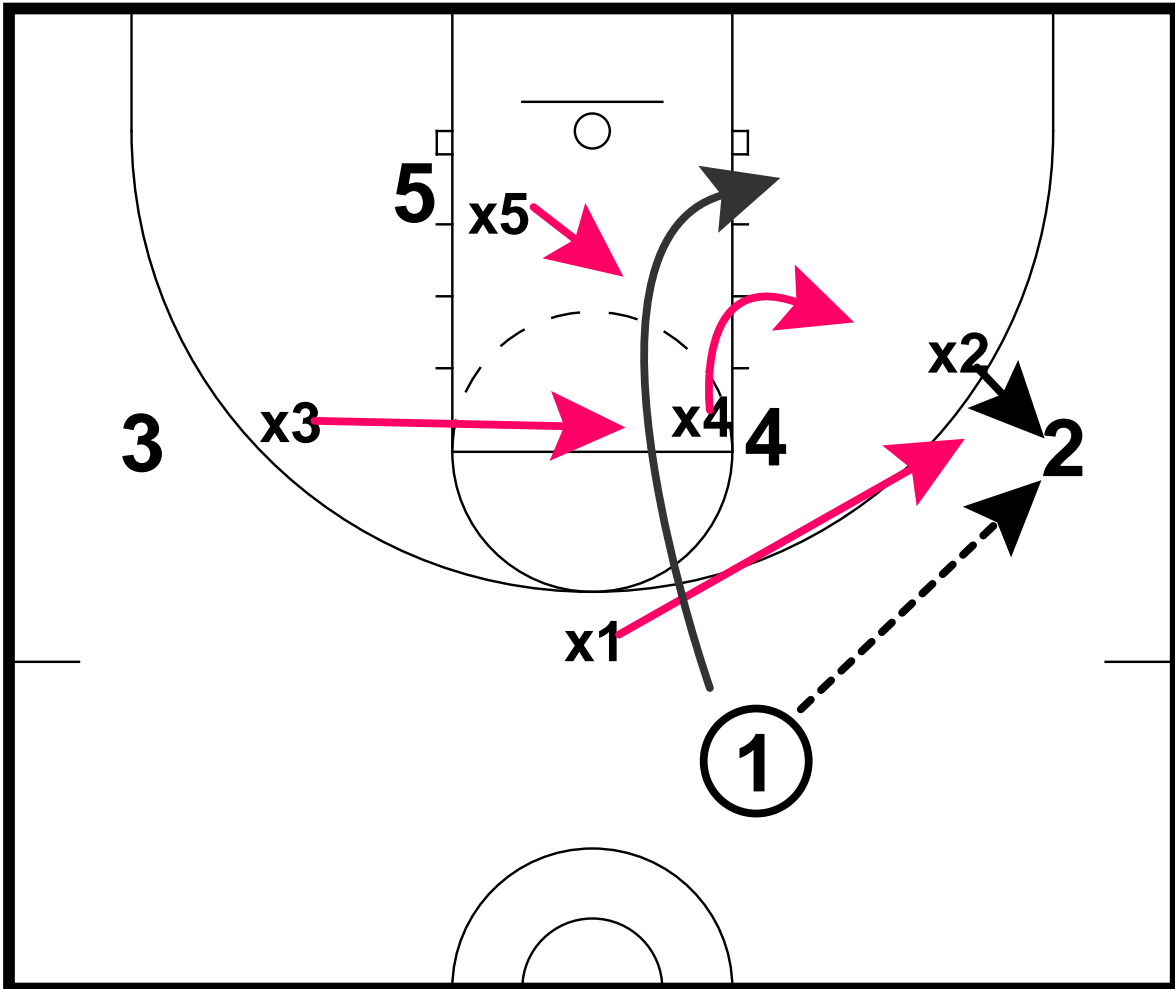


Breakdown Drill #2

Coach will pass the offensive player the basketball. The player may dribble. Defensive players must work to corral him while the interceptors work to take away the next best option.

