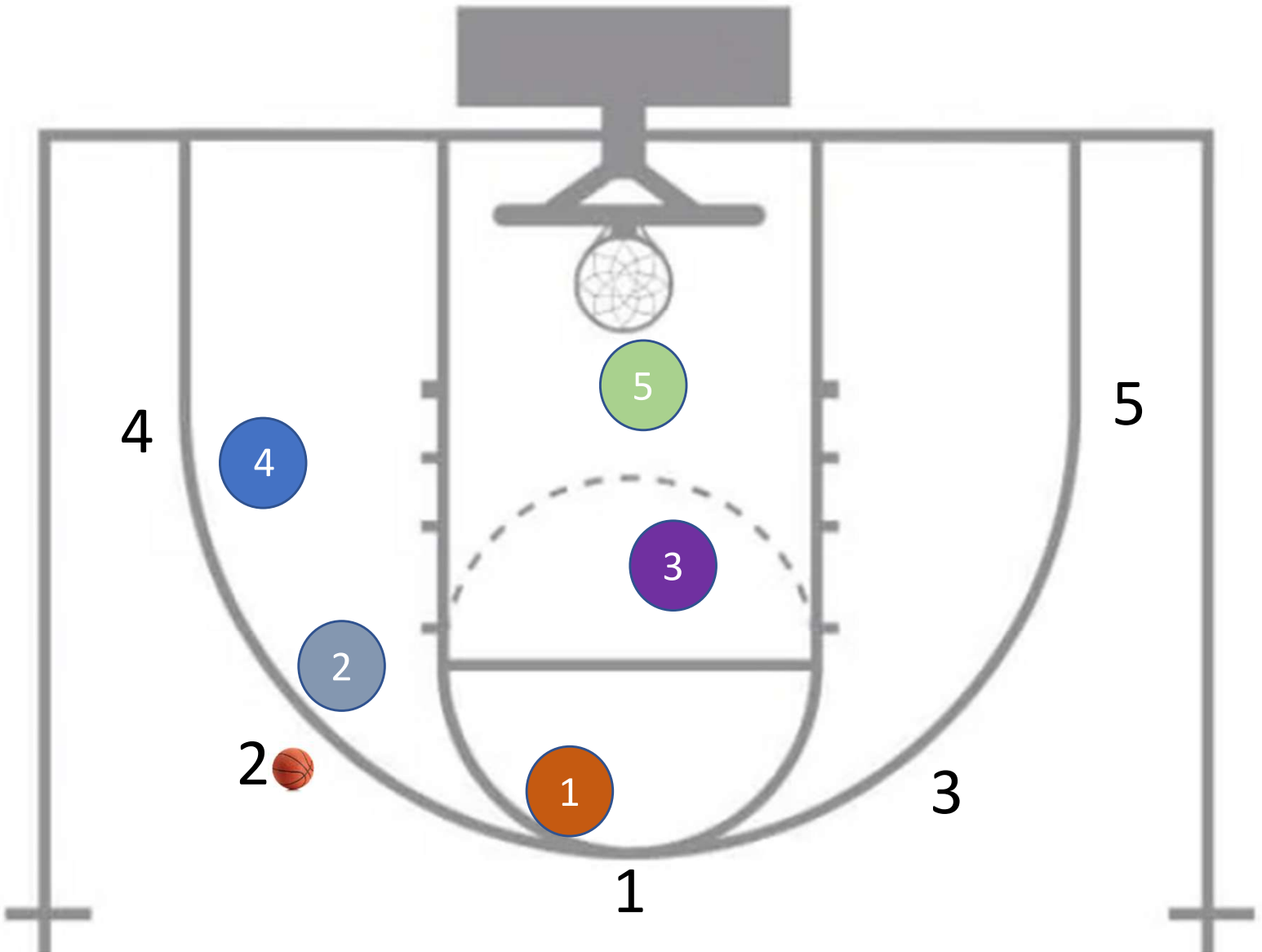


# Man to Man ("55")

## Basic Set up

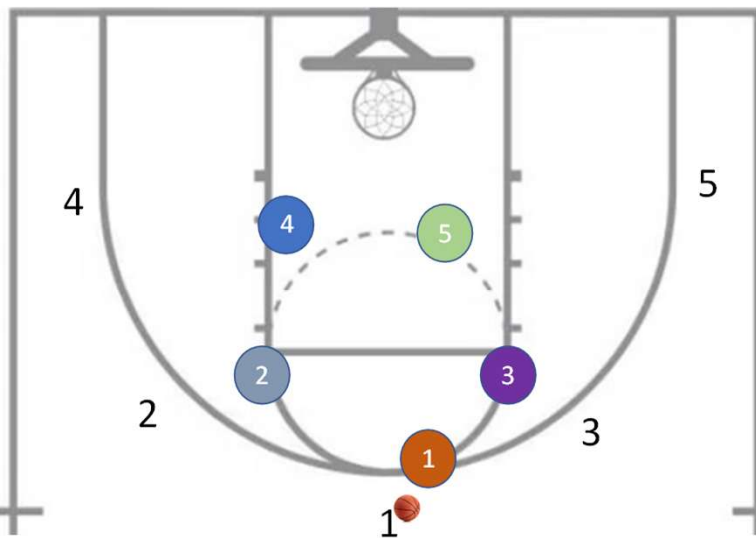


- #1 rule – **everyone is moving** every time the ball moves. There is no standing!
- #2 rule – **do not allow ball into the middle of the lane** from the top or the wings. Force ball to sideline and baseline. On-ball defender can apply significant pressure at three-point line BUT cannot get blown by; if ball handler relatively strong better to contain and force to sideline
- #3 rule – **do not allow ball reversals** so 1 pass away be in Deny (this is the primary difference to Pack Line D as 1 pass away we are in Deny)
