



BASKETBALL NOVA SCOTIA

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Double-teaming and Zone Defense guidelines-Updated Mar/08

“Successful defense in basketball depends on each player’s learning and executing a set of skills fundamental to defensive play. Coaches can expect little success if their players do not have the *individual skills* needed to defend *one-on-one* within the defensive system”. **Chapter 8 – NCPP – Level 1 Technical.**

BNS supports the principles of the Sport Canada **Long Term Athlete Development Model** and the concept of *individual player development* at early ages in the minor basketball systems. Swarming/Zone defenses limit defensive and offensive skill development at the younger ages. Also want to encourage coaches to focus their time on teaching basic “fundamental skills” at practices versus” strategies” like applying and breaking zones and presses.

“Help” defensive concepts should of course be taught and applied along with individual defense.

With this approach the following rules will apply. All coaches in Bantam and under are asked to note the wording for man-to-man defense and Rule Enforcement Process and Guidelines noted below.

Zone Defense- Bantam, Mini and Junior Mini Divisions

Defense Rule – Teams must use man-to-man defense. No full or half court Zone defenses.

Double teaming- Mini, Junior Mini

Defense Rule- No Double-teaming the ball handler or a player without the ball.

Interpretation:

Any accidental zones or double-teams (ie. Young players inadvertently not following their man) are not the intent of the rules. Coaches/Players who clearly and consistently ignore them are.

Each player on the defensive team must guard a player on the opposing team. They should be in proximity to that player and should make defensive moves associated with the movement of

the offensive player. However, the spirit of this rule also means that the offensive player must be attempting to move to a scoring position.

A defensive player does not need to closely guard a player who has moved outside of the key area beyond the three-point line or the approximate area when a three-point line would be marked on the floor.

No double-teaming a player with the ball unless they have created a *clear offensive advantage versus their defender.*