

South Bend Washington

Aggressive Man Principles



Ryan Varga (Head Coach South Bend Washington)

Background

- **2004 South Bend Clay and 2008 Valparaiso Graduate**
- **Started Coaching at Boone Grove (2004-2010)**
 - **6th and 8th grade to Varsity Assistant to Head Varsity Assistant**
- **Came to Washington in 2010**
 - **Started off JV**
 - **Head assistant 2012**
 - **Took over as head coach 2017-18**

What/who influenced my philosophies?

Tom DeBaets (1994 South Bend Clay State Championship Coach)

1. Identity--Find one, teach it! And everyone has to be doing the same thing and know what they should/shouldn't be doing.
2. Good defenses don't go doing their own thing...
3. You have to box out. If you're not going to box out, you're not going to win!

Chad Johnston (Former Coach South Bend Washington/Current Adams Coach)

1. Split the floor in half
2. Contain to one side
3. Helpside must be there and rotate

What/who influenced my philosophies? (continued)

Clint Swan (Head Crown Point Coach)

1. We had played Crown Point and have always had much respect for program
2. Was my last year as an assistant and saw him at the IBCA clinic and he handed out four rules.

Then a light bulb hit! Hey, these are concepts I've taught or believe in. But imagine if we could teach these to our guys (who are generally athletic) to do these at a very consistent fast pace....

Our man to man defense is called "11"

Before the 4 principles----CLOSING OUT!

Teaching Points

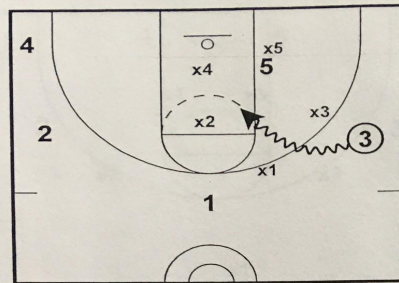
- Chopping Feet on close out
 - Which end with your feet forcing to the outside (sideline/baseline)
 - Arms length away
- Two hands up
 - To two hands out
 - To High hand/trace the ball
- Set Shooters (We refer to as stand still shooters)
 - RUN OFF THE LINE
 - Preferably without getting beat, but if it happens, we will take our chances with our help rather than give up a 3!

Rule 1: Nothing Middle

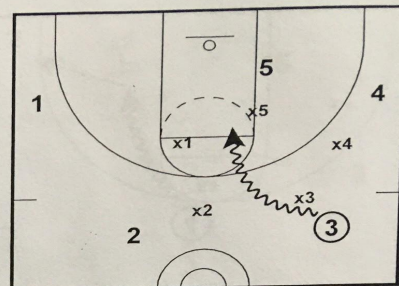
- When ball gets to the middle (the nail), bad things happen
- Proper Closeouts/Angles/Stance
 - Correct hip/High hand
 - Trace the ball (he must be uncomfortable)
 - Cannot open up
- No face cuts to the middle of floor (engagement)
- Denials of the ball
 - Below the volleyball extended, deny reversal and don't let ball handler out!
 - The smaller the box you create for the offense, the easier it is to defend
 - Man is always in front of you and basket

Key Denial note- "If you find yourself in an alone desolate place, you just got backdoored"

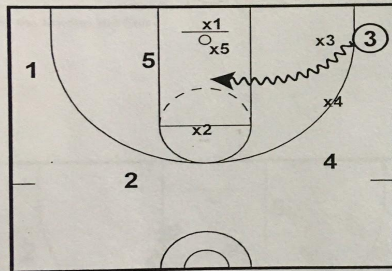
No Middle Drives



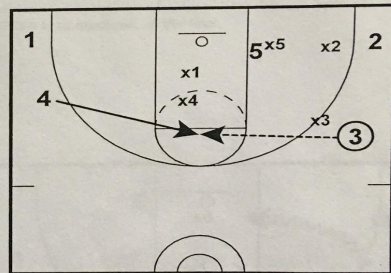
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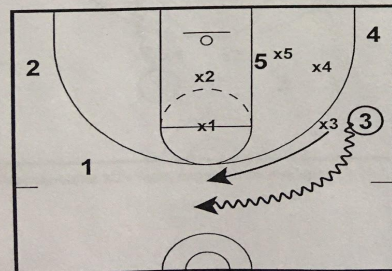
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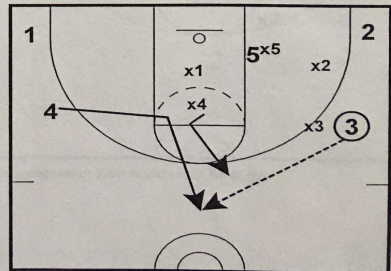
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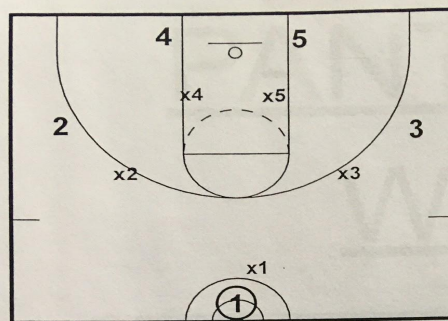