- #4 rule – **do not allow your player to face cut on you** after passing the ball
- #5 rule - **close outs are critical**. Remember high hands & choppy steps. Do not jump (much more likely for player to go by you or turn into foul than block)
- Off-ball defenders move more into the paint depending on how many 'passes' they are away from the ball. Two+ passes are in Help; one pass = in Deny, unless ball at top of the key (*can adjust based on skill set of person guarding and person with Ball*)

# Man to Man ("55")

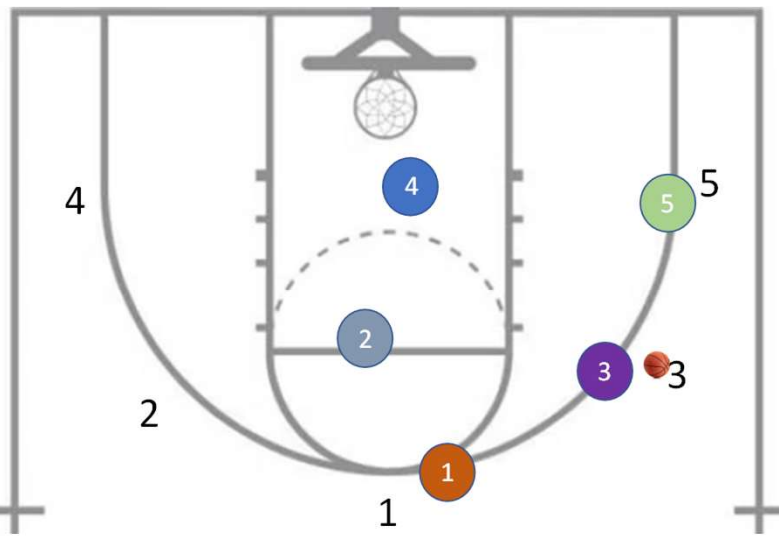
## Positioning based on location of ball