Defensive Breakdown

Defending the UCLA High Post Manuever Run & Jump Defense



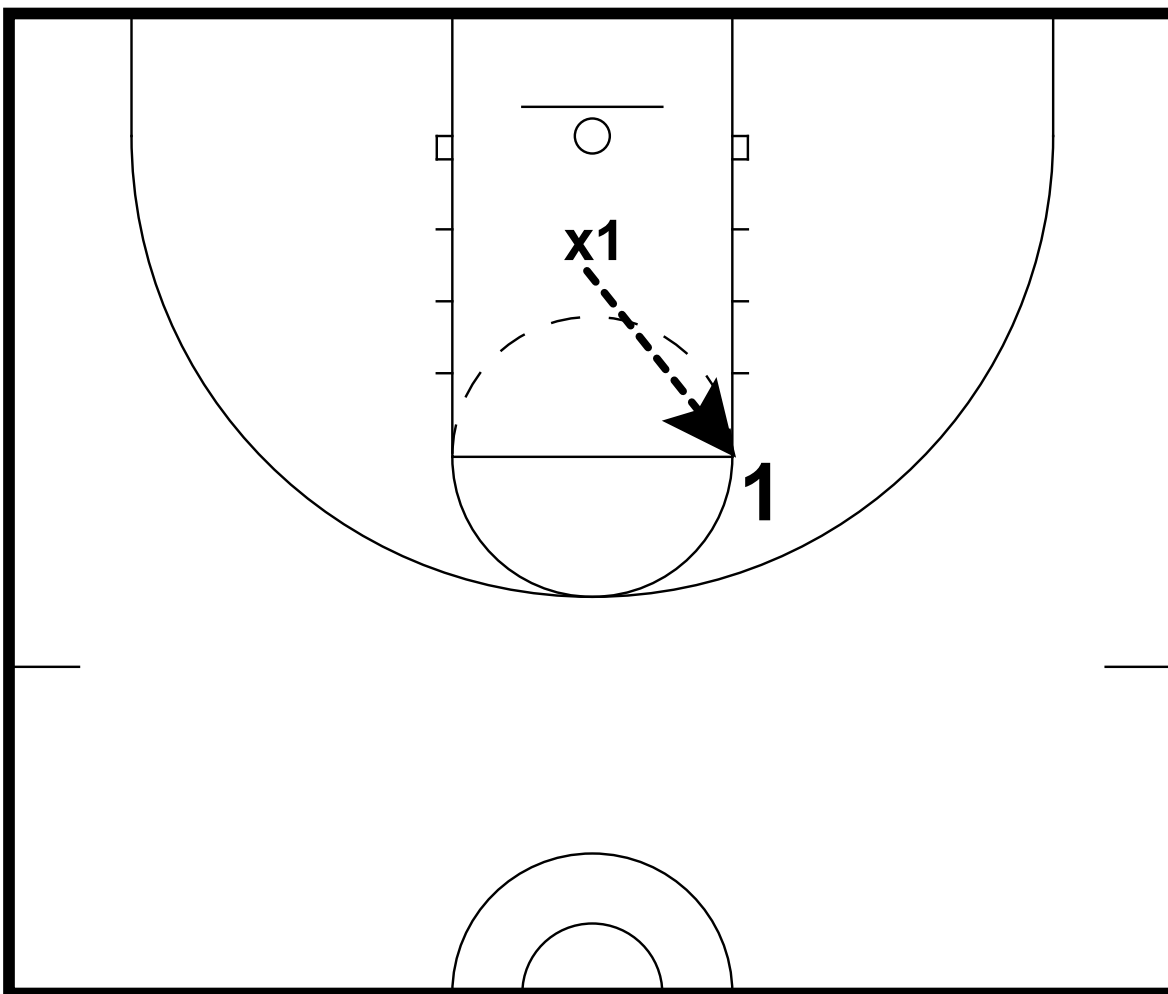
Defending the UCLA Cut

Defensive player 1x and 2x double the 1st pass made. 3x and 4x become the interceptors. 5x is the goaltender.

