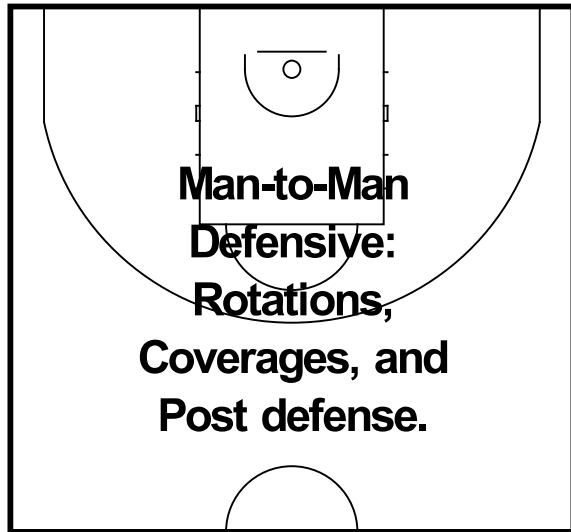
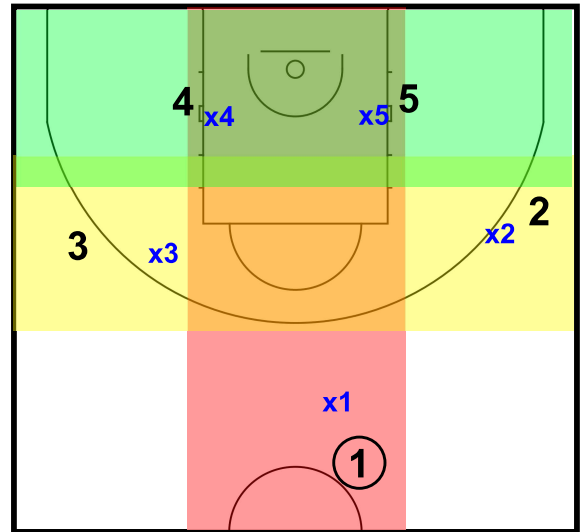


Defenses

Man-to-Man Rotation and Traps: Al Shabbah "The Boys"
Defense

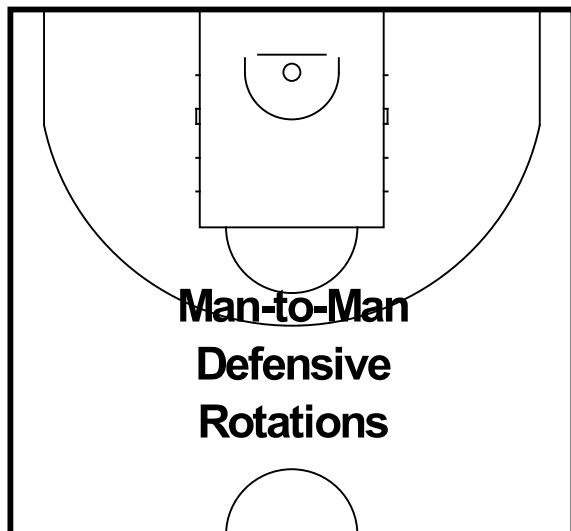


Man-to-Man Rotation and Traps: Al Shabbah "The Boys"
Defense

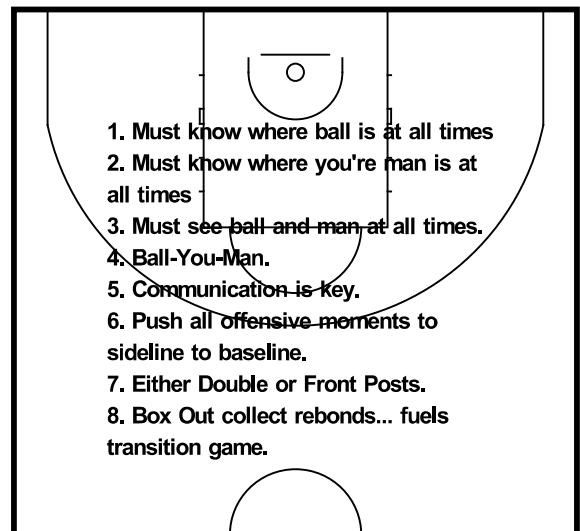


The floor is divided into 3 sections. The Red Area is the 'Backbone' or known also as the 'No Area'. The Ballhandler must be forced outside of the red either left or right to help disrupt the offense. The yellow area is called the 2nd line of defense. This is usually where the 2/3 help and recover to kill penetration from the point. The green area is the 3rd line of defense. The Bigs must step up to help protect the rim. They are the last option between an easy lay up or no lay up. The Green Area is last line of defense.