### Ball at top of key



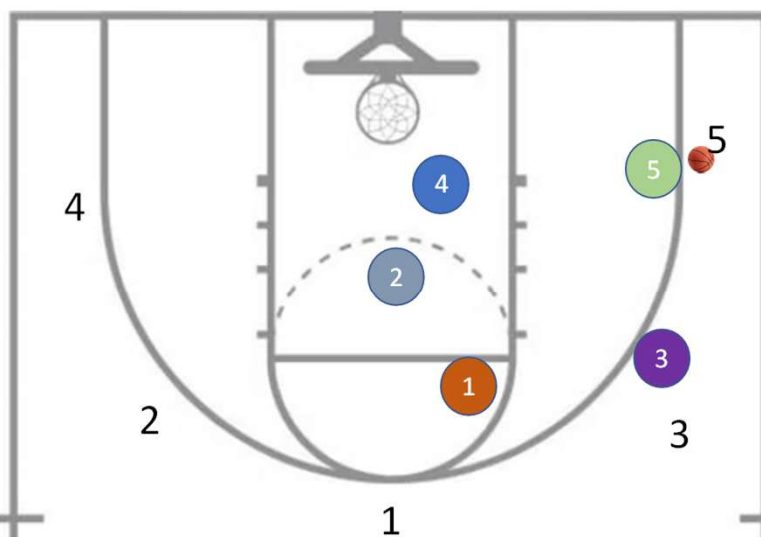
- (1) Pressuring ball, typically pushing to sideline of weaker hand (e.g. their left)
- (2) & (3) are not in Deny (ready to stop drive & close out) as we want to prevent drive in middle
- (4) & (5) are two passes away so in paint line; typically (5) guarding non-3pt threat so takes more aggressive Help position

### Ball on wing



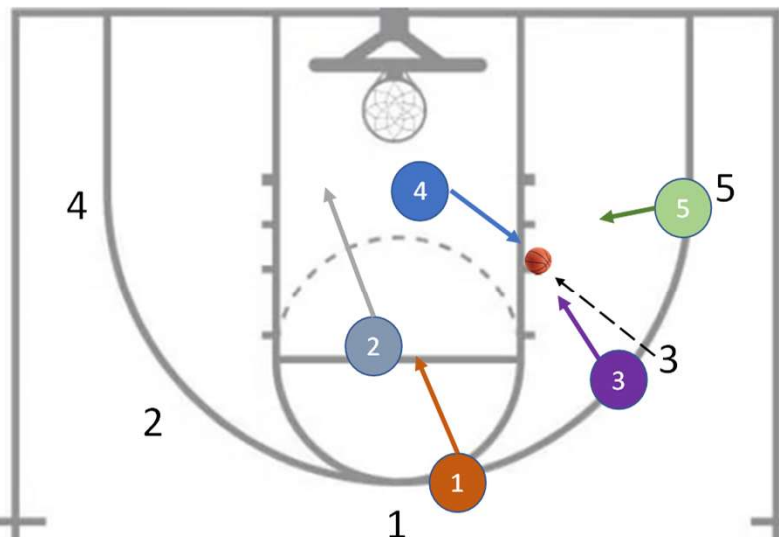
- (3) Applying ball pressure, not letting them drive back to center
- (1) & (5) are one pass away so in Deny
- (2) Is two passes away so in paint higher up
- (4) Is three passes away so in paint lower down

### Ball in corner



- (5) Applying ball pressure, not letting them drive back to center
- (3) Is one pass away so in Deny
- (1) Is two passes away so in paint higher up
- (4) & (2) are three+ passes away so in paint lower down

### Dribble Penetration



- Showing if 3 is beat on dribble*
- Help Defense first comes from weak side so (4) stops drive and traps with (3) as they recover
- (2) Shifts down trying to take away passing & cutting lanes to 2&1
- (3) Shifts down taking away pass to 4