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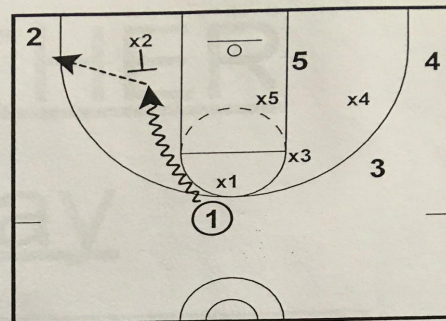
Rule 2: No Splits

- Must be on the line/up the line in a closed stand when below the ball
 - We call this “Flooding the Floor”/making it look crowded
- No splits toward the basket away from the middle
- Must do a phenomenal job at guarding the point of attack without giving up a straight-line drive
 - Occupy his eyes
- If they want to pass out towards the half court or dribble/pass out back toward center court, we aren’t going to waste our energy unless directive comes from coach/scouting report

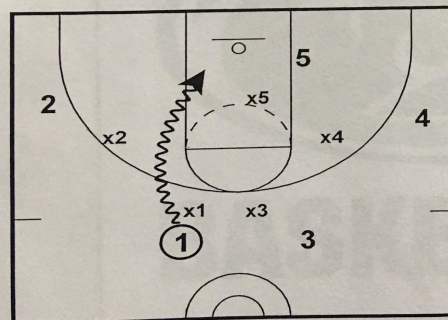
No Splits



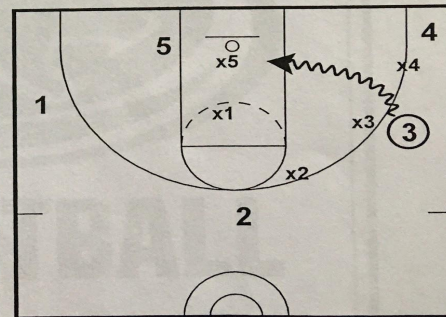
On the line/up the line



X2 too low; must get up the line



Unacceptable; X2's fault; cannot allow this split



Unacceptable; X4's fault; must be in gap

Rule # 3: Helpside support must be there early

- Helpside is often you in your stance/hugging that center line chest to opposite basket
- Must SPRINT to help
 - Most coaches refer to this as jumping to the ball and this is correct, as I even say this phrase often. But Sprinting will get you there quicker.
- Always read to rotate/drop to the level of the ball in the event of a baseline drive
 - Trap base line drives (My preference)
 - Scramble (might have a new man)
 - Help/recover (Maybe against good shooting teams)
 - Scramble (might have a new man)

Rule 4: Butt to baseline low side/Butt to middle high side

- **Above the free throw line extended, be on the the line/up the line**
 - Butt should be facing inside to the lane
- **Below the free throw line extended, get butt to baseline**
 - Baseline will look more crowded
 - Takes away a good angle to throw to post
 - Helpside will be there
- **High/low will be something you need to discuss depending on opponent**

Key Phrases you will hear us use daily

- “Flood the floor/Get in the gaps”- Making the floor look crowded.
 - Constantly ask our players, “Your man is here, the ball is here...What are you running all the way back for?”
- “Up, Up,Up”- My players would say I use this, which means I feel they aren’t guarding the ball with enough pressure. My way of saying he’s too comfortable
- “Help the helper”- Help the guy who is helping you
- “Scramble”- someone gets beat or we miss a rotation, you have to scramble to recover/match up
- “High Hand/Hands out”- pertaining to close outs and getting deflections
- “Get down in your stance”- emphasizing staying low and not standing up
- “TALK! TALK! TALK!” - constant communication

Coach, we are not as athletic....So I go Packline

Common misconception

- Through your principles, you decide when/where you want to be aggressive!
 - Trap the baselines
 - Trap ball screens on certain guys
 - Run certain players off the line that are shooters who can't do anything else
 - Are you over pressuring certain guys who can't handle it
 - Switching guard to guard action
 - Switching post to post
 - Digging/Doubling the post
- Adding flare
 - Trapping first pass to wings
 - Trapping Ball handler across half court, especially with trailing defender
 - Press carrying into the half court (examples- Run/Jump, 1-2-1-1, 2-2-1)

Clips

<http://www.hudl.com/v/2DZFyH>

Drills

- Close Outs
 - Dry closeouts wing/baseline (2 coaches)
 - 1 on 1 closeouts
 - 2 on 2 skip closeouts
- Defending Post
 - Klob drill
- No middle
 - 2 on 2 closeouts (wing/baseline, elbow/elbow, wing baseline)
 - 3 on 3 all drives middle
- 4 on 4 shell
 - (Dry, Live, quick reversal having a guy starting behind defender forcing scramble)
- Michigan State Rebounding
- WAR
- PANTHER