



by Jeff Lebo

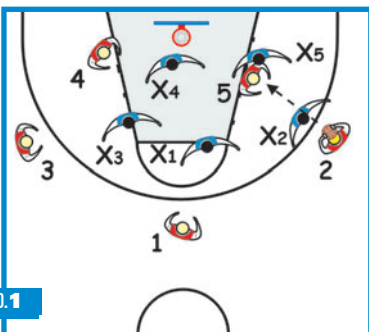
"FIRE": DOUBLING THE POST

Jeff Lebo is the head coach of Auburn University. He was assistant coach at East Tennessee, Vanderbilt, and South Carolina, and head coach at Tennessee-Chattanooga, and Tennessee Tech.

"Fire" is a type of defense maneuver that enables the defensive team to double team the post when the post player is in a position to score. The double-team player can come from any area of the court or be any defender, depending on your rules to double up. Teams double the post to either hide a weakness (not very big in the post or the other team is better inside), or for profit (a great place to double up and steal the ball). This must be part of the defensive scheme to be effective, as there are other elements involved at the time of the double team.

WHY DOUBLE?

1. Other team bigger or better.
2. Philosophy is don't get beat inside.
3. Turn the tables and make it your advantage if they go inside - their big man is a double and you have interceptions.



4. Something different for a team to prepare for.
5. Take away big man.
6. Take away rhythm of big man and team.
7. Protect your big players from foul trouble.
8. Make team and big man think - turn "fire" on/off.

HOW TO DOUBLE?

- I. Big man on Big man
- II. From Top of Floor

I. Big Man on Big Man

Advantages:

1. Always have size in the double.
2. Easier to teach and put in.
3. Makes big players active and alert.
4. Something different to prepare for.
5. Post players don't dominate scoring the ball.

Disadvantages:

1. 4-man throws it into post from wing/corner.
2. Strange line-up, we can have different 4 men.
3. Angles to double may be missed.
4. Can be slower at times.

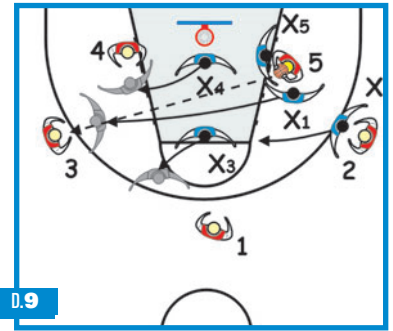
5. Indecision - about doubling as a 3-man who we need to double.

II. Double From Top of the Lane

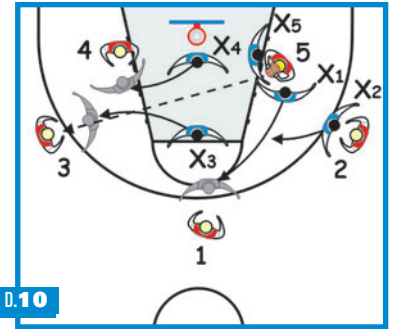
We double team in the low post with the top defender (X1 in this case) on any pass into the low post (diagr. 1).

Advantages:

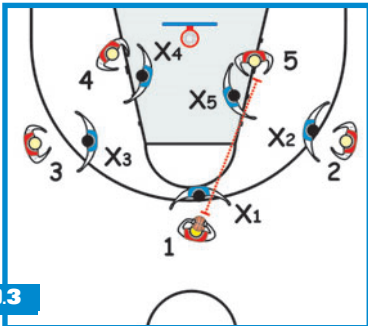
1. Everyone is defensively alert.
2. More steals - offensive post will try to throw it out to top 95% of the time.
3. Never get into jam about leaving the post feeder from wing/corner.
4. Doesn't matter who catches it in the post - whether it is a 3 man, we are still double from top.
5. Strange line-ups do not matter as the top man will always double - position doesn't matter.
6. Better jumps to the ball.
7. Better helpside.
8. More aggressive.
9. Something different to prepare for.
10. Our niche.
11. Offensive post players.
12. Can cause more distress to the offense.