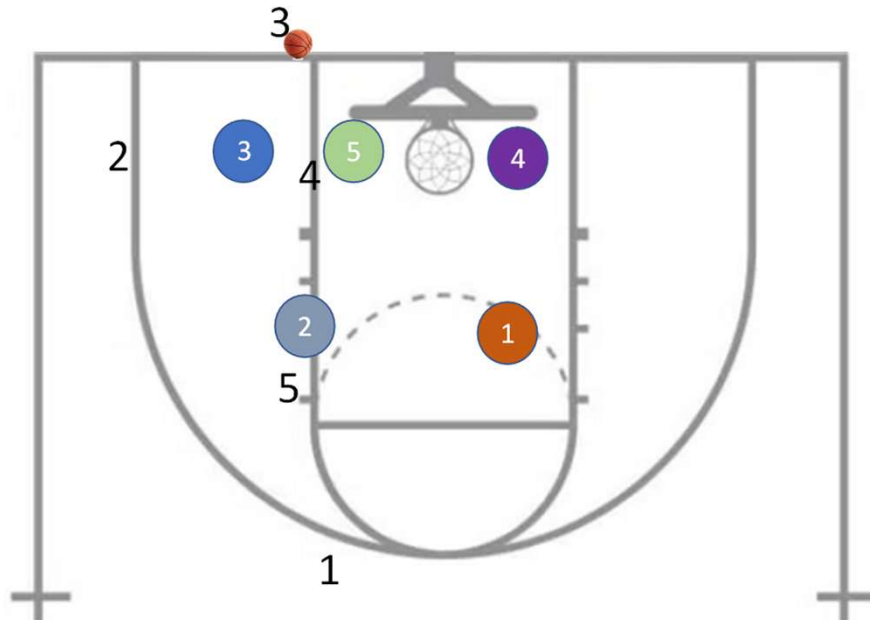
# Man to Man ("55")

## Defending Baseline Inbounds

### 1. Switch to a 2-3 Zone

Can either stay in 2-3 or re-matchup into Man after inbounds

2-3 zone works as prevents baskets close to rim (goal of most BLOB plays) & packs key with defenders



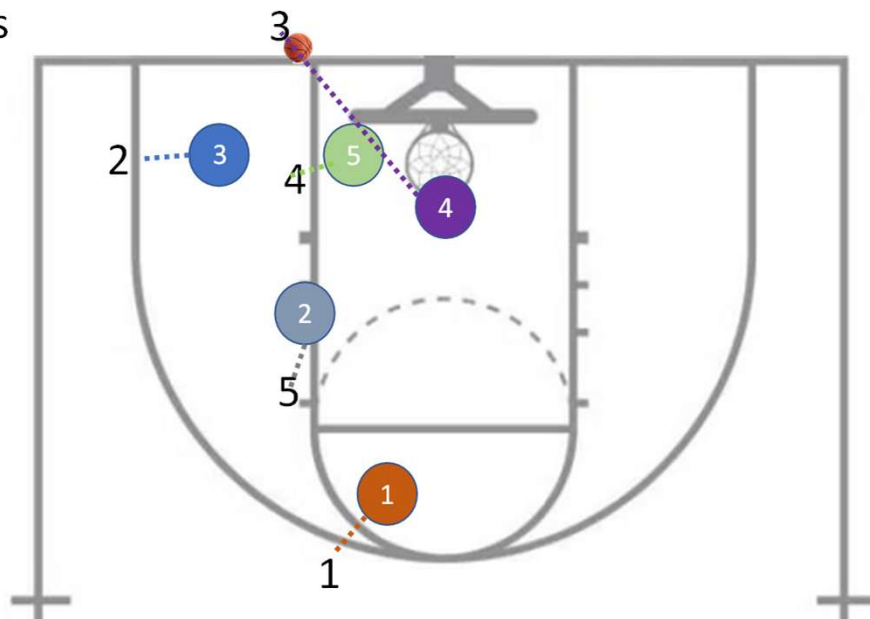
### 2. Stay in Man but position Center/Forward by basket

Although in Man, put bigger players in position to protect basket so start in position want them & matched up to whoever is closest