Man-to-Man Rotation and Traps: Al Shabbah "The Boys"
Defense

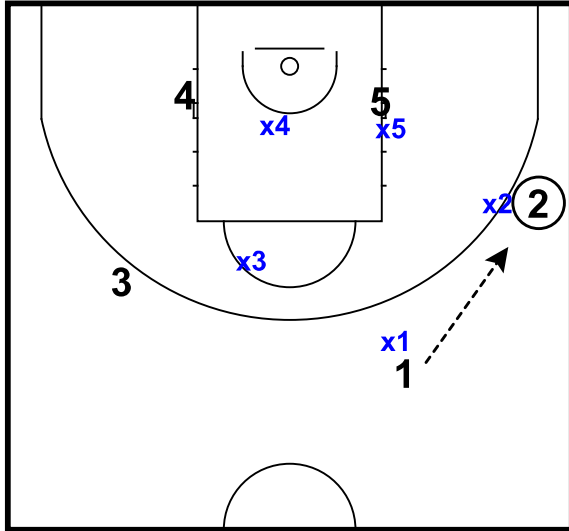


Man-to-Man Rotation and Traps: Al Shabbah "The Boys"
Defense



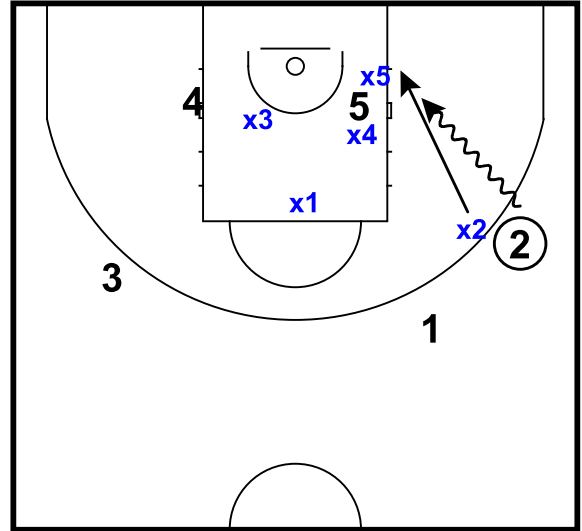
Defenses

Man-to-Man Rotation and Traps: Al Shabbah "The Boys"
Defense



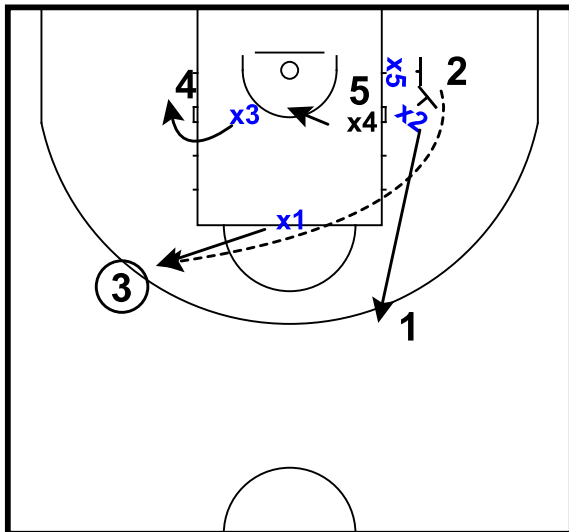
The PG has passed to the guard on the right wing. x2 now adjust to force the wing player baseline. x5 rotates to the high side of the offensive post player. x3 jumps two passes away to almost the middle of the floor to provide help. x4 is now two passes away in help side. x1 is denying the PG, and will make it near impossible for the wing player to reverse the ball back to the PG.

