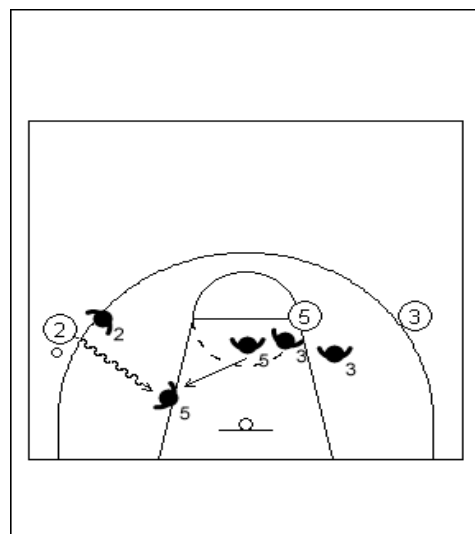
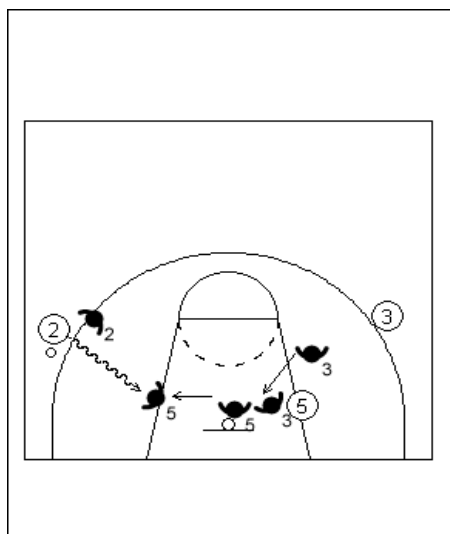




Cours niveau 2

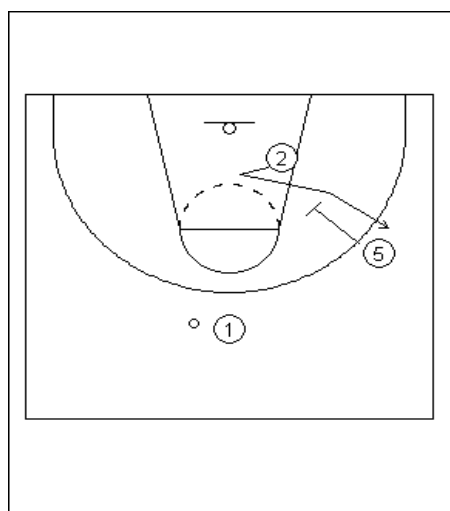
3c3 et 4c4 défensif man to man

1. 2^{ième} aide (help the help)

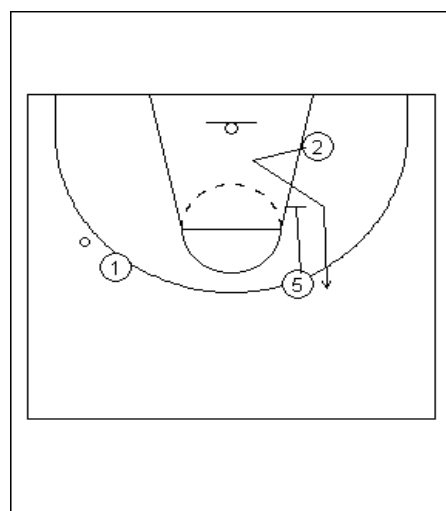


2. Défense sur down screen

Nous allons envisager deux situations offensives de down screen l'une où O2 est à une passe et l'autre où O2 est à 2 passes.



