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Eastern Michigan | 23 Zone
3/20/20

I. Intro

- Just Finished third year as an Assistant at Eastern Michigan.
- Head Coach **Ron Murphy** coached at Syracuse and brought the defense with him.

23 Zone Statistics:

- 2013-14 led the nation in FG% Defense (36.9%)
- Tim Bond set the all time record for steals.
- James Thompson set the all time record for rebounds.
- 6x MAAC leader in scoring defense.
- 5x MAAC leader in blocked shots
- 5x MAAC leader in turnover margin.
- 5x MAAC leader in steals.

It is something that can be very effective, but you have to stick with it, you have to have buy in..... and it needs to be your identity.

- Posed the question of what your program is all about.

Basic Outline to the Presentation:

1. Basic Principles of Guards, Wings, & Center
2. Short Corner Trap
3. Coverage when in the High Post
4. BLOB Defense
5. Common Actions Teams Run
6. Rebounding Responsibilities
7. Transition Defense

II. Guards - Basic Principles

One of the main differences is that the guards start in a stack.

Ball at the Top of the Key:

X1 - Guards the Ball

X2 - Takes Away High Post

** At all times these two must prevent dribble penetration and prevent the high post pass

Pass to the Wing:

X1 - "Banana Cuts" from the top of the key to the Wing

X1 - "2" Second Rule" with active hands mirroring the basketball

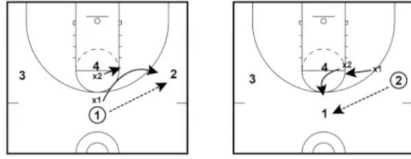
X2 - Positions his inside foot at the ballside elbow.

- Active Hands being long and wide
- Many of their steals and deflections from this.
- Cannot allow the ball into the High Post.

Guards: Basic Principles

• Ball swung to the Wing

- **X1: banana cuts** from top of key to wing to take the ball
- **X1: 2 second rule, High Hands, Mirror the ball**
- **X2: positions his inside foot at the ballside elbow**
 - ACTIVE HANDS being long and wide, steals/deflections come from this.
 - Cannot allow ball into the High Post



“The Banana Cut” is important so that you are not giving up the 45 degree drives.

“The Reach Step” as a teaching point to take away dribble penetration. The defender reaches with their lead foot to take away that drive.

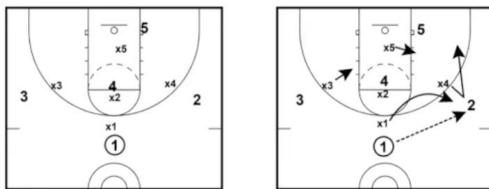
III. Basic Principles - Wings

- Responsible for that first pass on the Perimeter..... HAVE TO BE UP!
 1. Wings should be closing on the ball as it arrives
 2. NOT BEFORE, NOT AFTER.... But AS IT ARRIVES!
 3. Forwards close to a shooter’s outside shoulder
 4. Be aware of where to bump back to: corner or short corner.
 5. CAN NOT ALLOW straight-line passes from the wing to the corner. (3 Ball)
 6. After a “Bump” forwards can not get too low because of the “Right Back Pass”
 7. Weak Side Wing checks the LOB PASS.
- The Wings are constantly closing on the wings and then bumping back.

Basic Principles: Wings

• Responsible for the First Pass on the Perimeter

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Guards staggered (one on the ball one high post), wings up to claim the first pass on either side, center chest on the ball aware of which side the post/short corner is.

On the first pass to the wing: x4 close and bump, x1 banana cuts to the ball, x2 covers high post and ready to take the pass back to the top, x3 slight drop, x5 chest on ball.

Ball is in the High Post - Wing Responsibilities

1. Forwards Drop to Basket to take away Drop Pass.
2. Must be Ready to Sprint back out to a Shooter.

IV. Basic Principles - Center

- Chest on Ball - Wherever the ball is the Center;s Chest is square to the ball.
1. Can't get sealed.
 2. Do Work EARly and get around duck in's.
 3. Center is responsible for taking away initial short corner passes from the top of the key.
- Get your heels on the "Restricted Area Line"

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Working around the Restricted Area:


1. If too high, this opens up lob, short corner, etc.
2. If too low, the Center can't make it to the High Post in time
3. If ball makes it to the High Post the Center guards 1/1
4. Remembers Always, Chest on the Ball

Short Corner Trap:

- If the ball makes it to the Short Corner.....
 - The Ball Side Forward and Center will Trap
 - Opposite forward runs to center of rim to take away reverse pass
 - X2 Denies one pass away/ X1 reads outlet pass
 - Only open man should be the opposite wing "skip pass"

Short Corner Trap

- If ball makes it into the "short corner" ...
 - the ball-side forward and center will trap.
 - Opposite forward runs to center of rim to take away reverse pass.
 - X2 deny one pass away/ X1 reads outlet pass
 - Only open man should be the opposite wing "skip pass".