Man-to-Man Rotation and Traps: Al Shabbah "The Boys"
Defense



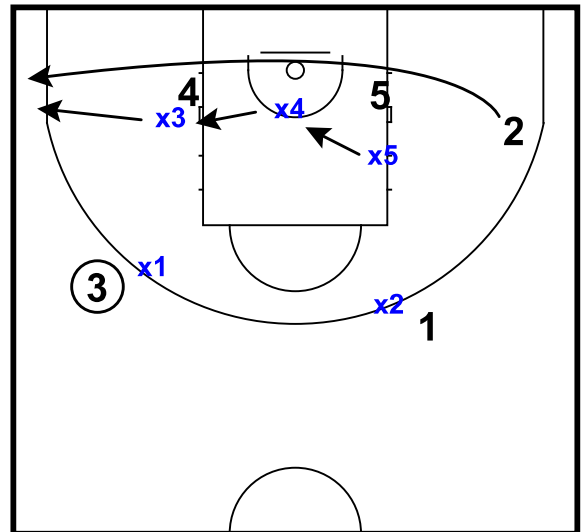
If the wing player elects to drive, x2 must push the ballhandler baseline. x2 has to either beat the ballhandler to a spot out a head or run the ballhandler into the help defender x5. The reason for pushing sideline to baseline? The sideline & baseline provide an extra defender for the defense if pressure is applied properly. x4 will move over to take away x5's man. x3 will drop low to cut off weakside post. x1 will drop a step below the foul line, controlling the top two guards.

Man-to-Man Rotation and Traps: Al Shabbah "The Boys"
Defense



If the 2 skips the ball cross court to the 3. x1 will close out the 3. x3 will rotate over to front the 4 in the low post. x4 will stay with 5 and jump into help position. x2 will rotate out to take away 1, and x5 will stick with 2 until he can exchange the guard with x3.

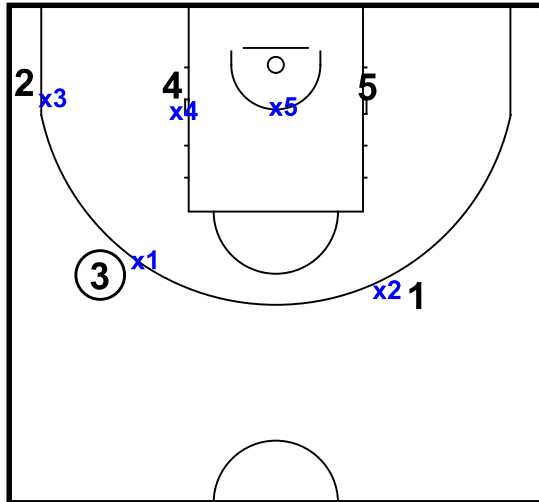
Man-to-Man Rotation and Traps: Al Shabbah "The Boys"
Defense



The defense has completely rotated fully around and cut off all possible scoring options for the offense. If 2 cuts through to the left corner, x5 will hand cutter off of x4, who will hand cutter off to x3. This will reset any mismatches. The faster a defensive unit can reset and rotate back into favorable matchups the harder it will be for the offense to score.

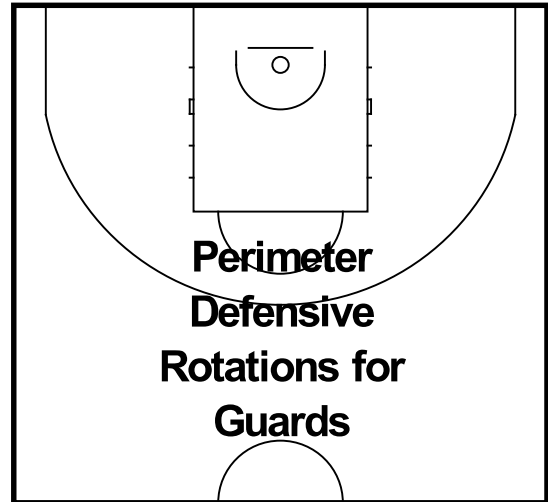
Defenses

Man-to-Man Rotation and Traps: Al Shabbah "The Boys"
Defense

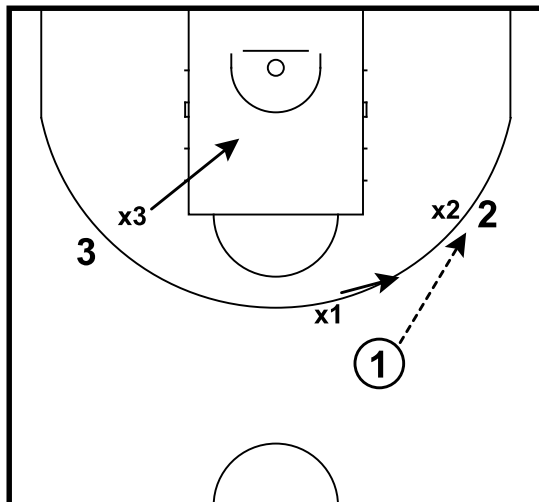


The more the defense communicates, the hard it will be for the offense to score. Communication or lack there of makes for a high percentage of defensive break downs.