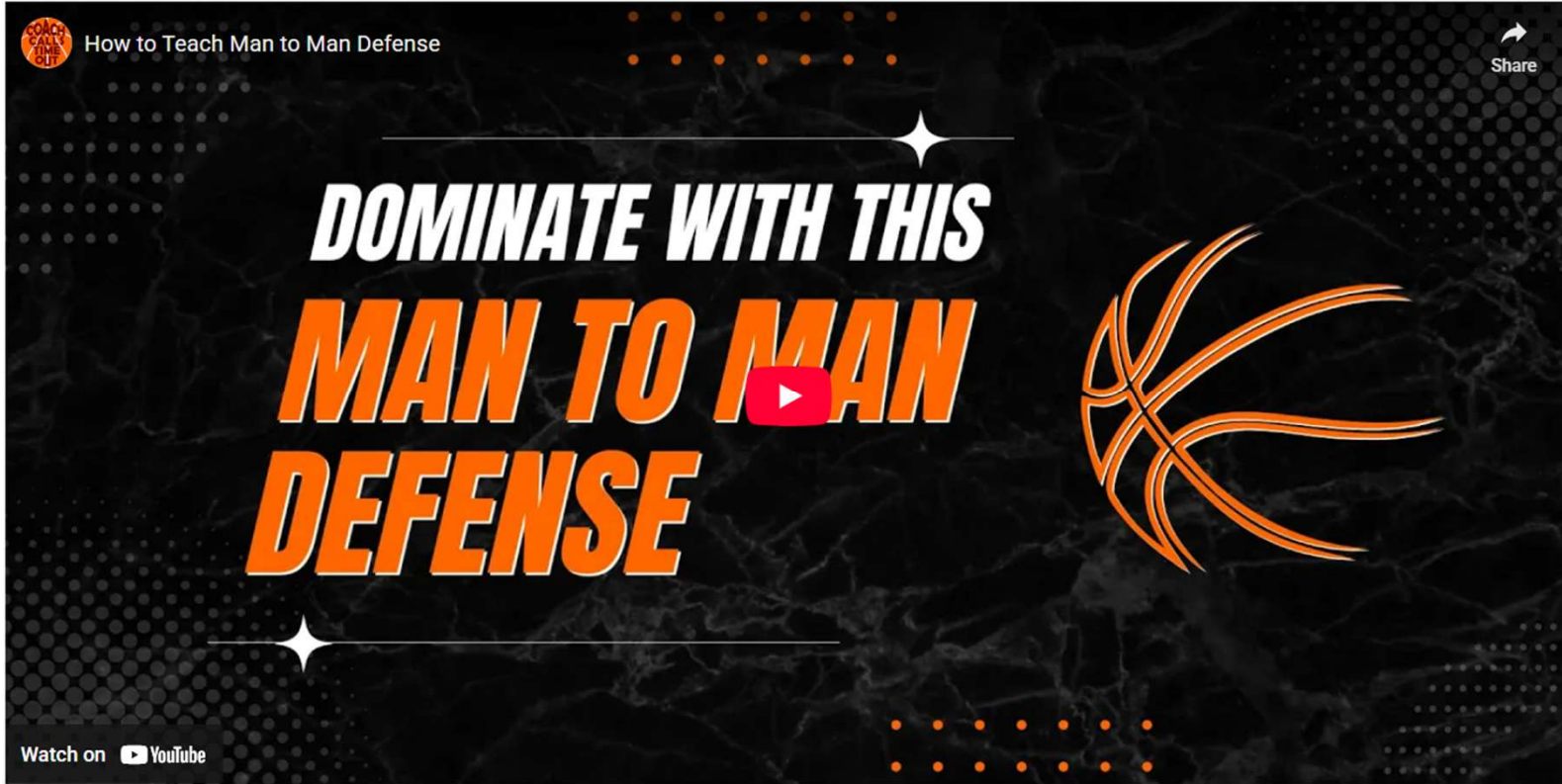
Switch everything

Rim protectors (5) & (3) do not follow their players out of rim protection.

Top players (1) & (2) get in way of players to prevent them getting to basket or setting screens



# Man to Man (“55”) Video



Video: [https://youtu.be/16UvMJAtA\\_o](https://youtu.be/16UvMJAtA_o)