

of the defensive players should be stressed. This is the formation that I use always against fast breaks. It will be noted that the most vulnerable point of the basket is protected, namely, directly in front, and the two defensive players shift to meet an offensive three-man thrust.

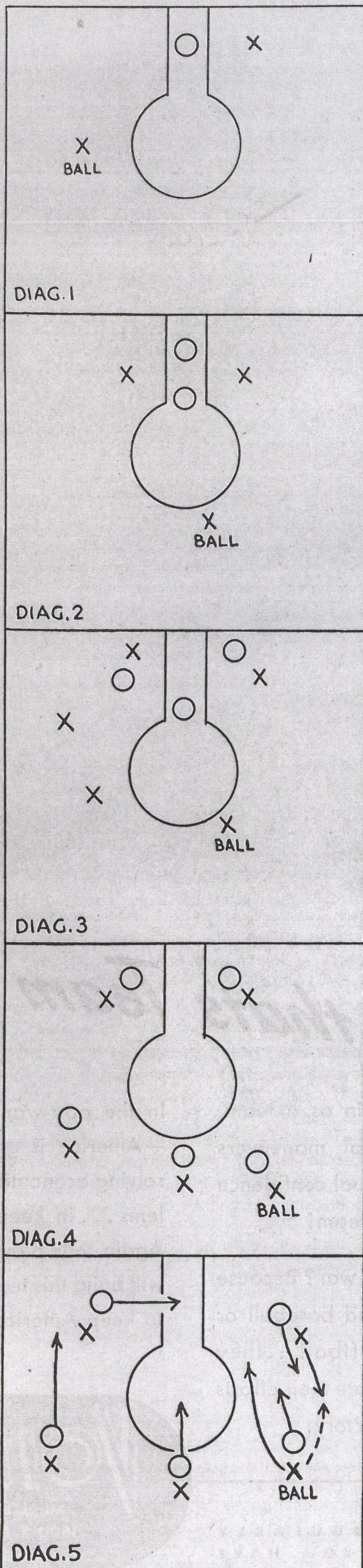
Whether the offense attempts a shot or a pass, the defensive players will always shift the spearhead of their defense in the direction of the ball. These men will constantly be shifting positions in their endeavor to stop all offensive shots. Furthermore, both of the defensive players will be using every talent at their command to hurry and confuse the offensive ball-handlers. Naturally, the guards must be taught to expect the offensive men to shoot, but when a shot is made by the offense, then the defensive men are in an ideal position to recover the ball. It must be stressed that the three men are to dribble, pivot and pass, to jockey the two defensive men out of position.

The coach handles the ball on each try, and during the interim, he lectures the defensive men on teamwork, in shifting for rebounds, and strategic defensive moves.

The two guards are constantly hounding the three opponents and the ball. Their facial expressions should reveal their militant attitude. As the rear defensive guard shifts over to block a shot, the front defensive guard shifts slightly back and away as he menaces the front offensive man and discourages his idea of a return pass. When the two defensive guards are drawn out of position, they will re-form in the anterior-posterior guarding position as quickly as possible.

The weaknesses of two defensive men against three offensive men are in the corners to the right and left of the rear defensive guard. If the ball is passed from the offensive man out in front to either one of the two offensive men in the corners, the rear guard shifts toward the offensive man who is able to receive the ball in the corner, and the front guard slides back equidistant between the two guards' former positions. In using this formation as a defense against the fast break, the front man parries a thrust in front of the basket, and the rear guard underneath the basket shifts to meet the oncoming offensive man with the ball, while the third defensive man moves in on the weak side away from the ball, thereby setting up the third stage of defense in three defensive men in a triangular position, one in front of the basket and two on either side.

*The third stage, five on three (Diagram 3).* Five offensive men are waging a scoring attack against three defenders. The defensive men are arranged in a triangular formation with the front defensive player in the apex position and the other two defensive players in their regular guarding positions. This is the defensive formation assumed, when the third man comes in from the weak side after a fast break to



reinforce the two defensive men who were in an anterior-posterior position. When more than three offensive men attack, the triangular defensive is imperative. The most vulnerable positions of the basket attack are those in which these three defensive men form their triangle.

The coach handles the ball and hands it to the attacking five men who start down from the center of the floor with the defense line-up in the triangular position. Five trials are used in this competitive fundamental drill the same as in the others. If the offense scores one basket out of the five, the score is a tie. If they score two or more, the offense wins, and if the defense shuts the offensive out without a basket, the defense wins.

As the offensive men begin their scoring attack by passing the ball about vigorously from one to another, the defensive men shift accordingly, ever aware of the vulnerable points of attack. Each of the defensive men evinces alertness, courage, and confidence. They all stamp their feet and menace continuously with their arms in fighting attitudes. In their desperate attempts to make their opponents muff the passes, and ultimately to recover the ball, they shift back and forth, and to the side, and stamp and yell. Thus, by stimulating the auditory and optic nerve centers of the offensive goal smiths, unfavorably, these outnumbered defenders are rendering them less potent than before. A desperate and determined three are these defensive-area basket-musketeers.

The defense must know that the offensive men near the basket are creating the most perilous situation, and that it is upon these men they must concentrate. Should one of the offensive men out in the court attempt a shot, the defensive man nearest him, while feigning calmness for the moment, will be checking with himself for reassurance that he has covered all loopholes for passes, by or through his own defensive area, and to an offensive team mate under the basket.

Then, just as this offensive forward raises the ball in the act of shooting, this defensive man will feign a gigantic attempt to jump at him, at the same time emitting a startling yell that often brings the desired results. His bent arms will fly up threateningly, and his bended knees will clamp his feet to the floor, emphatically and noisily.

Through the hundreds of thousands of years that men have been clutching at each other's throats, instinctive fears have been built up in every individual. It is not easy for this high-strung offensive man to inhibit these disturbing stimuli.

As the ball leaves the offensive man's hands, the defensive man will whirl and swing back at top speed toward the basket for rebound work. They know that the law of averages is against the success of the long shot and that they, by recovering the ball, may profit thereby.