

## Keys to "Help Defense" from Coach Margie Graff

The key words to playing help defense are - basket line - the key is divided in 1/2; 1 pass away - you're in the passing lane. Meaning one hand is in the passing lane, you see the ball and you see your man and you're playing defense off the ball. You're not right in your person's shorts; 2 passes away - you're most likely on basket line, you see your man and you see the ball. Playing help defense minimizes you from running around, it's like playing man and zone together and it will be harder for the other team to set screens. Help defense will work if all three people are working together and communicating. During some of the three on three games I observed at the camp, I noticed if only two of you are playing help, then the system breaks down.