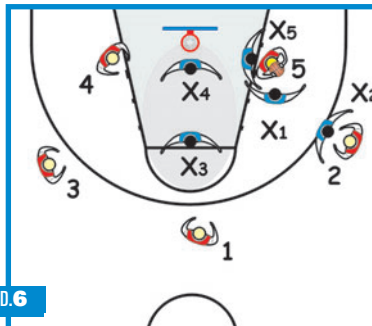
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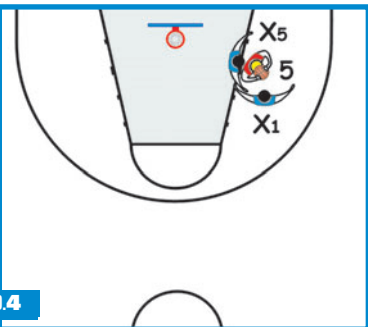
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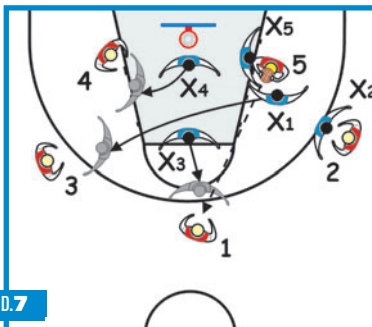
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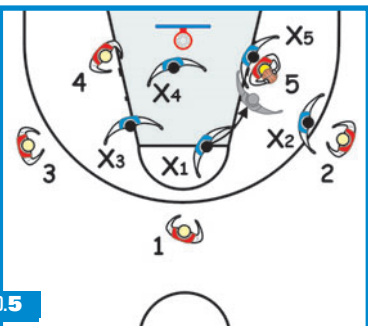
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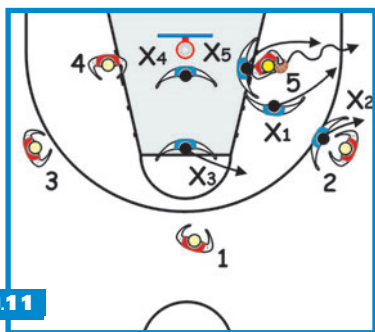
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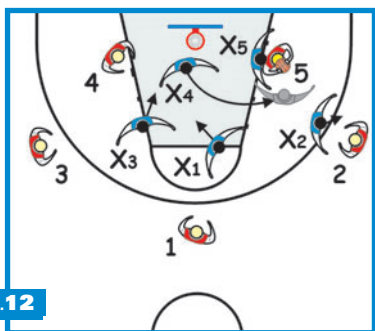
D.5



D.8



D.11



D.12

Disadvantages:

1. Everyone will be a doubler - everyone must know it.
2. Size - sometimes great size, sometimes small player will be the double.
3. TOTAL commitment in practice.
4. Post development offensively.
5. Longer to teach.
6. More complex to teach.
7. Can get you into mismatches.

WHEN TO DOUBLE?

1. Player catches ball in scoring position (this needs to be determined by catch and players get feel on where to double.) Rule is: If you go start doubling, go hard and decisively.
2. a. When the offensive player catches the ball.
- b. When the offensive player starts to dribble.

TECHNIQUE IN DOUBLING FROM THE TOP

1. Ball never entered to post from top of floor. Post must be up the line, on the line when the ball is in middle of floor (diagr. 2).
2. Ball can be entered from wing.
3. If post player is on block - front and make sure he pushes you, so you can slide behind him and play topside. Why? If you let post player get position on block, he will score before you can get the double to him.
4. Post push out and play 3/4 topside as we want the ball entered to the post as low as we can force it (diagr. 3).
5. As ball is in the air, we will slide behind post, with our feet parallel to lane line and with bottom foot below him-if you don't give him a little space early as he

catches it, you will get spin on baseline, which is something, we can never accept.

