Tom Izzo (Michigan State): “Defense and Rebounding”

- Man to Man Defense Key Points:
  1. Constant ball pressure
  2. In-side – Out defense- “elbow help” and “block help”
  3. 1 pass away = 2 steps off in help position
     2 passes away = 1 foot in the paint
  4. Penetration kills defense and decreases rebounding opportunities
  5. Posts – always ¾ deny
  6. Move on the pass, not the catch by jumping to the ball
     - Screening:
       - Switching screens- not done very often, but should be done more.
       - Always switch with 1,2 or 3 only; 4’s and 5’s only

- Rebounding:
  - Requires strength and right mentality – team philosophy
  - Always send 4 guys to the boards – pt guard to half-court
    - Forces teams to have to adjust games and practice preparation
  - 70 % of all rebounds go in the opposite direction
  - “The Low man Wins” – players must stay in a low/athletic position

- Drills:
  - “Beat the Pass”
    - Coach has the ball with 2 receivers on each side.
    - Defensive player must try to deflect the pass from the coach to one
      of the receivers.

- “Help & Recover Drill”
  - 2 man defensive drill
  - Offensive player 1 dribbles and attacks the elbow, defensive player 1
    shuffles with him.
  - Defensive player 2 must step in to stop dribble penetration before
    the dribbler reaches the paint.
  - Player 1 kicks out to offensive player 2 on the wing and defensive
    player 2 must recover back.
  - This drill can go back and forth by offensive player 2 now attacking
    the middle and kicking back to player 1.
  - Now, defensive player 1 must step in and help and recover on the
    dribble penetration.
“Warrior Drill”
- Team rebounding drill
- Offensive and defensive players line around the perimeter.
- Coach shoots the ball
- Players must "hit, find and go"
- Rebounder attempts to get the ball at its highest point

**Drill can be done in tight by moving players onto the low post positions.

“Hit, Find & Get”
- Coach shoots the ball at the rim.
- Player must hit, find and then go get the rebound
- Do not hold – must release quickly
- Rebound and then "chin" the ball

“2 on 2 Rebounding”
- Coach starts by shooting ball at the rim.
- Defenders try to hit the offensive players outside of the lane
- Offensive players must attempt to get the rebound
- Works on both offensive and defensive rebounding.
- If the offense gets the ball, it is live.

“Beat and Belt” Defensive drill
- You have one offensive player and a defensive player.
- The goal is to deflect two passes, a top pass and then a backdoor pass
- Defender tries to bump the cutter.
- Defending the screen and Roll:
  - "Jam": Defender must "jam" the screener and the other defender goes under the screen.
  - "Up & Under": Defender who is guarding the man setting the screen, steps up and the other defender goes under the screen. Defender who is moving "up" on the screener tries to force the ball-handler outside.
  - "Trail": a.k.a. "outside-inside"; defender steps outside of the screen and then goes inside. Try to avoid contact with the screener.

- Zone Quick Hitters:

  "Fist Down" vs. 2-3 zone

- 4 out 1 in set.
- 5 in ball-side high post
- 3 & 4 at wings
- 2 in opposite corner
- 1 passes to 3 who dribbles to corner.

- 3 reverses back to 1 and then cuts baseline and curls off of 5's screen back to the ball
- 4 sets screen on weakside guard for 2 for possible 3-pt shot.

- 1 will have 2 options:
  1. pass to 3 in the middle
  2. pass to 2 for 3-pt shot.

"Special" vs. 2-3 zone

- Starts in a 1-3-1 set.
- 1 is at top, 2 & 3 on wings and 4 in high post, 5 in low post
- 1 passes to 3 on the wing and 4 dives to the low post on ball side.

- When ball is reversed from 3 to 1, then to 2, 5 sets a screen on the bottom defender for 4 who cuts along the baseline to corner.

- 2 will look for 4 for a shot in short corner
- 2 can also look for 5 sealing in the low post after setting the screen.
“Special” with PG option vs. 2-3

- 1 passes to 3 and cuts through to short corner or 3-pt line.
- 4 steps out and becomes reverse man and swings the ball to 2.
- 2 passes to 1 for shot.
- If 1 does not have the shot, he can dump down

- 4 immediately reverses to 2 on the wing.
- 4 can also pass directly to 1 for shot in short corner.
- If 1 does not have the shot, he can dump down to 5 in the low post sealing on the screen.

“Double” vs. 2-3 zone

- Start in a 1-3-1 set with 1 at top, 2 and 3 on wings, 4 in high post and 5 in low post opposite each other.
- 1 passes to 3 on the wing and 4 dives to the ball-side low post.

- Ball is reversed back to 1 from 3.
- 2 and 5 set a double staggered screen for 4 along baseline.

- 1 quickly passes to 4 for the open shot.
- 5 looks for possible entry pass from 1 if defenders jump to guard 4.
- 2 seals to the middle after setting screen.
- **1 must get a good passing angle and may need to dribble.
“33” vs. 2-3 Zone

- Starts out of a 1-2-2 set with 1 at top, 2 & 3 in the high posts and 4 & 5 in the low posts.
- 1 passes to 3 in the high post

- 3 fakes a dribble hand-off to 1 to force the zone to shift or move.
- 1 continues to the corner or wing.
- 5 and 2 set up a dbl. screen for 4, who cuts to the corner.
- 3 looks to skip to 4 in corner for shot.

- 3 actually has 4 options:
  1. Pass to corner for shot
  2. Pass to 2 diving into the middle
  3. Lob to 5
  4. Kick out to 1 in the ball-side corner.

“Wizards” : Sideline Out of Bounds Play vs. Man to Man

- 1 takes the ball out.
- 4, 3, and 2 line up vertically facing the ball.
- 5 isolates on the low block opposite the ball.
- 4 and 3 set up a dbl. screen for 2.
- 2 fakes and goes toward the basket.
- 5 v-cuts to get open and 1 passes to 5.

- Once 5 catches the ball, he turns and hits 2 who is cutting towards the basket.