Individual Fundamental Defense Drills

Individual Fundamental Defense Drills

Bomber Drill Individual Defensive Drills

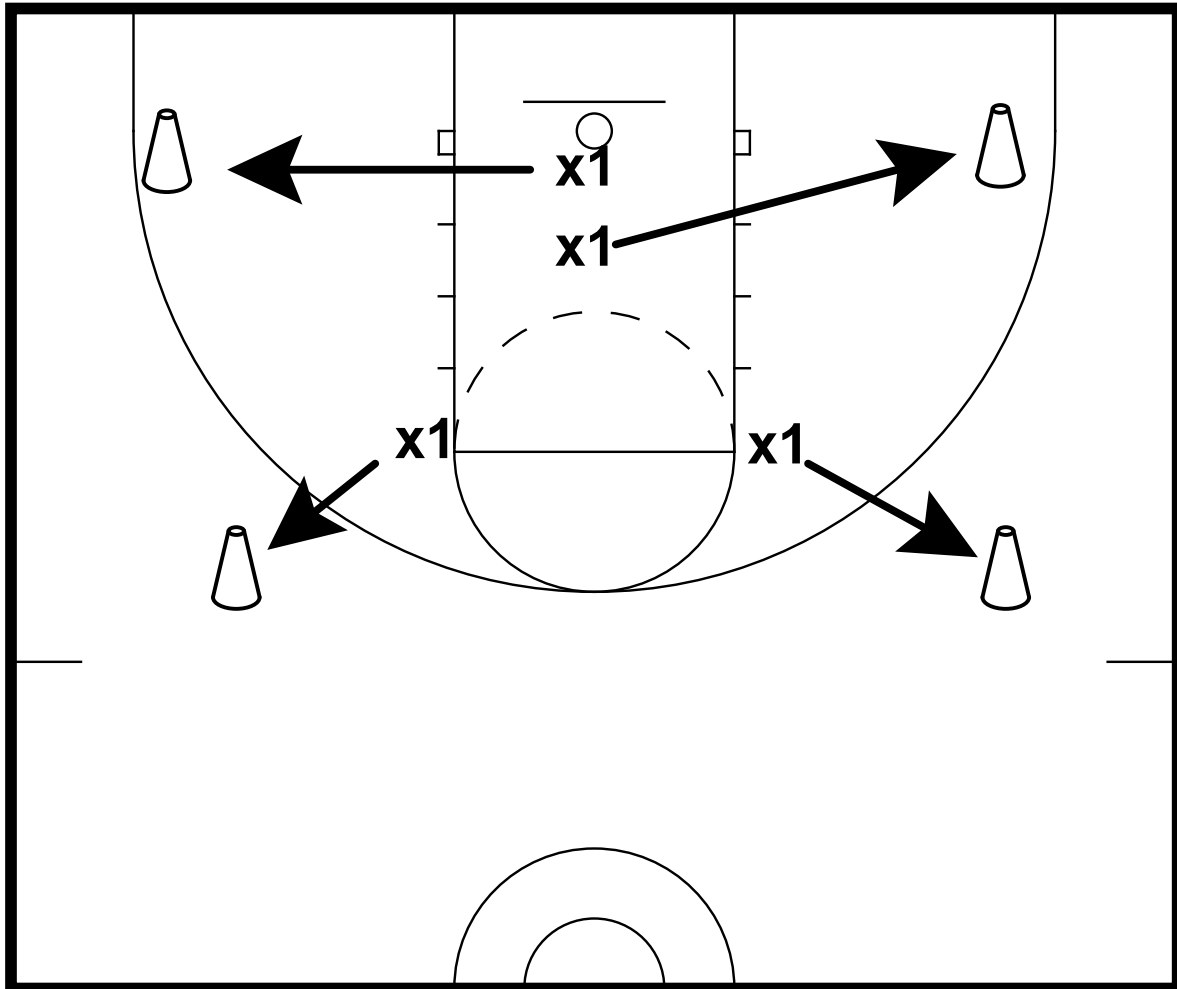


The defensive player rolls the ball to the offensive player at the elbow. The offensive player gets in a triple-threat position or takes the ball directly to the hoop upon collecting the ball. If the offensive player gets into the triple threat position, he can use a variety of moves. The defensive player closes out on offensive player and attempts to stop the offensive player. The defensive player must use a quick first step after getting in his stance.

The coach can dictate the number of dribbles available to the offense.