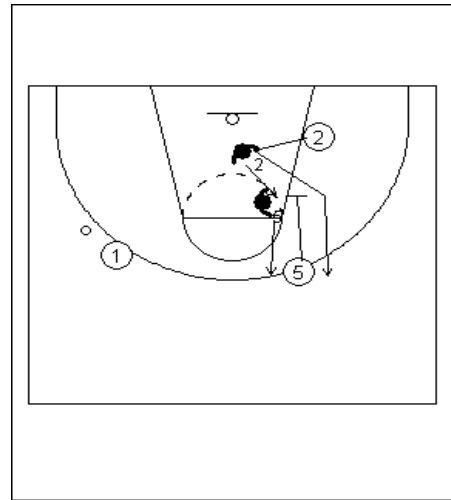
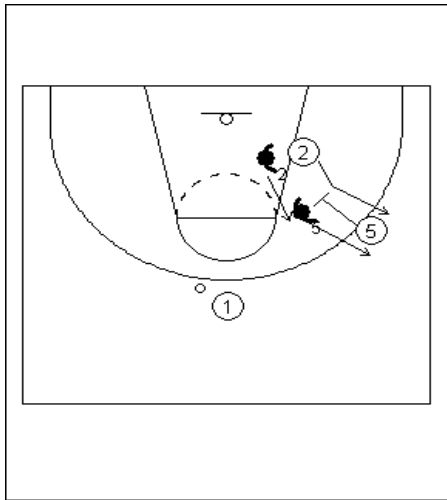
O2 à une passe



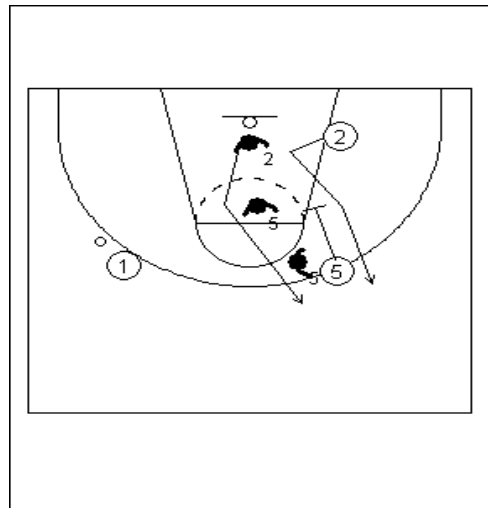
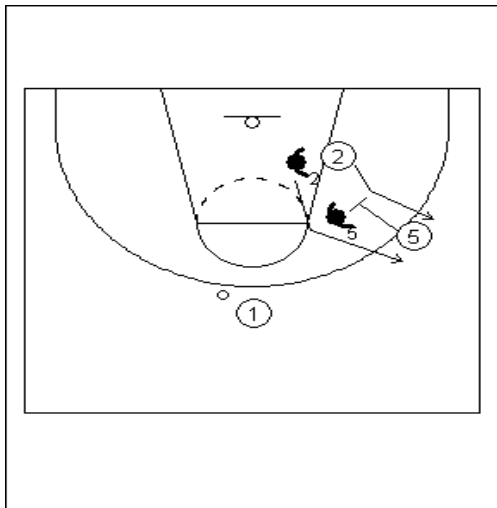
O2 à deux passes



