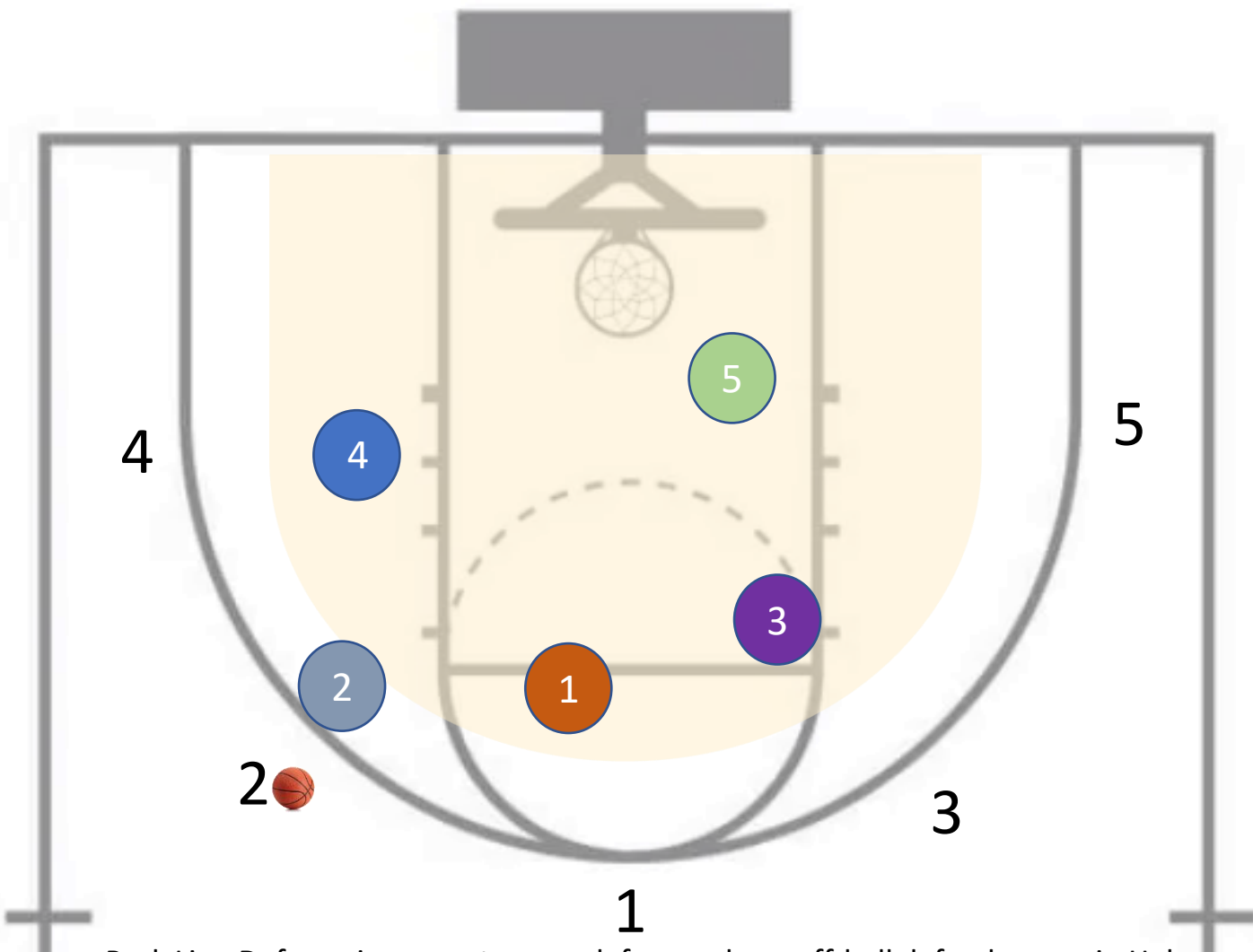


Pack Line Defense (Man with Help)

Basic Set up



- Pack Line Defense is a man-to-man defense where off-ball defenders are in Help
- All off-ball defenders stay within the 'pack line' which is shown in yellow
- Off-ball defenders move more into the paint depending on how many 'passes' they are away from the ball. three passes = all the way in paint, two passes = foot on paint line, one pass = ready to close out but also blocking drive
- Primary difference to normal man-to-man is 'one pass' away defenders are not in Deny unless specifically told to by their coach (either if guarding a great shooter or in cases when ball handler picks up dribble)
- On-ball defender can apply significant pressure at three-point line as has Help defense if gets beat
- Close outs are critical. Remember High Hands & Choppy Steps
- Patience & Anticipation are key. This defense prevents easy scores and leads offense to passing around perimeter or taking bad shots. Must be patient and push O into making mistake and then pounce on it