Individual Fundamental Defense Drills

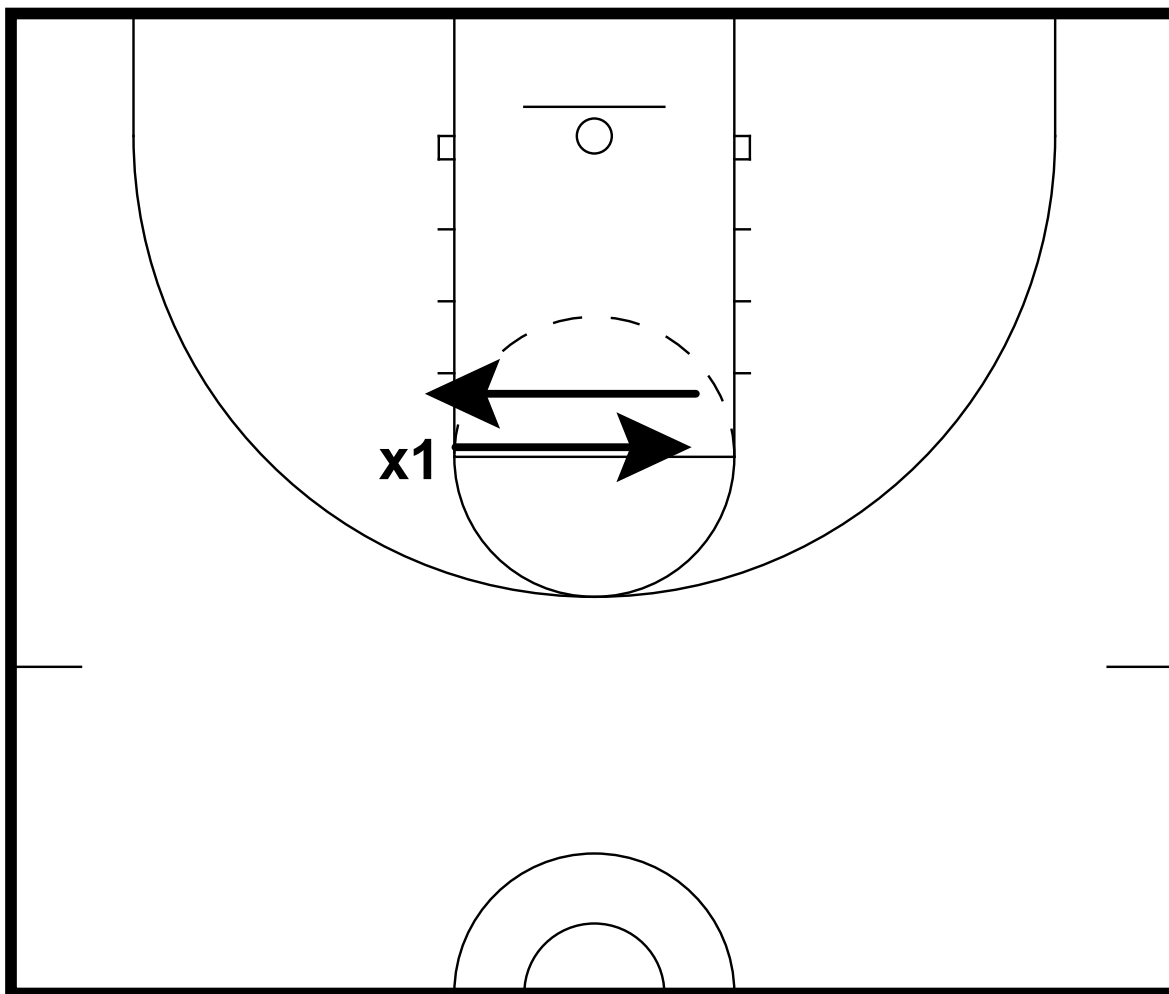
Close Out Drill Individual Defensive Drills



On the coach's command of 'close out', the players will close out to an imaginary offensive player. We use cones to simulate this offensive player. After they close out, the players will get in a good defensive stance. In the close we want our players to move quickly but stay low. When they get near the offensive player, they will shuffle their feet in order to get on balance and prepare their base for good defensive stance.

