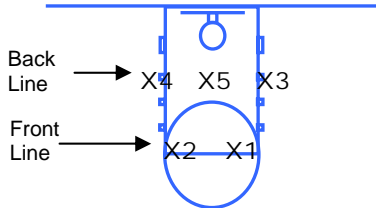


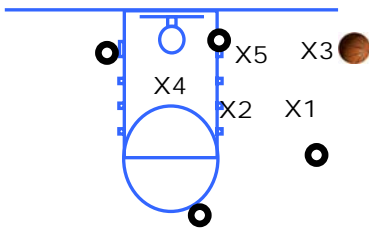
The Basic Set:

The back line consists of the center in the middle and usually 2 forwards around the block areas on each side.

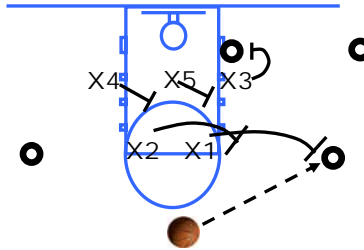


The front line consists of the two guards just inside the paint near each elbow.

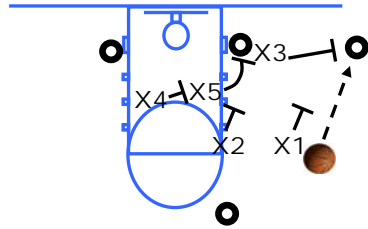
When the ball is low and outside the players should be in the positions shown below. Players are responsible for certain areas of the court! Players must be certain when attempting steals.



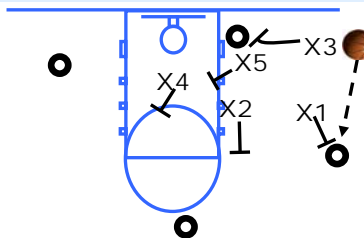
As the pass is in the air, all of the defenders should move to the spots shown. X3 gets in front of the player on the block, this is called "fronting."



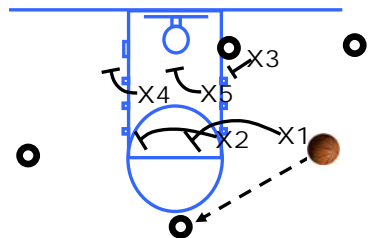
On the 2nd pass, X3 "pops" out to guard the low wing player, and now X5 will get in front of the player on the block. The top two guards drop down as shown.



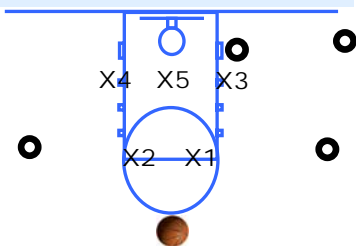
When the pass goes back up to the high wing, the players just go back to the last position they were in as shown in the diagram.



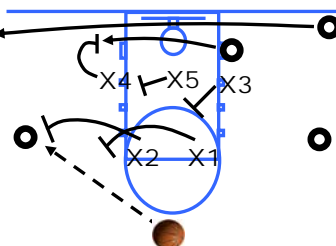
Whenever the ball is back up at the top the players should be back in their original starting positions. It is important for all defenders to be in "sync" and not stray out of position.



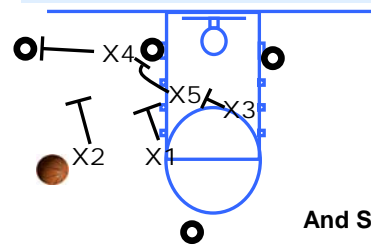
Reset: It is very important for the players to move back to their area of responsibility when the ball is in the air and not wait until the pass gets to the next players.



As the pass is in the air, all of the defenders should quickly move to the spots shown. X4 gets in front of the player on the block, this is called "fronting."



On the 2nd pass, X4 "pops" out to guard the low wing player, and now X5 will get in front of the player on the block. The top two guards drop down as shown.



And So On...

Key Teaching Points regarding the 2-3 Zone Defense:

- Players should "move" to the ball as a "unit," not as a scattered group of individual players.
- Players should always keep their eyes on the ball. Younger players will look down to make sure they get to the correct spot, but when they do this, they take their eyes off the ball.
- Keep the offense out of the paint area, and "front" any post players that camp out on the block.
- Players should not stare at the ball as it is being passed, but rather try to get to the offensive player as the ball is getting there!
- Remind players to keep their arms up and hands out (palms up) while on defense.

Defending the Skip Pass: The player closest to the ball should be responsible for the skip pass. In this example X3 must defend the player receiving the skip pass (until help arrives - X1). As X1 arrives, X3 drops to their regular position.

