

HOW TO BUILD A 2-3 ZONE DEFENSE

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TWO - THREE ZONE DEFENSE

In order to teach the two-three zone defense we split the half court in two fundamental areas (diagr. 2):

1. Above the free-throw line (defenders X1 and X2).
2. Below the free-throw line (defenders X3, X4 and X5).

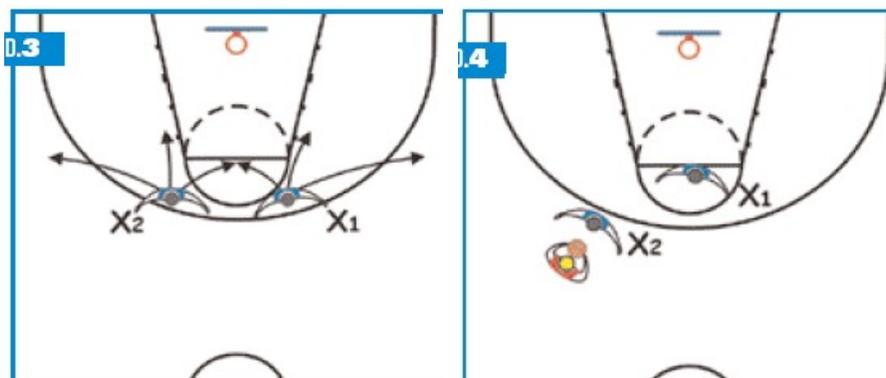


BALL ABOVE THE FREE THROW LINE

Defensive slides of X1 and X2

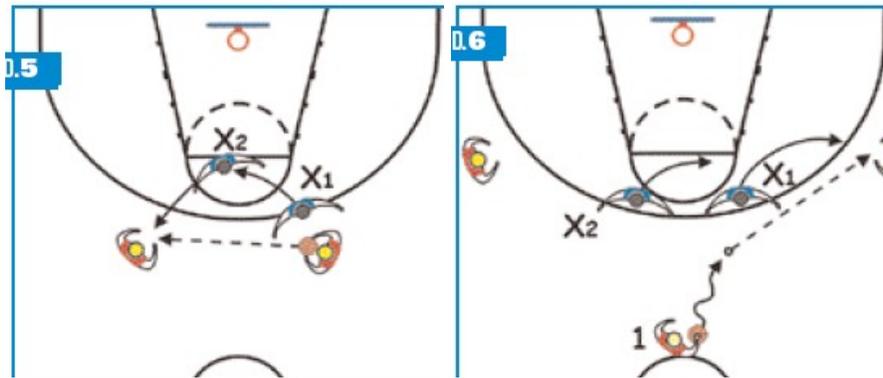
In diagr. 3, the slides of the first line defenders are shown.

In diagr. 4, you can see the position of defender X1 on the ball and the other one, X2, who helps out.



In diagr. 5, X1 goes towards the dribbler, puts pressure, and then slides when the ball is passed to the other guard. X2 helps and waits for the pass to the helpside.

Another option: X1 and X2 can also wait for the lateral pass and then slide (diagr. 6).



X1 and X2 are in a tandem position, with X1 pressuring 1 with the ball and X2 is behind X1, ready to go out to guard the ball after it is passed by 1 (diagr.7).



Dribbling penetration

If 1 dribbles into the gap of the front line of X1 and X2 and then passes the ball to 3, X3 comes out of the lane and puts pressure on 3. X1 goes to the free-throw line corner, X5 overplays 5, the strong side low post, and X2 goes in the helpside position inside the three-second lane. X4 goes under the basket on the help side position (diagr. 8).



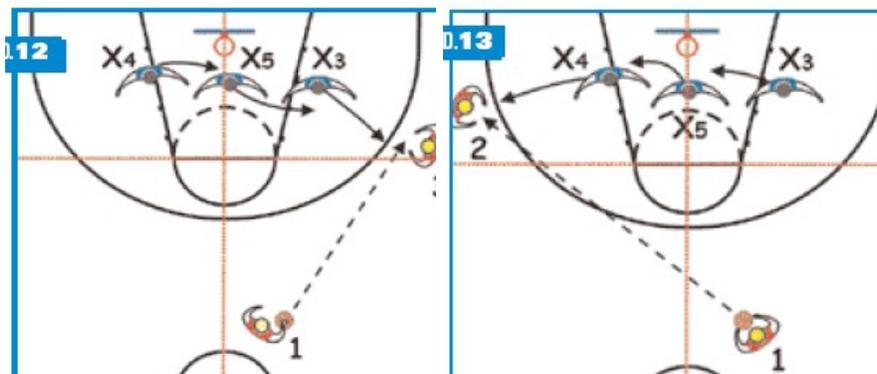
BALL BELOW THE FREE THROW LINE

Ball to the Wing

If the ball is passed from above the freethrow line to the wing player below the freethrow line, in this case from 1 to 3 (as we can see in diagr. 9, 10, and 11), note the defensive slides of X1, X2 and X3.



Diagr. 12 shows the movements of the second defensive line, X3, X5, and X4, when the ball is below the free-throw line. In diagr. 13, notice the slides of the same defenders when the ball is instead passed to the wing on the weak side.



Ball to the Wing and Cut from the Weak Side (Three Defenders Slide)

If 2 cuts from the wing position to the opposite corner, X5 goes out of the lane to pressure the ball when 2 receives the ball from 3. X4 overplays the low post on the ball side and X3 double teams 2, if 3 is not a good shooter. If 3 is a good shooter, X3 does not double team and instead overplays 3 in an open stance (diagr.14).



Ball to the Wing and Cut from the Weak Side (All Five Defenders Slide)

In diagr. 15, 16, and 17 I have illustrated the movements of each of the five defenders when the ball is on the wing and there is a cut of the guard 2 to the opposite corner on the side of the low post 5, to overload one side of the floor (diagr. 15). When the pass is made from 1 to 3 (diagr. 16), X3 pressures 3, giving X1 the time to slide to guard 3. X3 then goes low to guard 2, who is going in the corner, cutting from the weak side (diagr. 17).



Ball in the Low Post

If 2 is not a good shooter, X3 can help on 5 - the same rule is applied to X1 - (diagr.18).



Ball in the High Post

If 5 receives the ball, X5 must pressure him (diagr. 19).



SPECIAL SITUATIONS

Flash Cut to the Ball

If 4 makes a flash cut to the ball from the weak side, it is possible to make two different defensive adjustments:

- A. X4 overplays 4's cut, while X2 is responsible for covering 2 on the weak side (diagr. 20).



- B. X2 overplays 4's cut, while X4 is responsible for covering 2 on the weak side position (diagr. 21).



Pass to the High Post and then to the Opposite Wing

If 3 passes to the high post 4 and 4 passes to the opposite wing 2, changing the side to the ball, we can slide in two specific ways, as shown in diagr. 22 and 23.