Video: <https://youtu.be/9xicOzvbB6A&t>

Pack Line Defense

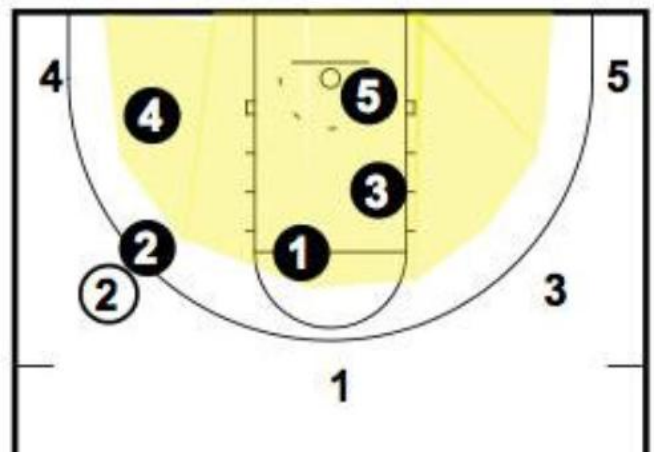
Positioning based on location of ball

Ball at top of key



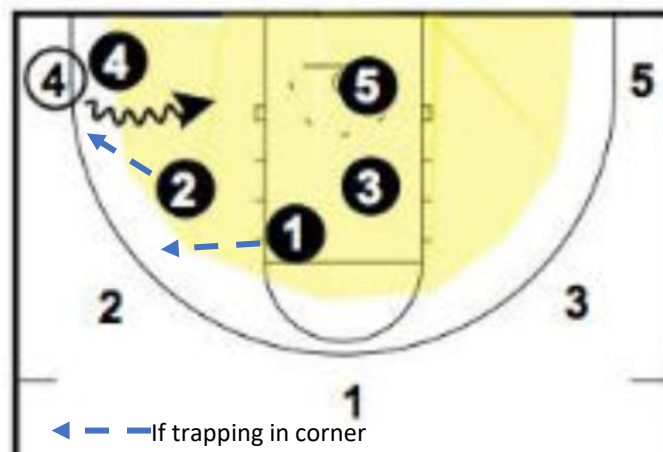
(2) & (3) are one pass away so is ready to close out but also blocking driving lane
(4) & (5) are two passes away so on paint line

Ball on wing



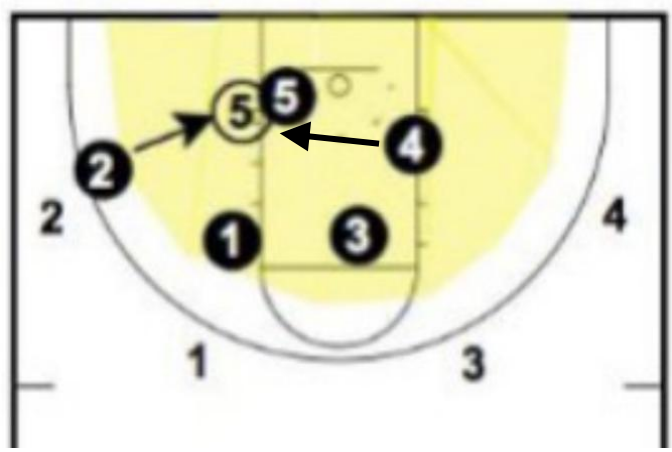
(3) Is two passes away so foot on paint line
(5) Three passes away so in paint near basket
(1) & (4) are one pass away so is ready to close out but also blocking drive. If guarding a strong shooter, when one pass away can move closer to Deny position.

Ball in corner



(4) will not let the offensive player drive baseline, will force back to where have defensive help.
(2) can trap if trapping.
(3) & (5) are three passes away so inside paint
(1) Is two passes away so inside paint. If (2) traps
(1) would slide out to guard 2

Ball in low post



Either Wing defender (2) doubles or the offside defender (4) doubles both hands out to avoid pass to cutter or three point