Man-to-Man Rotation and Traps: Al Shabbah "The Boys"
Defense



Man-to-Man Rotation and Traps: Al Shabbah "The Boys"
Defense

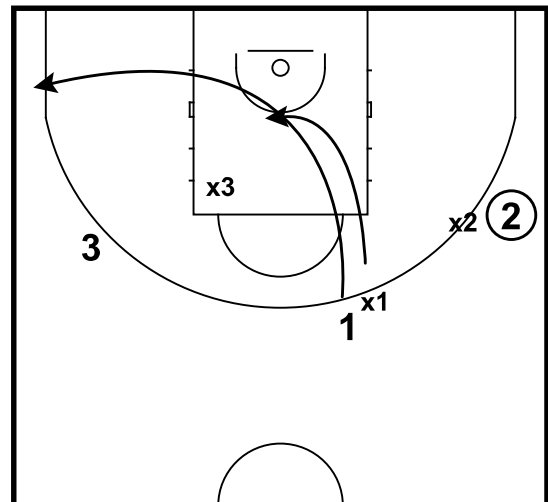


Simulation of how the 3 guards up top rotate when the ball is moved around the perimeter.

Once the PG makes the pass to the guard on the right, x1 jumps to the ball not allowing the PG to face cut them. X2 will now try to force their man to either the baseline or corner. X2 must not allow penetration to the middle of the defense. X3 has dropped into the paint. With this break down x3 is now the next helper so both feet will be in the paint, they will be open, and ready to help if needed on penetration.

If the PG does cut through. X3 is now the 2nd line of help. X1 becomes the 1st line of help as they allow there man to clear out and not follow them to the weak side.

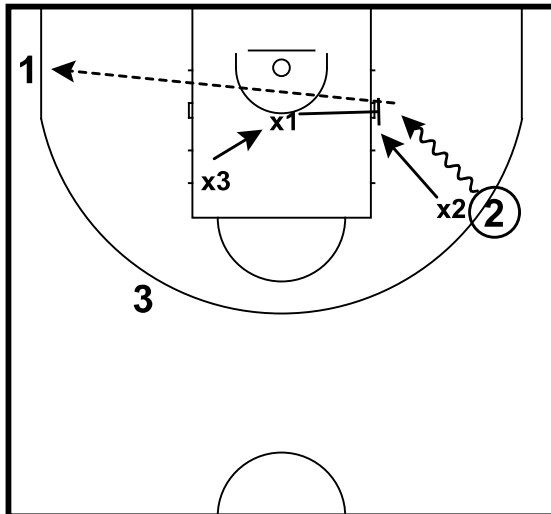
Man-to-Man Rotation and Traps: Al Shabbah "The Boys"
Defense



As you can see from the layout above, x1 is the next line of defense. x3 is a bit up the lane and ready to cut off/ react to the skip pass to their player.

Defenses

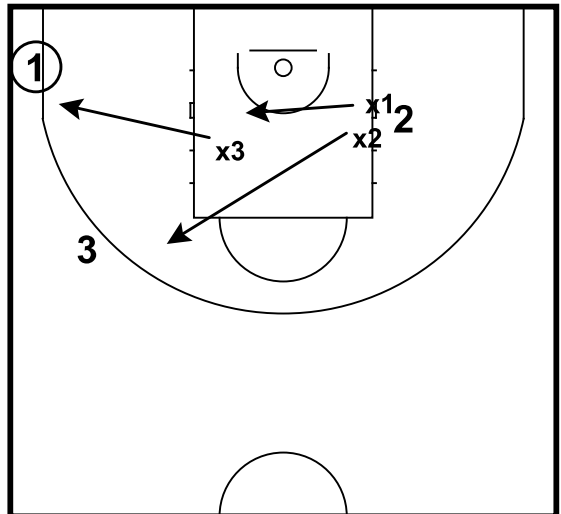
Man-to-Man Rotation and Traps: Al Shabbah "The Boys"
Defense



As the guard on the right wing puts the ball on the floor to penetrate x1 will meet the dribbler a step outside the lane to cut off penetration. x3 will now drop to the middle to basically cover two players at once. If 2 elects to through a pass out to the corner to 1, all 3 defenders must communicate as to who will cover the man receiving the pass.

