The 4x4 Run & Jump Defense "DELTA"



4 GENERAL RULES

1. FORMATION BASED MAN: Set-up based on # and shape. Match-up with urgency. Point so the back lines know who you are guarding, even when disguising a "zone" look.
2. BE LOUD: Let the on-ball defender know where you are at all times. Can screens & switches.
3. WILD WEST HANDS: On-ball = Ride the Bull | 1-pass away = Draw | 2-passes away = gunslinger
4. SWITCH ALL SCREENS. Jump switch on-ball screens when above the free-throw line. Exception - If a player is tagged, hedge hard and fight over.

4 ON-BALL RULES

1. GET THE BALL OFF THE VOLLEYBALL COURT. Use the shade technique to send the offensive player where you want them to go.
2. CLOSE OUT EBF. Don't beat middle. Lock down if you can. If you can't, help comes from the closest sideline/baseline.
3. CONSTANT PRESSURE. No uncontested dribbles within the "#" area
4. HALO CUT IF YOU GET BEAT MIDDLE. If your player does beat you middle and you cannot recover, Halo Cut, be ready to cover the help defenders' man/box-out responsibilities, then scramble to the weakside corner.

4 OFF-BALL RULES

1. UPHILL HELP "NO ESCAPE": Play in the passing lane. Be in a position to bait & steal without having to lunge. Chest to your man, butt to the ball.
2. DOWNHILL HELP "UPLINE": 51 positioning. Be the traffic cone. The ball must go around you! Squeeze towards the ball while still being able to run off a corner 3.
3. 2-PASSES AWAY "TRACKER": 51 positioning. Vertical help defender. Track the ball.
    a. Downhill dribbles/passes = Jump to the basket (help the helper)
    b. Uphill dribbles/passes = jump to the point (pick 6)
4. 3-PASSES AWAY "HELPER": 51 positioning. Horizontal help defender.
    a. Above the free throw line = protect the basket (safety)
    b. Below the free throw line = Trap on funnels in the strike zone

Why is it important to funnel? – With a funnel, we get a 3rd help defender in the key "BALL HAWK", who looks to jump/close out on any perimeter skip passes.

4 TRAP/ROTATION RULES

1. JUMP SWITCH = Downhill dribble above the free throw line
2. TRAP = Uphill dribble above the free throw line
3. STRIKE ZONE TRAP = Baseline dribble below the free throw line (funnel)
4. PIZZA = When the ball handler picks up their dribble on a trap/jump switch, the 3 remaining defenders need to get in the passing lanes "pizza slices".
    a. Tracker = No escape| Helper = Diagonal | Upline = Advance