



MIDLAND UNIVERSITY WARRIORS

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“THE PACK” MAN-TO-MAN DEFENSIVE PRINCIPLES

BACKGROUND

This half court defensive system, as I have learned it, was developed by Coach Dick Bennett during his tenure as the head coach @ the University of Wisconsin-Green Bay in the late 1980s. Coach Bennett later used this system at Wisconsin and Washington State. His son, Tony, took over for his father at Washington State and is now the head coach @ the University of Virginia using many of the same concepts.

POINTS OF EMPHASIS

1. BALL PRESSURE – BOTHER THE BALL
2. STEERING THE DRIVE – WIDE & DOWN
3. JUMP TO THE BALL – EXPLODE TO HELP
4. CLOSE OUT TECHNIQUES – “REACT TO THE PASS, NOT THE CATCH”/HIGH HANDS
5. PAINT PROTECTION – GOAL IS TO NOT HAVE BALL DRIVEN OR CAUGHT IN PAINT
6. POST DEFENSE – FULL FRONT WHEN BALL IS FT LINE EXTENDED OR BELOW
7. FORCE CONTESTED JUMP SHOT – MAKE OPPONENT EARN POINTS
8. FINISH THE POSSESSION

KEY QUOTE FROM COACH BENNETT – “There is no such thing as help & recover, there is only recover.”

OTHER AREAS TO CONSIDER

1. DEFENDING SCREENS
2. POST DOUBLE

TWO AREAS COACH BENNETT ALWAYS WANTS TO TRY TO CONTROL IN A GAME:

1. TRANSITION POINTS ALLOWED
2. TRY TO MAKE SOMEONE BESIDES OPPONENT’S BEST PLAYER BEAT YOU

DEFENSIVE GOALS

1. FG% > 40%
2. 3pt FG% > 30%
3. LIMIT OPPONENT TO SINGLE DIGIT OFFENSIVE REBOUNDS
4. MINIMIZE POINTS @ FT LINE – AVOID “BONUS”