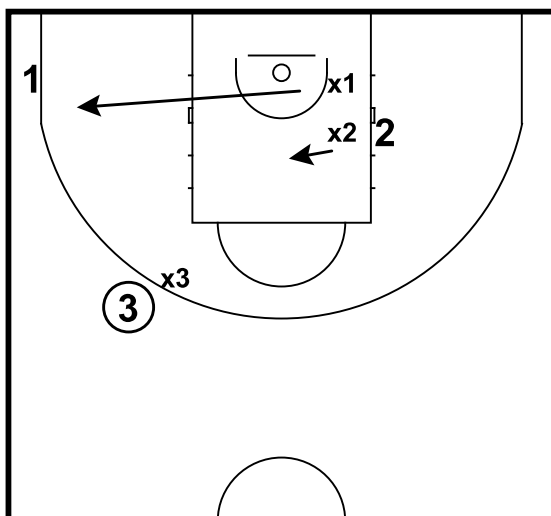
The coverage can be picked up by either x3, or x2. x3 is the preferable option to pick up the corner skip pass. Why? This will allow a cleaner closeout to the corner with x3 sprinting to take away any clean look for the offense. It rotates x2 into great help side position, and keeps x1 in strong help side position as well. See example on next frame.

Man-to-Man Rotation and Traps: Al Shabbah "The Boys"
Defense



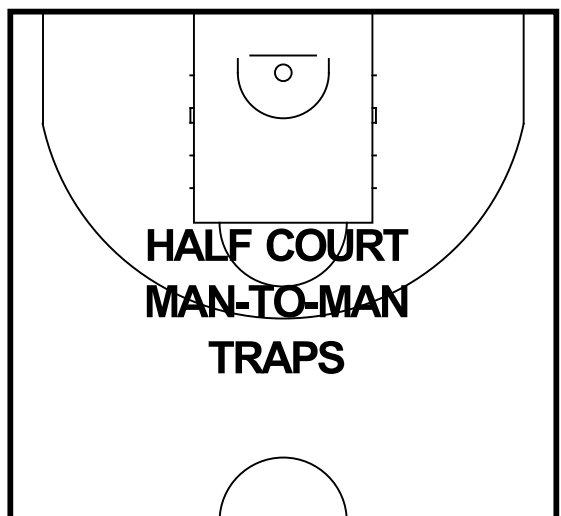
Rotation out of the skip pass to the corner.

Man-to-Man Rotation and Traps: Al Shabbah "The Boys"
Defense



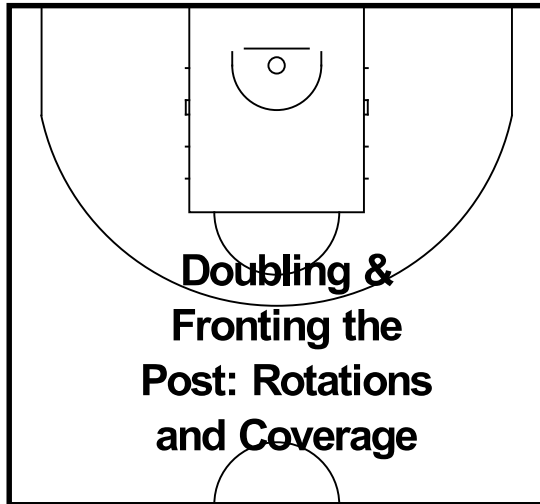
Rotation if ball is skipped to 3.

