

# DEFENSE ON A STRING

## INSTRUCTIONAL INFORMATION

Defense on a String is an all-defense resistance system designed to teach proper spacing in relation to each position on the basketball court.

The attachments are customizable and can be tailored to teach defensive spacing principles both in a man-to-man and zone defense.

### MAN TO MAN

#### 2 Player Setup / Help and Recover

The foundation of team defense

Use: 2 straps and 1 bungee

Starting Position: Each player wears a strap with the bungee connecting two players. Start with one player in front of the other, in a line, in the center of the court.

#### 3 Player Setup

Use: 3 straps and 3 bungees

Starting Position: Start in a triangle, one player in front, and 2 behind.

#### 4 Player Setup

Use: 4 belts and 4 bungees

Starting Position: in a box or diamond with each player in ready position in relation to the ball

The 4 on 4 Shell Drill is a staple for basketball practices around the world.

Using Defense on a String enhances this drill, along with many others, getting your players in the right position on the defensive end.

#### 5 Player Setup

The five-player setup can be used to teach man-to-man or zone defensive principles >>

### ZONE

#### 5 Player Setup

##### 2-3 Zone

Use: 5 belts and 5 bungees

Starting Position: guards high, wings extended out from the block area and the big man in the middle

Note: player positions can alter depending on how you coach the 2-3 zone.

##### 3-2 Zone

Use: 5 belts and 5 bungees

Starting Position: 3 players on the perimeter and 2 around the block areas

##### 1-2-2 Zone

Use: 5 belts and 5 bungees

##### 1-3-1 Zone

Use: 5 belts and 4 bungees

Defense on a String really shines when teaching zone defense.




Each player has to be engaged and ready to move with the ball.

**\*\*Always make sure the bungees are secure to each belt before live play begins.**

For a full Instructional Video, visit [defenseonastring.com](http://defenseonastring.com)

We appreciate your support and look forward to seeing how your teams are progressing throughout this season!



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