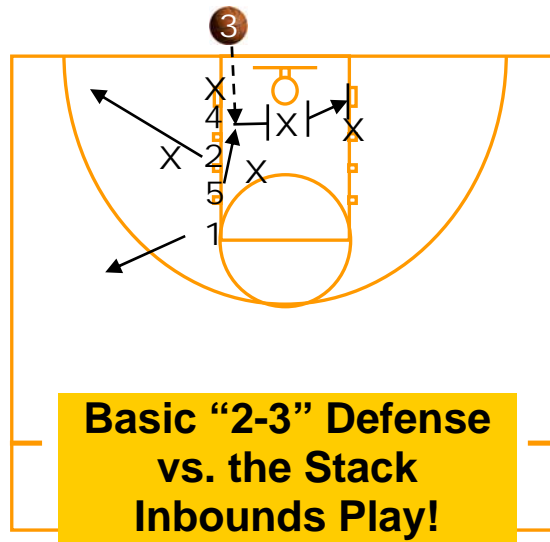


Defense vs. Inbounds Plays - Notes

* The number 1 rule to remember when the other team is setting up an inbounds play under their basket – **Use a Zone Defense!**

Teams are taking a big chance when running a Man-to-Man defense vs. an inbounds play under their opponent's basket. In Man-to-Man, it only will take one good screen for your opponent to score!



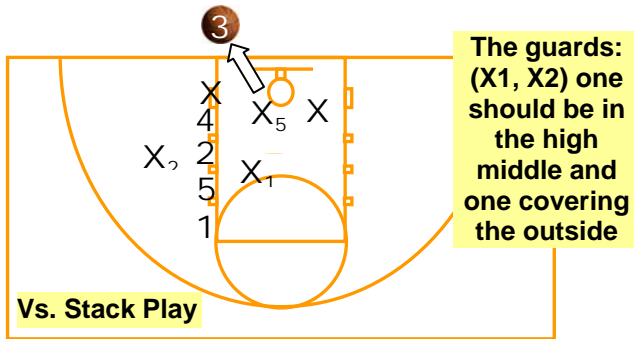
Important Note!

* A very important part of a basketball game that most coaches neglect to practice is how to defend the inbounds play.

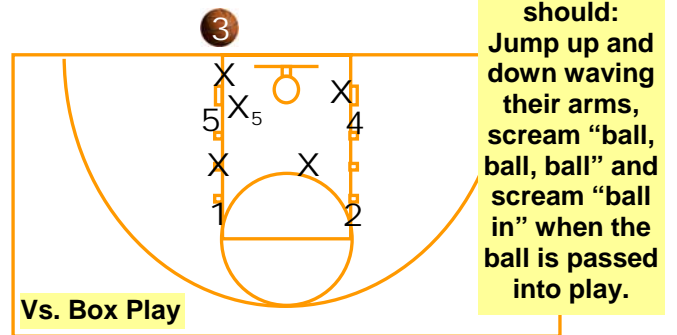
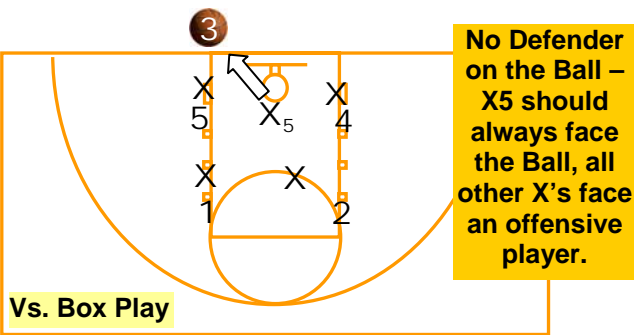
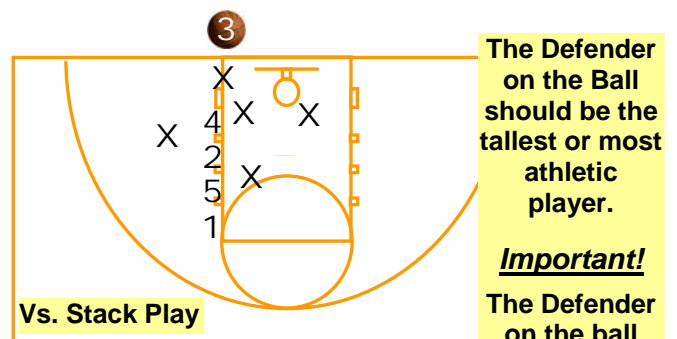
Most inbounds plays are all basically the same (to some extent), so you must also teach your players how to defend against the inbounds plays they have learned.

Zone Defense: 2-Ways to Defend an Inbounds Play!

"No Defender on the ball"

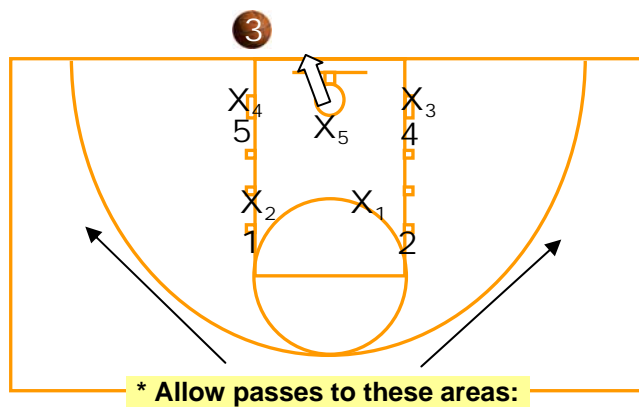


"Defender on the ball"



Notes:

- Goals of the Defense:**
1. Don't allow easy baskets!
 2. Keep the passes from entering the paint area!
 3. Allow the pass to the outer perimeter (make your opponents have to set up an offense).
- All Players (except for X5) should be facing an offensive player.



The player facing the ball or the player defending the ball should always yell out **"Ball In"** when the ball is passed in to "alert" teammates that the ball is now in play.

Players are covering areas on the court and should not "stray" out of position. The defense should crowd the middle, and "shut down the passing lanes."