a. Switch

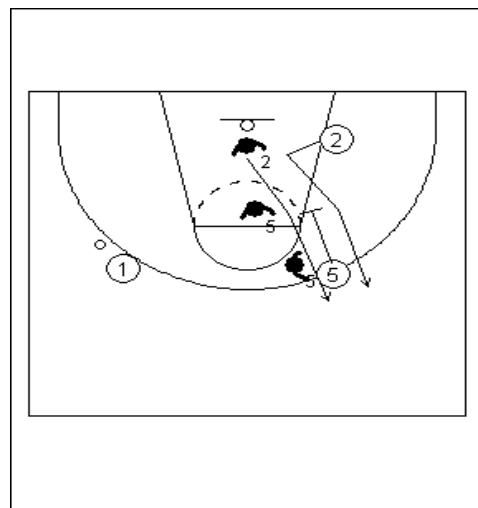
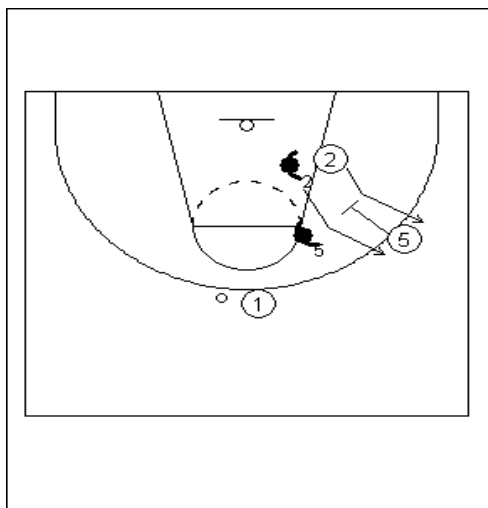


b. Outside slide

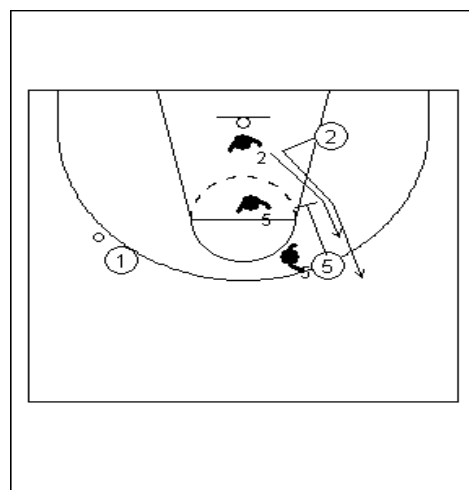
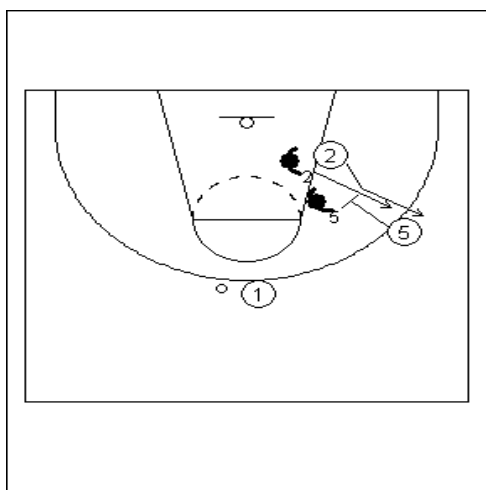




c. Inside slide

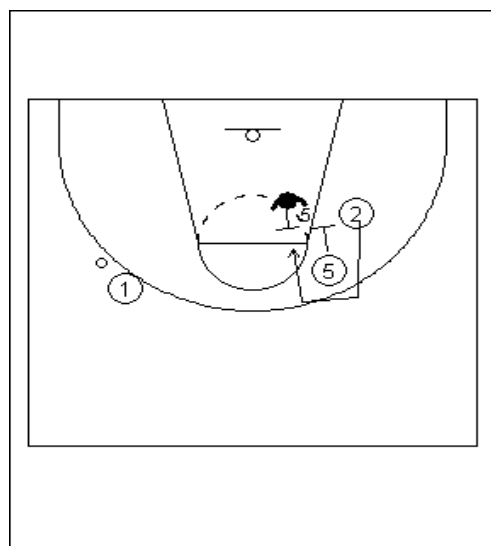
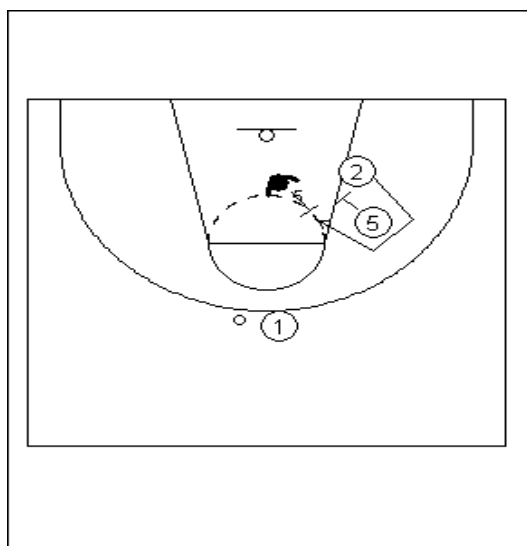


