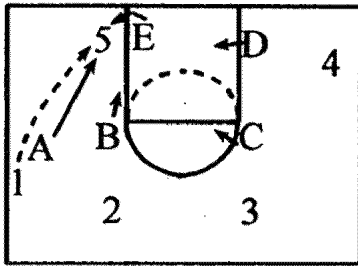


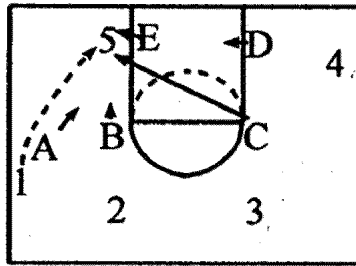
TEAM DEFENSE - DIVING ON THE POST

It is often difficult to defend the post one on one. The use of the "dive" or double-down has become more popular. Especially in college basketball, recent rule changes have made the game more like the NBA. Diagramed below are many techniques of the dive.



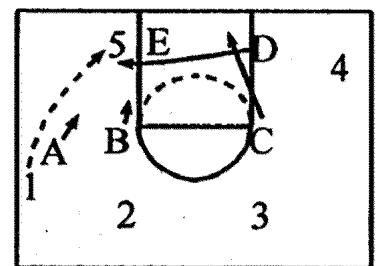
DIVE OFF THE PASSER

#1 passes the ball inside to #5. #A turns immediately and dives onto #5. #A and #E double-team #5. This is easy to teach but causes problems if the passer is a great shooter.



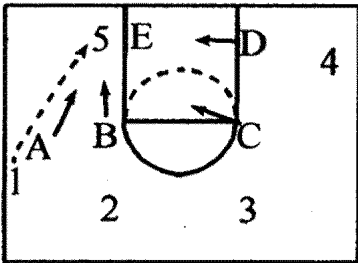
DIVE OFF A DESIGNATED PLAYER

#3 is the designated player. On #1's pass to #5, #C turns immediately and dives onto #5. This will force #3 to take the outside shot.



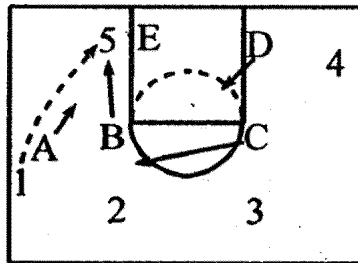
DIVE OFF THE HELPSIDE

#D is playing the helpside. On the pass to #5, #D runs and doubles #5. #C must rotate down to the helpside. This will force #5 to pass out to #3. Problems occur if #C fails to rotate.



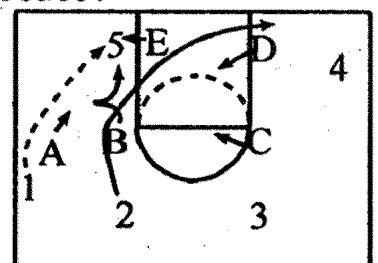
HALFWAY AND HOLD

On the pass inside to #5, all defenders (#A, #B, #C, and #D) go halfway and hold. If #5 starts to dribble, the closest defender (#B) double-teams #5. All of the other defenders remain in a help position.



DIVE FROM THE TOP AND ROTATE

On the pass to #5, the "up" defender (#B) turns and dives onto #5. #C rotates halfway toward #2, and #D rotates up toward #3. All players scramble on the pass out.



DIVE OFF THE CUTTER

On the pass to #5, #2 cuts through. #B jumps to the ball, starts with #2, then turns and dives onto #5. The remaining defenders rotate to the ball.