Individual Fundamental Defense Drills

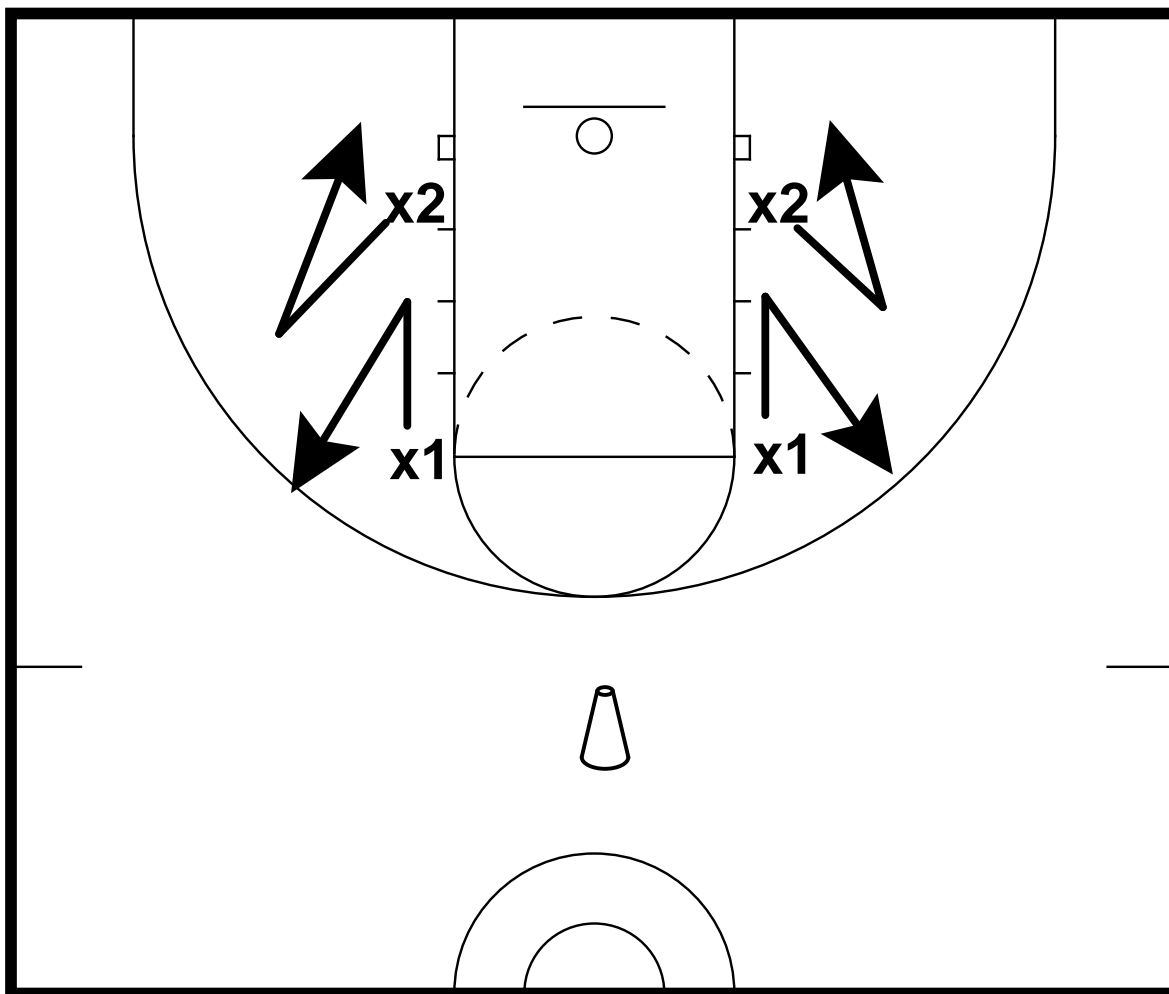
Lateral Slide Drill Individual Defensive Drills



Begin in a good defensive stance with both feet outside the lane. Slide across the lane quickly as possible while maintaining good defensive position. When moving to the left, point the left foot 90 degrees left and push off with the right foot. Reverse this movement as you move to the right. You should not let feet come together. Go for 30 seconds and look to improve your total with each workout.