d. Tracing (traçage) (follow the step, suivre à la culotte)





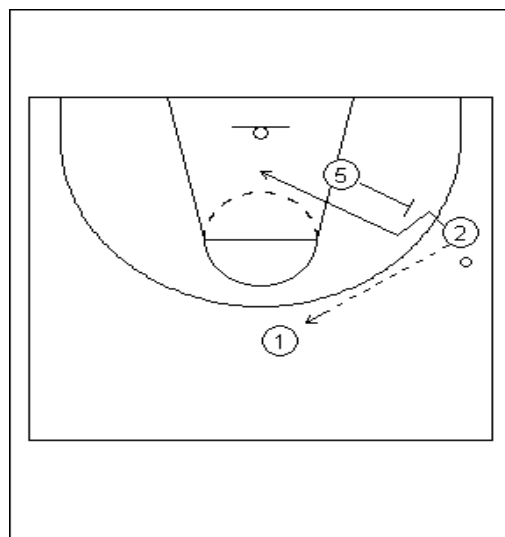
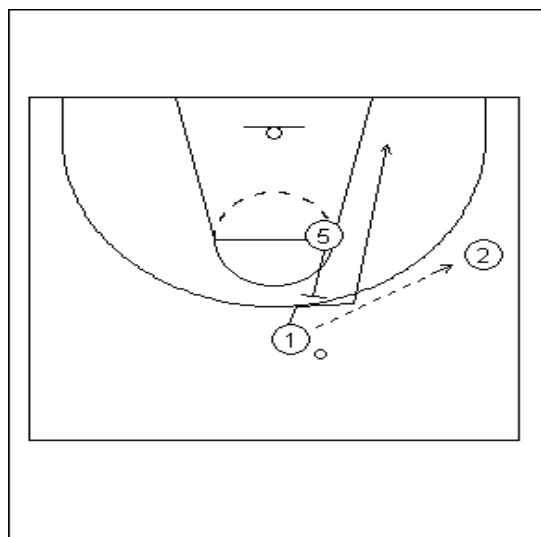
e. Le bump



Le Bump

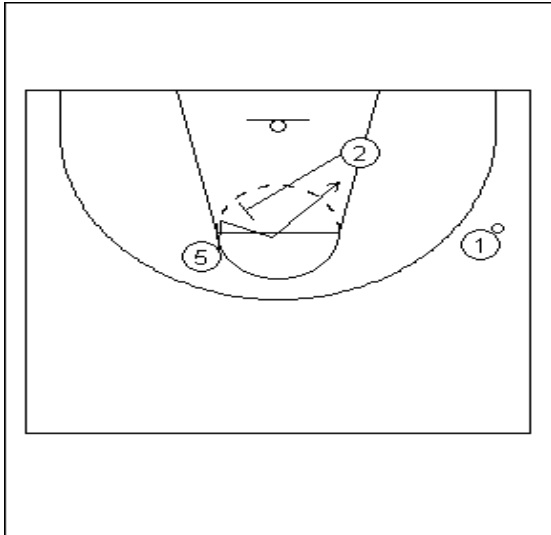
3. Défense sur back screen

Nous allons envisager les situations de back screen les plus souvent rencontrées.