V. Ball in the High Post

Guards

- Guards must Sprint to find shooters
- Don't DIG when the ball makes it to the High Post..... hard HABIT to BREAK.

Wings

- Drop Immediately and take away the Low Post Pass
- If there is no Drop Down to cover, find a shooter

Center

- Guard the Ball 1/1

VI. BLOB Defense

X5 - Head on the Corner of the Backboard, Active

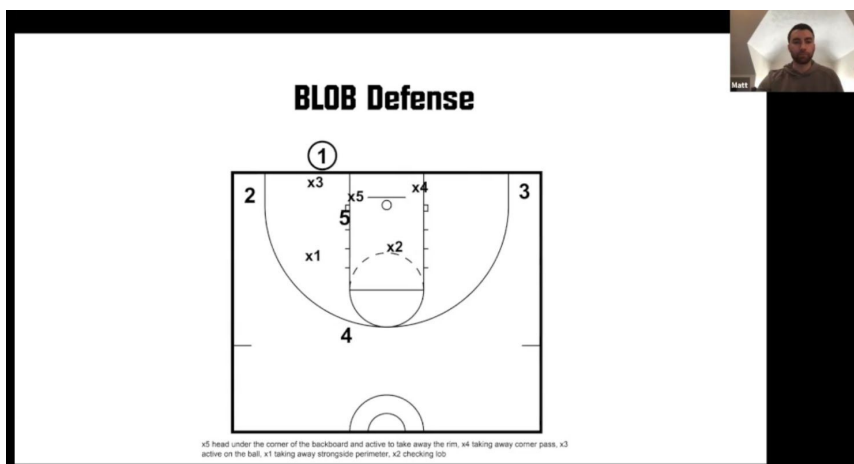
X4 - Takes Away Corner Pass

X3 - On the Basketball with Active Hands, Jumping,

X1 - Aligned on the Ball Side, Even with the basketball.

X2 - Is a Free Safety in the Middle of the Paint

- X1 would take the first pass to the corner.



VII. Most Common Actions vs. 23 Zone

- 13 (1 Guard Front)
- 21 (2 Guard Front)
- Ball Screen
- Elbow
- Overload

Scouting Report Notes:

We're not going to chase you all the way to the Coaches Box if you are not a shooter. In those cases we are going to lean towards the high post and not allow him to touch the ball.

Vs 2 Guard Fronts - The Opposite Guard Needs can't get too deep into the paint.

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Guards stagger (one on the ball, one high post), ball side wing plays the corner, opposite wing checks the lob and is ready to close and bump on the reversal, center chest on the ball.

On the reversal: x4 close and bump to corner or short corner (communication), x2 banana cut to the ball, x1 sprint to high post, x3 check the lob, x5 chest on ball.

Vs Ball Screens - Against good shooters they are chasing it over the screen, and against poor shooters they are going to go under the screen. If the ball handler begins to drive then the partner is there to help stop the basketball.

Ballscreen

Most teams set it up in a 21 look, defense plays accordingly.

Ideally x1 gets over the screen (or under depending on scouting report) so x2 can play the swing pass like a 21 pass, x4 must be ready to close to the corner AND/OR close and bump the swing pass, center must be ready to play the duck in or the drive if penetration is allowed.

Vs Elbows Look - The Wings need to play both the player at the wing and the player at the elbow. Don't create gaps in the defense by chasing players outside of the scoring range.

Elbow

Start like guarding 13

When big flash to the elbow x2 can play both if they're tight, if the ball is on the wing high post guard takes the elbow and opposite wing will pinch in.

IMPORTANT ROTATION NOTE:

If the wing was up and it did get swung the Center would help to the corner until the wing could bump him back down.

VIII. Q & A

What is more Disruptive or Dribble Penetration?

- He's leaning towards Passing.
- In some cases with a really good guard coming off of screens can be problematic.
- However, they really don't want players on the perimeter just freely picking apart the defense (passing).

Does Size Every Hurt You?

- In some cases.... Would prefer 6'5' 6'6' guys on the wings who have some versatility.
- There have been years where they have 6'9' or 6'10 on the wing and they felt as if they were too big, not versatile enough.