Man-to-Man Rotation and Traps: Al Shabbah "The Boys"
Defense

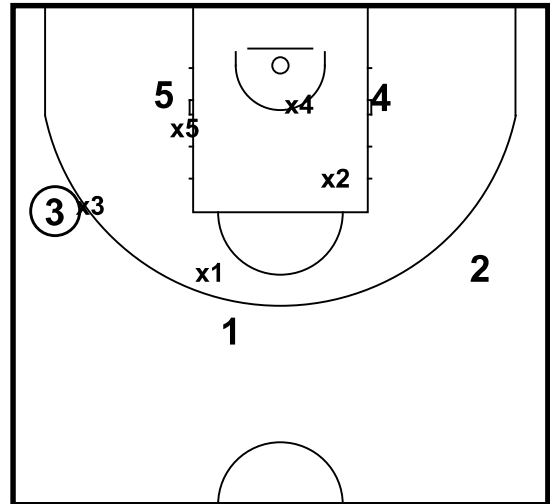


Defenses

Man-to-Man Rotation and Traps: Al Shabbah "The Boys"
Defense



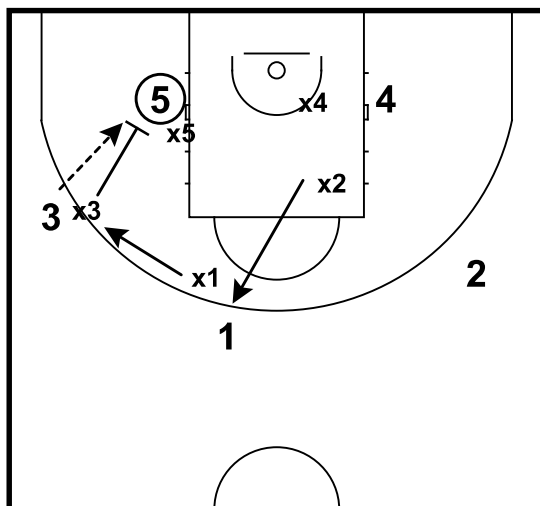
Man-to-Man Rotation and Traps: Al Shabbah "The Boys"
Defense



Doubling the Post:

Once again good communication is key to having the defense perform a good double team.

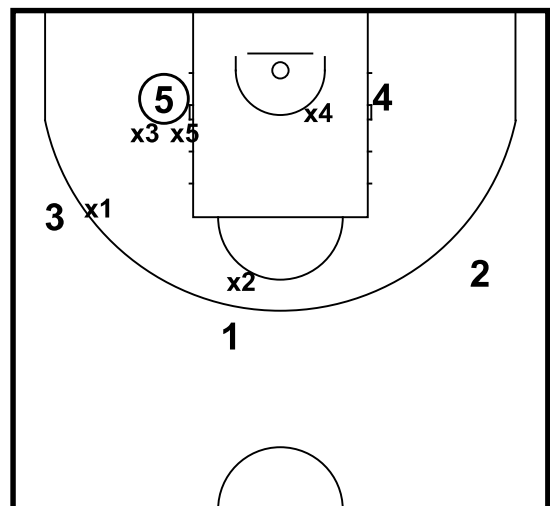
Man-to-Man Rotation and Traps: Al Shabbah "The Boys"
Defense



Doubling the Post:

Once the wing player pass into the post x3 will double the post with x5. x1 will rotate over to cut off a return pass to the wing. x2 will cut off the top offensive player leaving the opposite side guard open on the skip. The skip pass is only pass we will allow out of the double team.

Man-to-Man Rotation and Traps: Al Shabbah "The Boys"
Defense



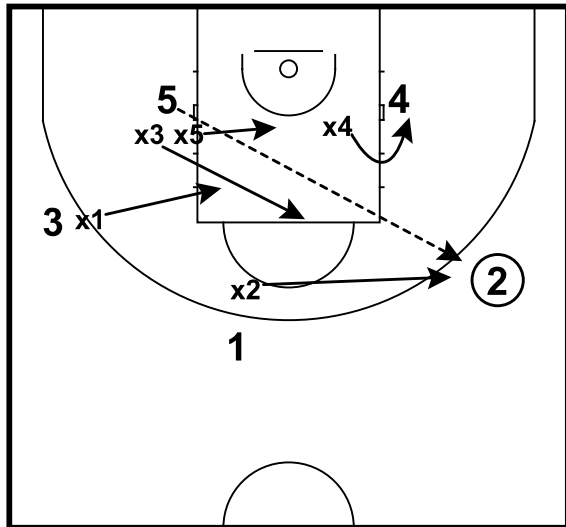
Doubling the Post:

Once the post has been doubled and a skip pass it made out of the double team. x2 will rotate out to force the defender to drive corner to baseline. x1 will either rotate over to cover the middle, or just drop middle (This depends on the communication between x1 & x3). x3 could possibly rotate out of the double team to cover the top easier.

*Once again communication is vital to stopping any penetration out of the double, or penetration of the ball to the middle. See next slide.