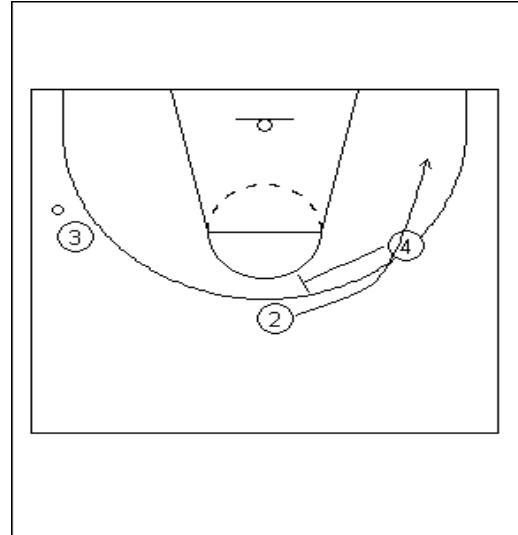




L'UCLA cut



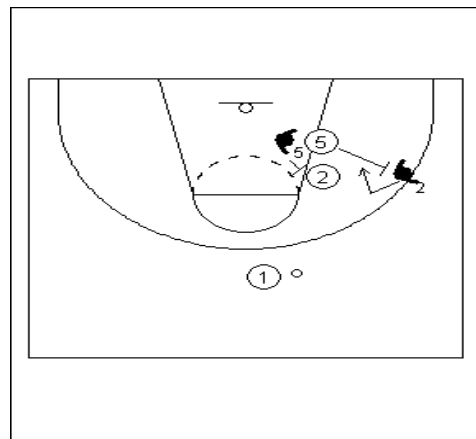
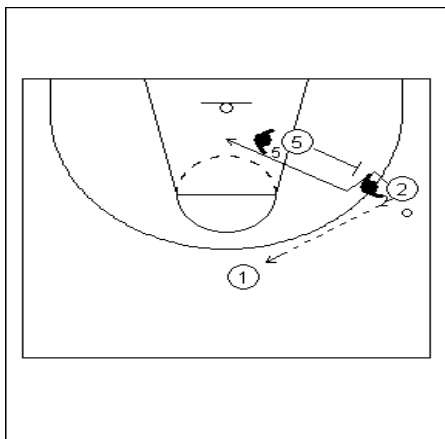
Le Flex screen



