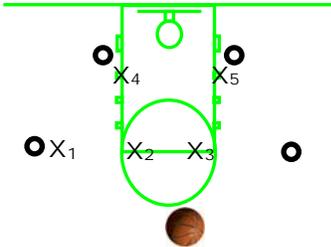


The "Box and 1" Why use this type of Defense? Most coaches do not practice offenses vs. Junk Defenses. Junk Defenses can surprise even the most experienced teams, and give your team an advantage!

## "Box and 1"

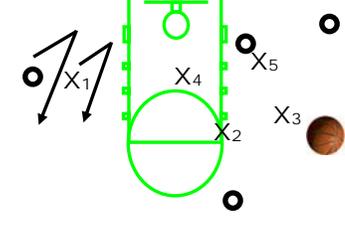
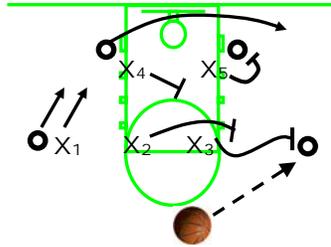
### The Basic Set:

In the "Box and 1" defense, one defender, called the "Chaser" is assigned to play Man-to-Man Defense on a specified offensive player while the other defenders are in a "zone" defense.



On the first pass, the players move to the positions shown (always moving on the pass and attempting to form a "Box"). The "Chaser" stays with their assigned player, denying any passes (no help defense).

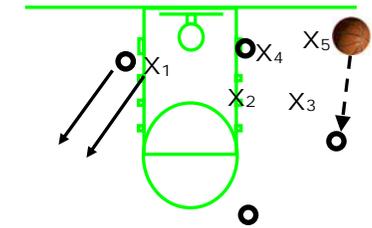
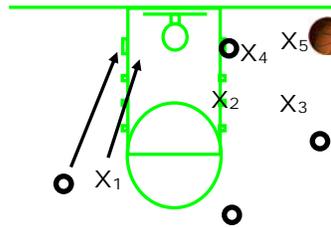
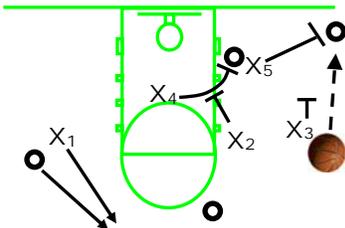
Any defender close to X1 should help out if X1 gets beat to the basket. In this defense, it is important to always have a defender (see X4) in or very close to the paint area at all times (covering the weak side area).



The defenders in the "box" areas must stay home on defense and not "overplay" the pass or player in front of them. All defenders must understand their roles to make this defense work!

X2 drops down and cheats towards the paint area to cover the weak side area, watch for cutters, etc. Front any player posting up around the block area. Form the Box!

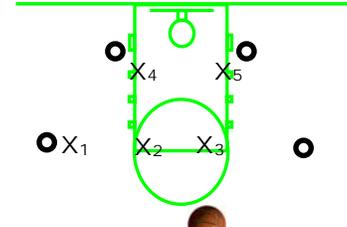
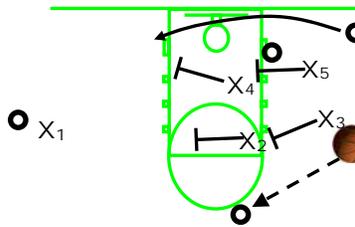
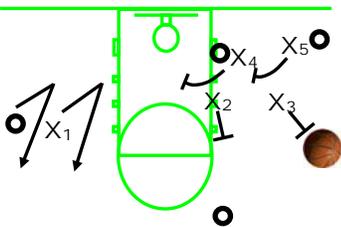
The defense must help to keep the ball out of the hands of the shooter, and also out of the "paint" area. A pass to a non shooter up high (and away from the paint area) is always welcome.



As the ball is passed up high the defenders guarding low shift over slightly. The defender closest to the ball should always "pressure" the ball, keeping the ball handler busy.

X1 is doing a great job of "frustrating" the shooter. It's not unusual for the shooter to take themselves out of the game "mentally" from a good defensive effort. Keep the "Chaser" fresh (change out as needed).

Keep the ball away from the scorer and in the hands of players that are not as dominant. Pressure the ball, front the post, move quickly, and forced turnovers will occur.



### "Box and 1" Notes / Teaching Points:

- Coaches should "scout" their opponents to find out which player should be guarded in this defense (usually the other teams top scorer). Coaches can also use this defense to defend a good rebounder, etc... Use wisely!
- If the player that X1 is guarding gets possession of the ball, the other defenders need to be in a position to play "help" defense and assist with double teaming this player quickly, forcing them to pass the ball to a teammate.
- If the "Chaser" (X1) is getting tired, adjust quickly, and change the "Chaser" (Keep the "Chaser" fresh).
- The four defenders playing the zone should: Always move as the pass is made, Protect the paint area and the basket, Never allow themselves to be "pulled" out of their areas by the offense, and stay at home on defense.
- When the "star" player is taken out of the game it forces the other players to try and make things happen on their own (putting these players in a position that they are not used to being in).