Defenses

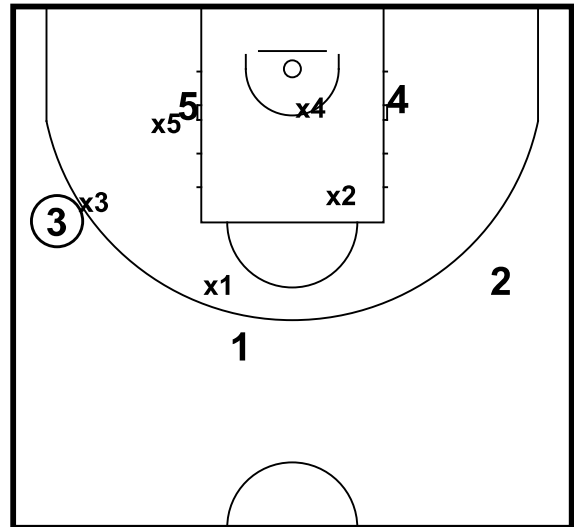
Man-to-Man Rotation and Traps: Al Shabbah "The Boys"
Defense



Doubbling the Post:

Rotation of defense out of low post skip pass.

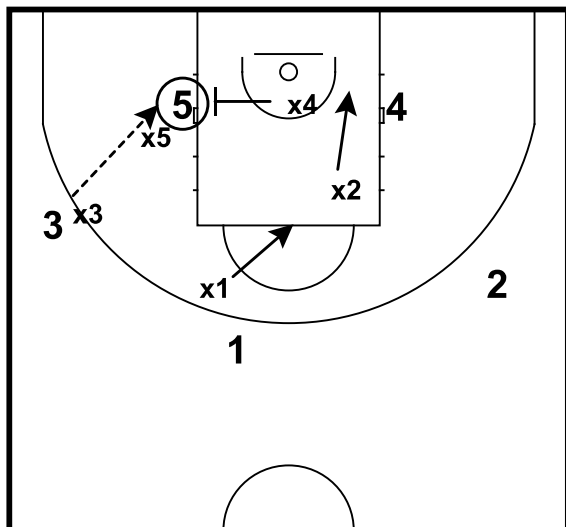
Man-to-Man Rotation and Traps: Al Shabbah "The Boys"
Defense



Fronting the Post:

If we are undersized and the post is bigger/ better in the low block we will front the post. x5 will rotate to the front of the post player. x4 & x2 will drop into weakside position to take away lob pass over the top to the post. x3 will apply extra ball pressure, given the wing no window to make a lob pass to the post.

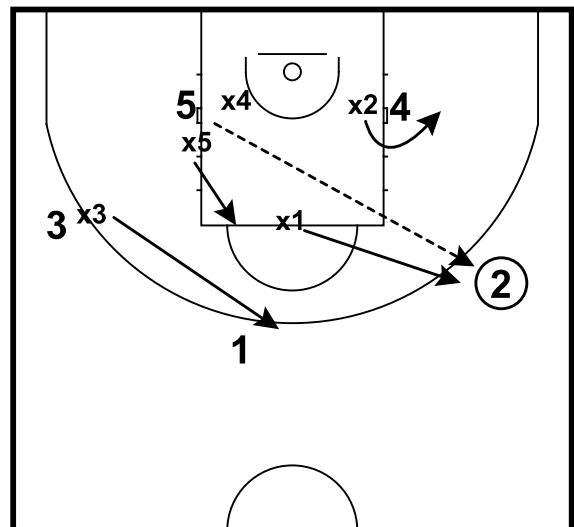
Man-to-Man Rotation and Traps: Al Shabbah "The Boys"
Defense



Fronting the Post:

if the lob pass makes it out over the top, then x4 will arrive to double the post. x2 will drop to take away the quick shovel pass across the lane to the opposite post. x1 will drop to the foul line area looking to jam the cutter from the weakside, or to close out the pass to the wing.

Man-to-Man Rotation and Traps: Al Shabbah "The Boys"
Defense

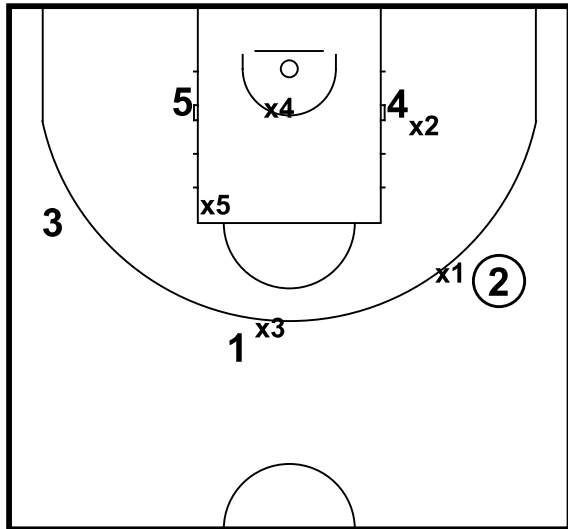


Fronting the Post:

Rotation out of the skip pass. x2 will have to quickly swing around the post to cut off any entry pass to the post. x2 must not get sealed. x5. will move up into weakside help on the opposite wing player. x3 will take away ball reversal to the top. The ball must stay on the side of the floor it was passed too.