Individual Fundamental Defense Drills

Stance and one pass away Drill Individual Defensive Drills

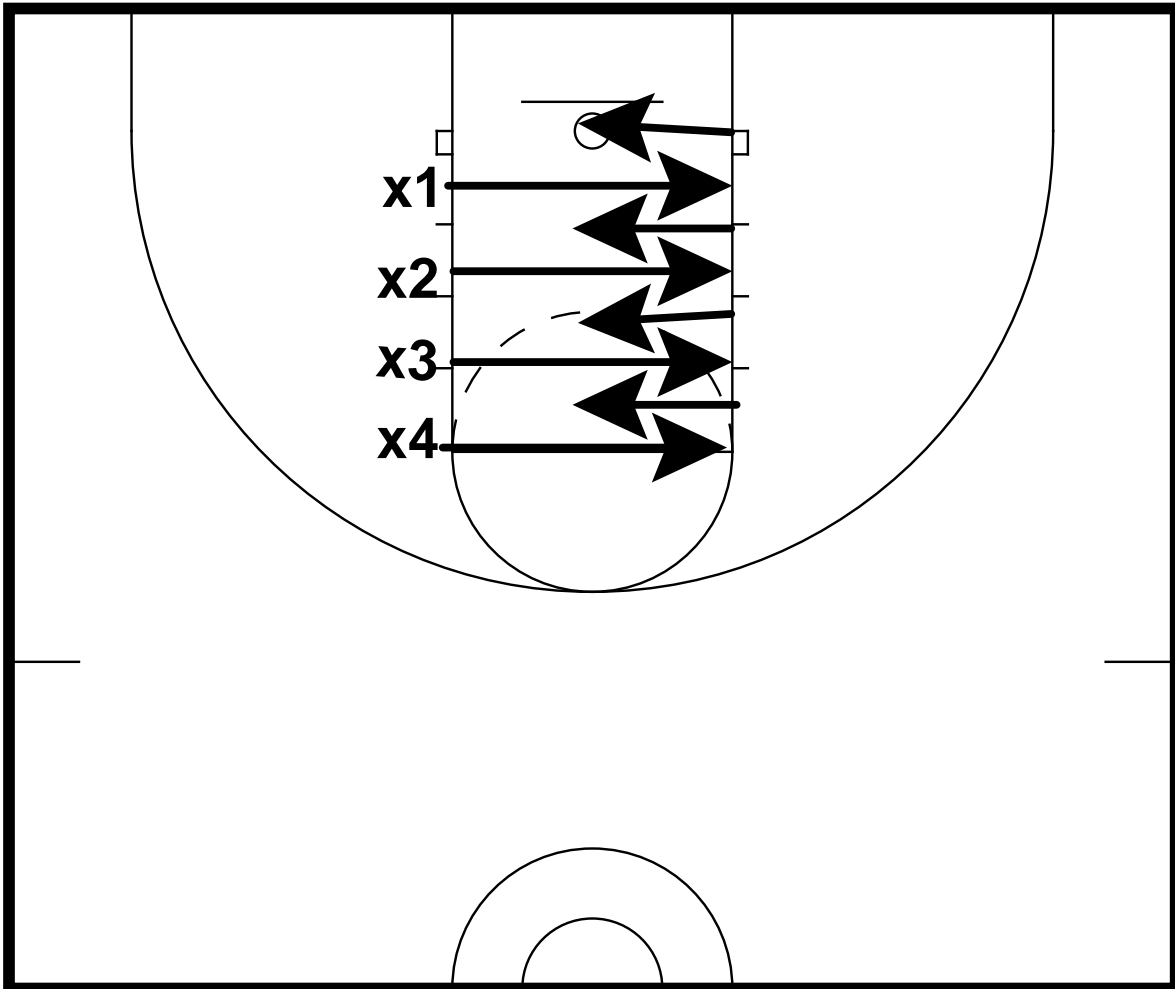


The players line up with two players on the elbows and two players on the block. At the coach's command, the players at the elbows will continually move to the block and back to the elbow. They will simulate a denial defensive position as if the ball was at the top of the key and they were denying the post flash. At the coach's command, the players at the blocks will continually move from the block to the wing and back. They will simulate a denial defensive position, as if the ball was at the top of the key and they were denying the wing.

All four players can now go at once upon the coach's command. The next command by the coach will be 'break', in which all four players sprint to either the opposite baseline or half-court and then jog back up the sideline to the original baseline.

