1-3-1 ZONE BASICS

5 RULES:
1. Stand in the correct stance (hands out and legs wide)
2. Watch the eyes of the passer (following the eyes will often lead you to the next pass)
3. Move when the ball is in the air (air time allows you the defender to be in the correct position/alignment)
4. Look for deflections from teammates (offense will look to make a pass overhead, get it tipped, and come right to you for a steal)
5. Hit the boards MAD (everyone crashes the boards like a “WILD MAN”, in our case “WOMAN”)

BASE ALIGNMENT(S):

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EACH DEFENSIVE POSITION, IN THE 1-3-1, CAN GUARD MORE THAN ONE OPPONENT AT THE SAME TIME

X1 = is on the baseline (bottom) of the zone and main defense area are the corners of the court (FORCE MIDDLE FOR HELP)
-when ball is on either wing, X1 is one step from the lane and one step from the baseline, protecting the paint

X5 = is in the middle of the zone, covering whomever comes into the lane (FORCE MIDDLE FOR HELP)
-X5 always maintains a “between the ball and hoop” stance
-X5 will occasionally (rarely) offer help to X1 in a corner (if the shooter from the other team is there and X5 can get there 1ST

X4 = is on the top of the zone making it hard for a reversal pass of any kind (FORCE MIDDLE FOR HELP)
-X4 also makes sure to protect the elbows when the ball is on the wing and/or in the corner
-X4 stays in the lane line extended area, maintaining a position in passing lanes when no high post is a threat
-X4 needs to crash weakside rebounds when shot is put up from wings

X2 and X3 = have similar jobs and they are on the wings (FORCE MIDDLE FOR HELP) (in stance similar to X4 when on ball)
-when the ball is on their wing, they force to the middle--pinch w/#4 to keep out of middle (sometimes looking for a weak hand)
-while the opposite wing, in this scenario, is playing the opposite block area, not quite in the lane

WINGS, WHEN ON THE WEAKSIDE, CRASH THE BOARDS VERY HARD---BOX OUT BIG TIME!!!

RULES OF THUMB: (for 1-3-1 defense)
1. Always four defenders on one side of the floor when the ball is on the wing
2. Closeout with hands high and quickly
3. Stay in your stance (don’t stand) and pressure the ball handler
4. Active hands and alert eyes
5. Communication with teammates
1-3-1 BREAKDOWN DRILLS

SHELL DRILL: (3 players on top of zone #2, #3, #4 run a shell drill 3 vs. 5)
--work on zone rotations
--wings always drop to opposite low block when the ball is on the other side of the floor or in the corner
  (can cheat up to anticipate pass---comfort level or they can cheat over to help on a strong post player)

SHELL DRILL: (2 players in the middle of the zone #1 and #5 run a shell drill 2 vs. 5)
--work on zone rotations
--bottom stays in until the pass goes to the corner

VS. AN OVERLOAD:
--work in a Shell Drill here (5 on 7) and work on rotations vs. an overload

5 VS. 7 DRILL:
--work in a Shell Drill here (5 on 7) and work on rotations (vs. lobs, skips, reversal, etc...)
--try to get ball in specific areas to work on the specific rotations/reads

ROTATIONAL DRILLS:
Middle 3 rotations drill

Wing rotation drill

Bang the bottom drill

In each of these scenarios, make the players on defense react to the passes, drives, and shots during the drill---keep drilling until the players know the rotations...
1-3-1 VS. SCREENS

AWAY FROM BALL (SCREENS):
--cheat thru the screen, anticipate it
--WATCH for diagonal pass when wing is screened, help with the middle person (#5) to fill the space

ON THE BALL (SCREENS):
--help on the screen thru a rotation and once thru the screen rotate back into position

ANY OF THESE SCENARIOS FORMS A “NATURAL” TRAP ON THE SIDES OR IN THE CORNERS!!!

TRAPS

HALF COURT TRAP SCENARIO: (RED)
--trap (sprinting) the corners near half court with #4 and (#2 or #3) vs. the wing/guard of the offensive team
--hands high and feet active
--#1 plays 2-3 steps off the lane/baseline
--#5 looks to dead front in the post or side front (ball side only)
--opposite wings (#2 or #3) plays centerfield and anticipates by watching the offenses eyes
--rotation as follows:

HALF COURT TRAP SCENARIO: (BLACK)
--trap (sprinting) the corners near the baseline with #1 and (#2 or #3) vs. the wing/guard of the offensive team
--hands high and feet active
--rotation as follows:
**MIDDLE OPTION:** watching the high post presence (dominate post—hurting us on offense)

X4---drops back into the lane to watch the **HIGH** post (if hurting us in the post)
Defense will let the pass go from wing to wing (make them take an outside shot)
at which time the X4 defender can look (anticipate) to pick off the pass on reversal

**SLOUGH:** watching the medium post presence (dominate post---hurting us on offense)

X4---drops back into the medium post area and helps defend the post

**SHADOW:** vs. a STAR player (defense maintains a position in which they are one step closer to the STAR player)

X4---in this situation needs to shadow or be one step closer to the STAR player, it
may be someone else on defense that needs to take a step closer to the STAR player too