Defenses

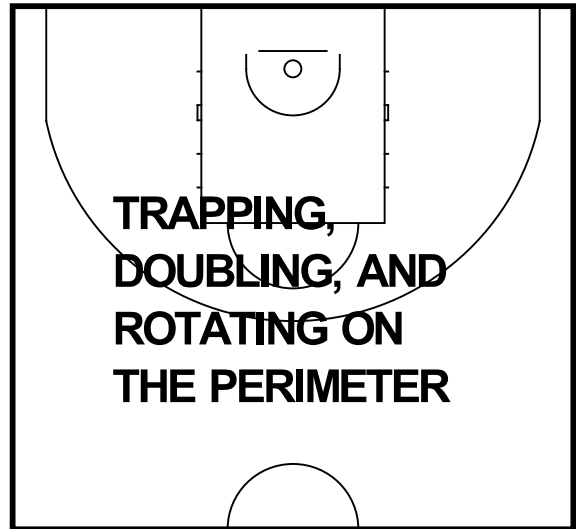
Man-to-Man Rotation and Traps: Al Shabbah "The Boys"
Defense



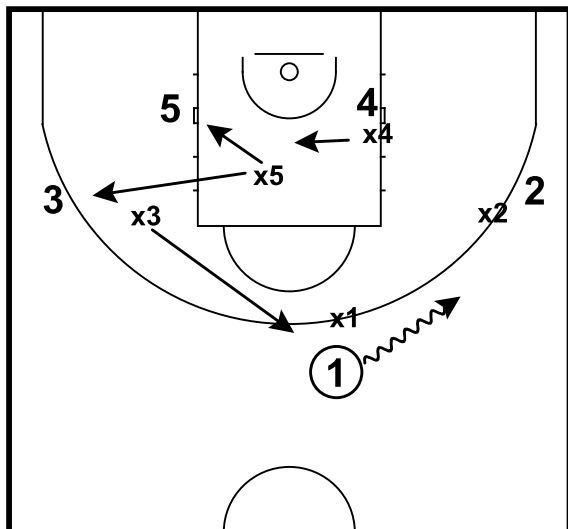
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Man-to-Man Rotation and Traps: Al Shabbah "The Boys"
Defense



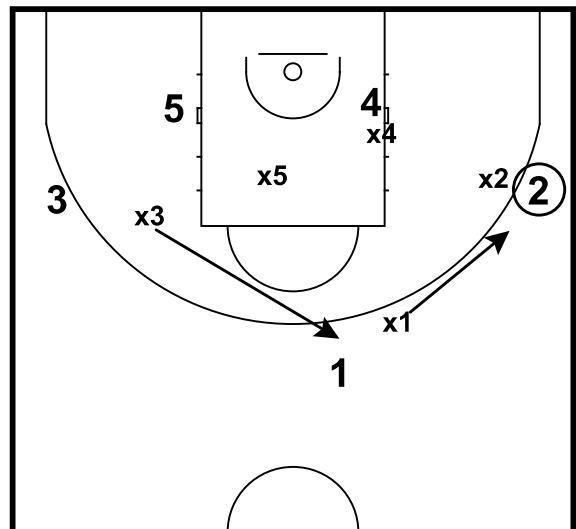
Guard Traps
Defense



Defender must push ball handler left or right. Once the wing defender (2/3) sees the back of PG's head/jersey, they immediately sprint, break down, and trap the ball handler.

Nearest guard goes full denial on offensive player. Both Bigs become interceptors of the ball.

Guard Traps
Defense



Wing Trap - Guard on the wing must either contain the offensive wing player until the 2nd guard closes the trap, or force the guard to dribble to the baseline this will result in a trap in the deep corner if possible.

Opposite wing defender rotates to the point guard and denies the pass back. Once again both bigs are acting as interceptors, but also taking away any low post options.