Diagonal back screen

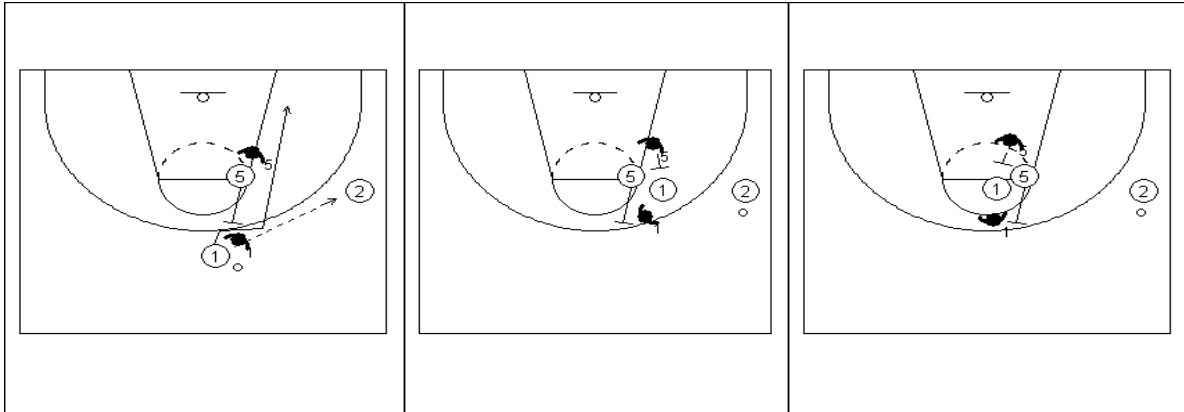
Flare (éclat) screen

a) Switch

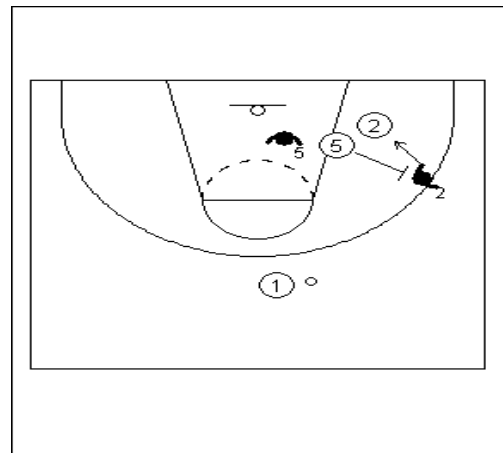
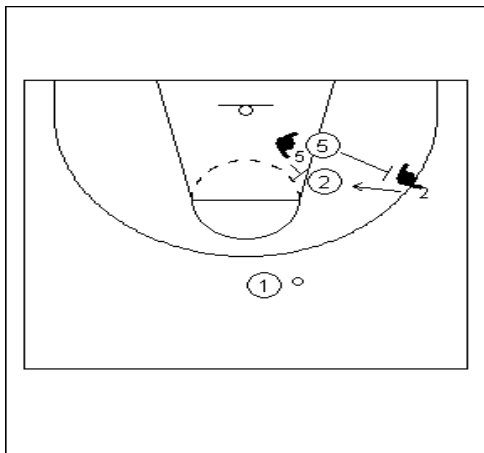