Individual Fundamental Defense Drills

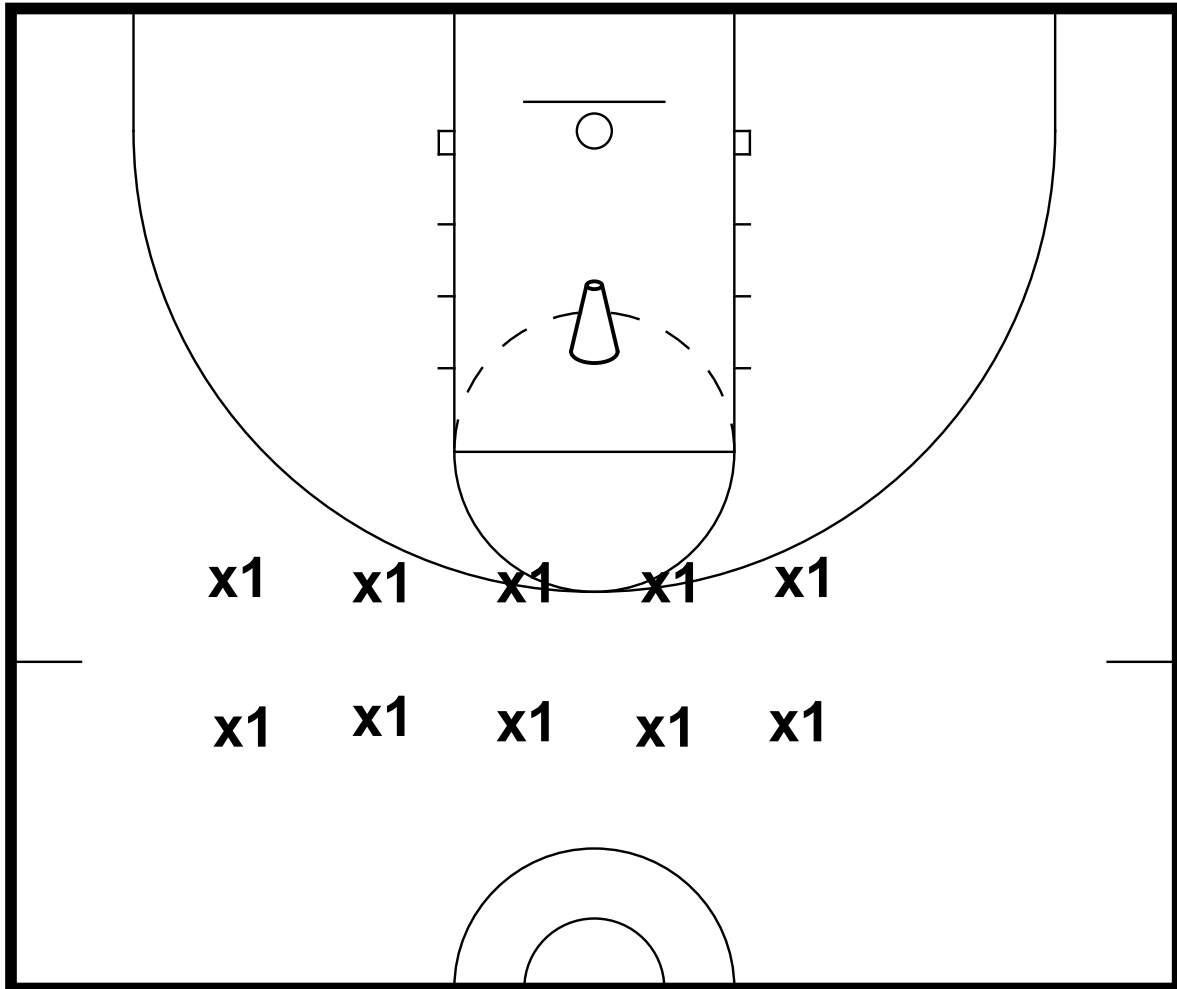
Stance and Transition Drill Individual Defensive Drills



Line four players on the side of the paint area facing down the court. Line eight more players on the baseline. Rotation consists of three groups, each consisting of four players. Each player in the first group has his right foot outside paint, his left foot in the paint. On the coach's command of 'stance', players slap the floor with their palms and slide to the side. On the coach's command of 'break', the first group sprints to the opposite baseline or to half court. The second group replaces the first group. The first group jogs up the sideline.

