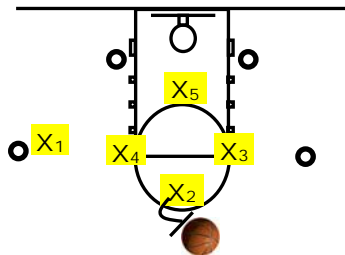


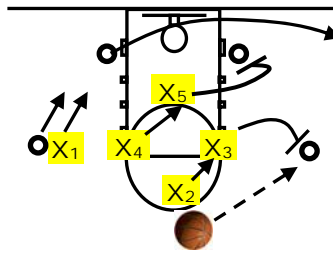
The "Diamond and 1" Why use this type of Defense? The "Diamond and 1" is very effective against opponents that have very good outside shooters (In addition to their star player). Coaches usually do not practice offenses vs. Junk Defenses – surprise even the most experienced teams and give your team an advantage!

The Basic Set:

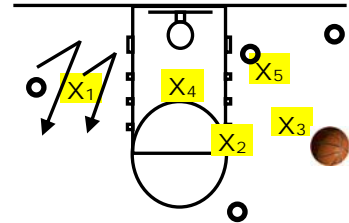
Includes a "Chaser" X1, and four defenders forming the diamond. X2 plays "tight" man to man on the ball always forcing the ball away from the side of the chaser, X3-X4-X5 play "on the line-up the line" defense.



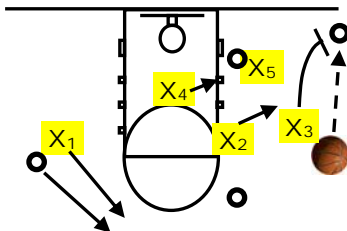
On the pass, X3 jumps to the ball and plays "tight" man to man on the ball, X2 to the elbow, X5 "fronts" any player on the block, and X4 slides down to the middle of the paint area.



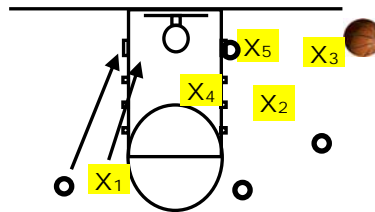
X3 is now playing "tight" man to man on the ball, X1 is still denying their player the ball, and all the other defenders are forming the diamond. X5 continues to "front" the player at the block area. X4 protects the paint.



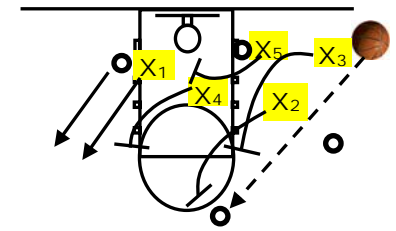
On the pass to the low wing area, the wing defender (X3) drops low and defends the ball. X5 stays at the block area (X5 covers block to block only). X4 slides over slightly, X2 slides towards the ball.



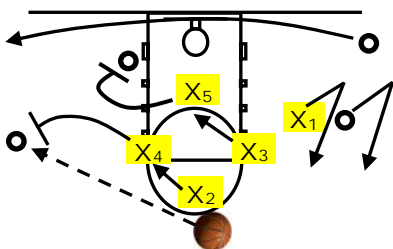
In this defense, the wing defenders (X3, X4) must cover a lot of court area (these players should have hustle and speed), and must quickly "jump" to the ball on the pass.



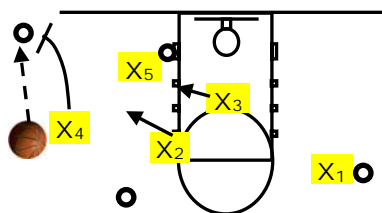
On a "skip pass" to the top of the key – the diamond defenders must hustle to cover a lot of distance, getting back to their original positions (moving as the ball is passed, with no delays).



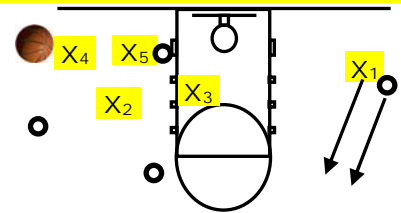
On the pass, X4 jumps to the ball and plays "tight" man to man on the ball, X2 to the elbow, X5 "fronts" any player on the block, and X3 slides down to the middle of the paint area.



On the pass low wing area (baseline), the wing defender (X4) must drop low and defend. X5 must stay on the player at the block area (X5 covers block to block only).



This defense works great as long as the "chaser" denies (replace this player as needed), and the other defenders move quickly as the ball is passed (always forming a diamond).



"Diamond and 1" Notes / Key Teaching Points:

- Keep the "chaser" fresh, coaches should not hesitate to replace this player as many times as needed!
- Keep the ball away from the side of the "chaser" – it is the responsibility of X2 to "steer" and force the ball to the opposite side of the chaser (who is guarding the other teams best player).
- Keep "pressure" on the ball handler at all times. Any defender on the ball should play "tight" man to man (pressure defense - without getting beat to the basket). **This is a key element to making this defense work correctly.**
- All defenders should be prepared to provide "help" defense anytime the "chasers" player happens to get the ball ("double team" this player until they give up the ball).
- X5 covers "block to block" only – fronting any players as needed, but most of all never allowing any passes into the paint area. This player should be tall, athletic, and aggressive.