6. The job of the player trapping down low is not to get beat baseline.
7. As the ball is in the air, we are coming from the top of the floor to make an "L" trap on the post: this is why jumping to the ball is so vital (diagr. 4). You must be sure that you get a good "L" shaped, aggressive trap in the low post.

KEYS

1. "L" Trap.
2. High hands.
3. Do not foul.
4. Do not get split.
5. Take away vision.

The trap is performed by the closest man to the ball at the top of the floor. He needs to always have a man below him and 100% of the time he will, or else no double team will take place. He will be at the top of the floor 95% of the time, unless there is an overload.

8. Defender guarding the post feeder will deny the ball back out to post feeder (diagr. 5).
9. On the lane, we should now have an "interceptor" and a "goalie". We cover the basket in a "I" formation from the weakside (diagr. 6)

▼ The "interceptor" has a job of reading the doubled post player and stealing his pass out to the perimeter.

▼ The "goalie" is on the lane protecting the basket from cutters (which it absorbs) and lay-ups.

10. The rotation out of the dribble is (diagr. 7): "Interceptor" takes the first perimeter pass out.
 - 1) High trapper goes weakside looking for open man.
 - 2) Low trapper adjusts himself so ball doesn't come in from top.
 - 3) Now we are back in our man-to-man defense.
 - 4) These can be a two-man rotation or a three-man rotation to scramble back in our man-to-man defense.

KEYS

1. L-trap - Feet of low trapper parallel to lane line-Feet of high trapper parallel to baseline (diagr. 8).
2. Ball cannot be entered from the top. Why?
 - a) Trap difficult to take place
 - b) Impossible to take away his vision.
 - c) Post will score before we get there.
 - d) Our players aren't there because ball was at the top-No strong side or weak side of the floor has been determined.
3. Keep ball from coming back out of original trap to wing feeder.

4. "Interceptor" must know ball is coming out to top from the trap 95% of the time. STEAL IT!

5. "Goalie" must be in front of basket on the lane-VITAL!
6. Top trapper must sprint weakside to find open man-he will be there, unless post has thrown it weakside out of a trap. If that happens, top trapper will go back and guard original man.
7. Foul with your lower body in trap and have high hands-trappers do not foul to reach as they aren't the ones going to get the steals.

WHEN TO LEAVE THE TRAP

1. Ball passed out. On a pass out of the double team and to the other side of the court, we sprint off the weakside with the defender, who went down to double team, X1 in this case (diagr. 9). But we can also end up with different defenders when moving off the double team (diagr. 10).
2. Ball dribble out to corner:
 - a) Leave as soon as he dribbles out because you have accomplished your goal.
 - b) Stay with the double, because now you are doubling a post player dribbling the ball to the corner, which is a great place to trap (diagr.11).

HOW TO LEAVE THE TRAP

1. Top trapper must turn towards the basket and sprint weakside to find the open man, whether it is a two-man rotation or a three-man rotation. The reason for turning inside is it is a quicker movement to the weakside.

UNIQUE SITUATIONS

1. Wing Cutter-Go.
2. Front Cutter-Absorb and hand off.
3. Screens-Switch.
4. Little Man in Post-Optional
5. Overload -Middle Man (Wing)

TECHNIQUE IN DOUBLING-BIG ON BIG

The technique is going to be the exact same as coming from the top, except the only trappers are X4 and X5. If X5 is guarding the offensive post player, X4 will become the high or top trapper and vice versa. We still must have a "goalie" and "interceptor" and a deny man on the ballside wing. We still must get a "L" trap to take away vision to the weakside (diagr. 12).

UNIQUE SITUATIONS

1. 4 or 5 throws it in
 - a. Wing
 - b. Corner
2. X4 or X5 is guarding weakside block and gets too low.