

Man to Man – “Monster”

Basic Set up

1. Blitz/Trap Ball Screens:

- Blitz nearly all ball screens so like a Jump Switch with a trap coming from the trailer.
- Establish a Line of Scrimmage (if inside slots called Black and LoS is parallel to baseline, if outside slot so closer to sideline called Blue and LoS is at angle between sideline but can think like parallel to sideline).
- Jump Switch so disrupt ball handler so never pass LoS.
- Original defender traps
- Once the ball handler picks up the dribble the original defender recovers back to the person they switched to.
- The backside Help defends the roll until other person recovers and other defenders are aggressively looking for steals.
- Note – other teams that run Monster (e.g. UofH), do not switch. We switch on recovery to stay consistent with our Jump Switch philosophy.

2. Two on ball: Treat situations where a second defender gets close to the ball like a ball screen and trap with two on ball following the above. Basically, look to punish teams that don't maintain good spacing.

3. Can't be screened off-ball: Must have mentality of never getting screened off-ball and chase everything (can switch when chasing makes no sense and easy switch)

4. Ball Pressure: Constant ball pressure. Work hard on 1on1 on-ball defense skills so do not give up dribble penetration

5. Help: No one ever sits still and everyone is constantly scrambling. Help is super quick if someone gets beat off the dribble and then Help recovers quickly.

6. High hands: Have high active hands all the time and constant pressure on all passes.

Man to Man – “Monster” Videos



Video: <https://youtu.be/Gj3qhF7T9Hc>



Video: <https://youtu.be/TAg9nby8EWO>