Individual Fundamental Defense Drills

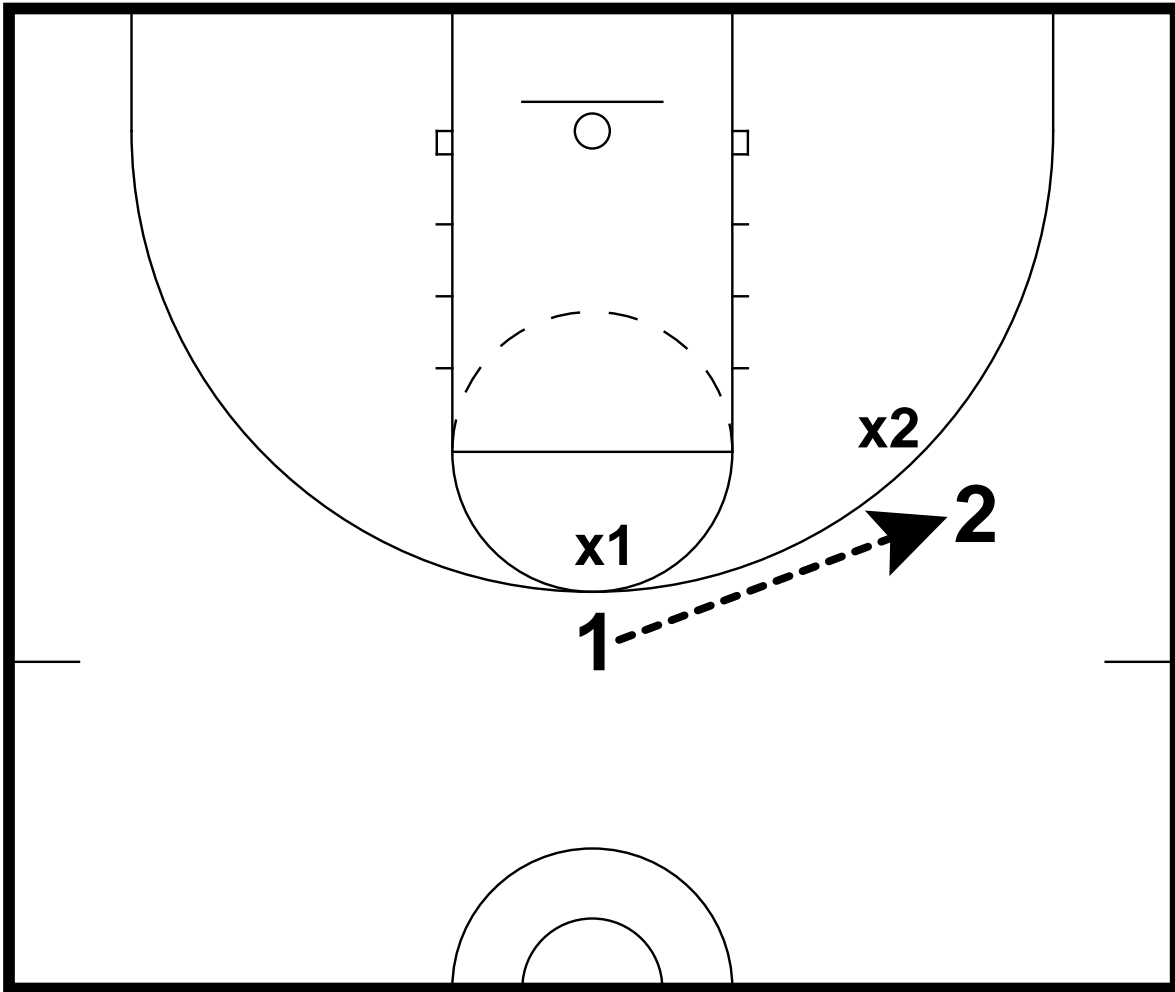
Stance Drill Individual Defensive Drills



Start by slapping the floor and assuming a good defensive stance. Knees should be bent, hands active, back straight with heels off the ground. Begin by holding this position for 30 seconds. Gradually increase the time until you can hold your stance for two minutes.

Individual Fundamental Defense Drills

Two on Two with Jump to the Ball Individual Defensive Drills



Point passes to the wing. The wing defender quickly jumps to the offensive wing and gets in a defensive stance. The point defender jumps to the ball and plays his position one pass away. Remember to stay in stance. Coach dictates when ball become live and it becomes two-on-two.