b) Same way et avec bump des 2 côtés

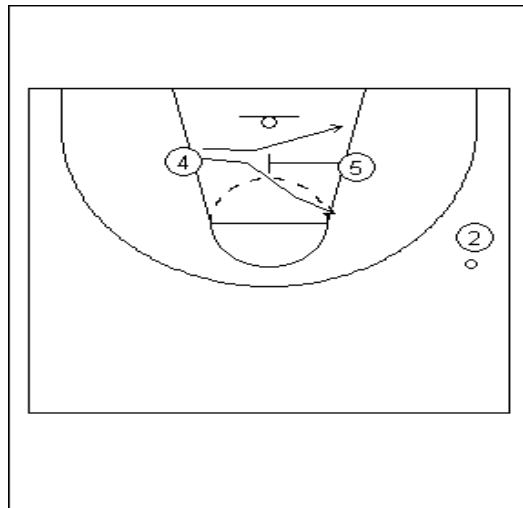


c) Same way avec bump et open

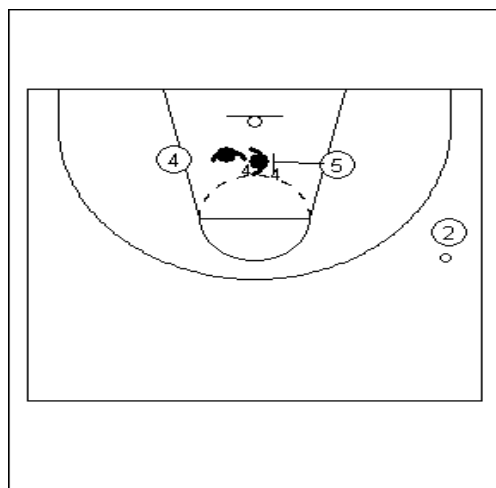




4. Défense sur block to block



a) Défense sans aide





b) Défense collective

1) Entre deux joueurs de même gabarit

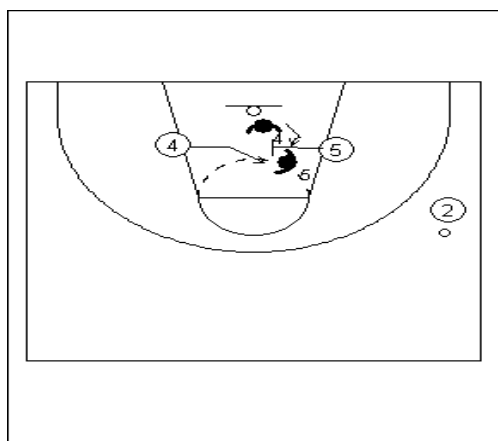
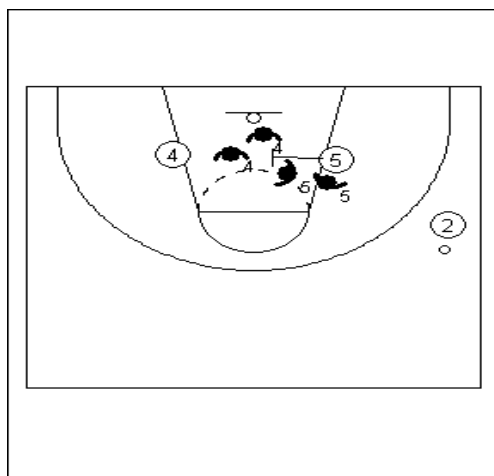


Figure 1

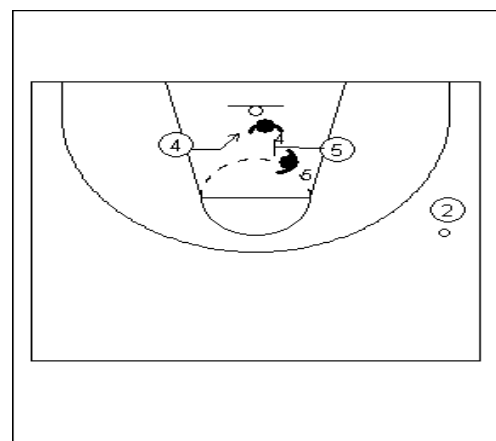


Figure 2



2) Entre 2 joueurs de gabarit différent

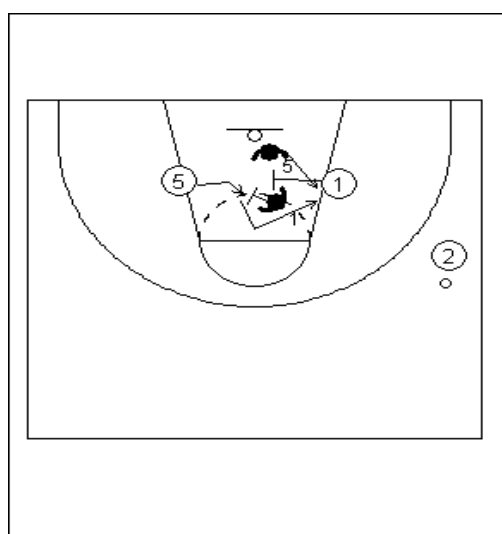
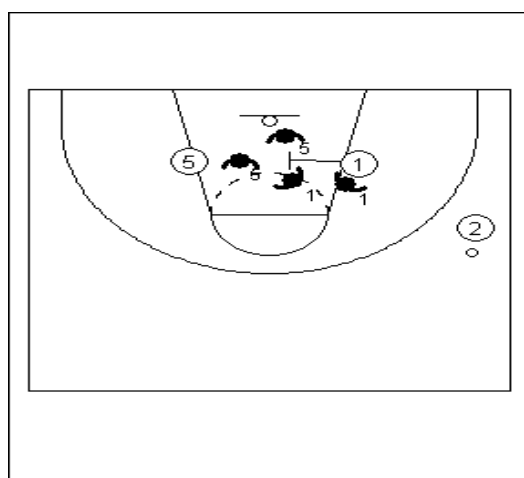


Figure 1

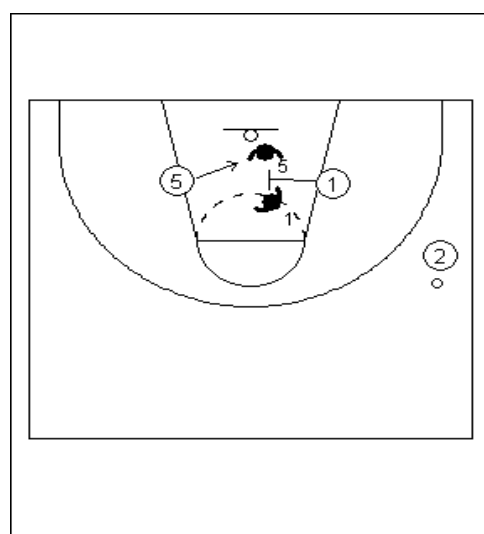
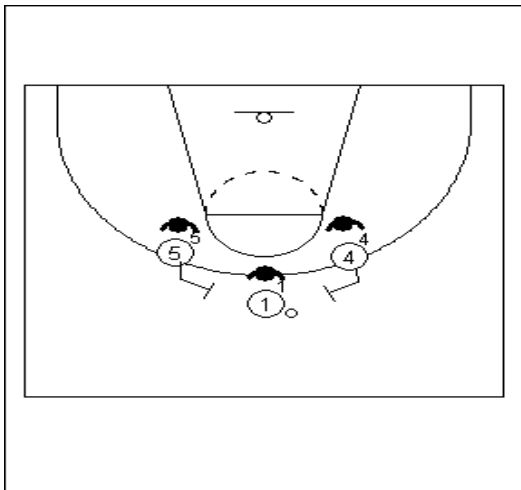


Figure 2

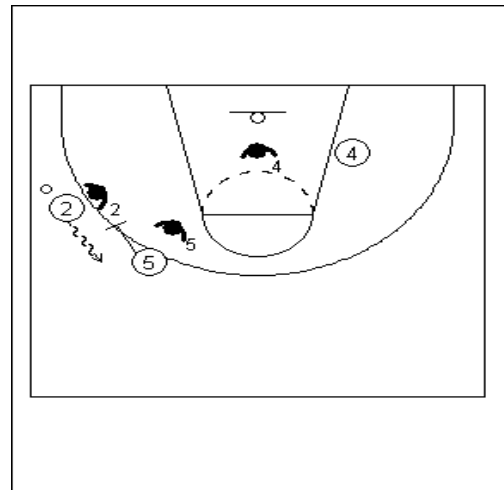


5. Défense à 3 joueurs sur pick and roll avec hedging

Quand le coach impose un hedge niveau 3, il est impossible pour le défenseur de reprendre le même homme si celui-ci s'est déplacé (pop out ou roll in), c'est pour cette raison que nous organisons une défense avec 3 joueurs : hedge et 1 rotation entre les 2 grands. Voici deux situations défensives souvent rencontrées. (Top screen et side screen)



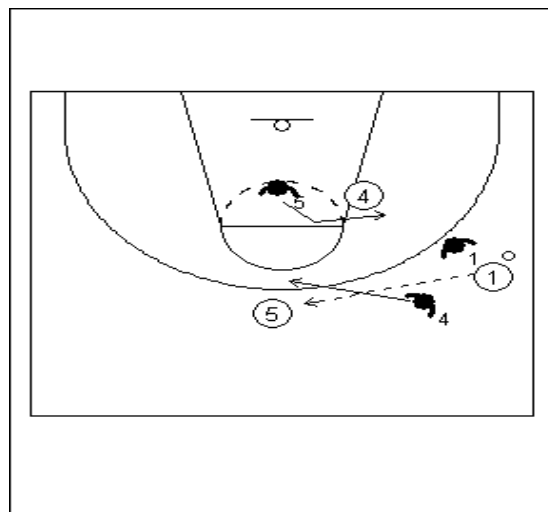
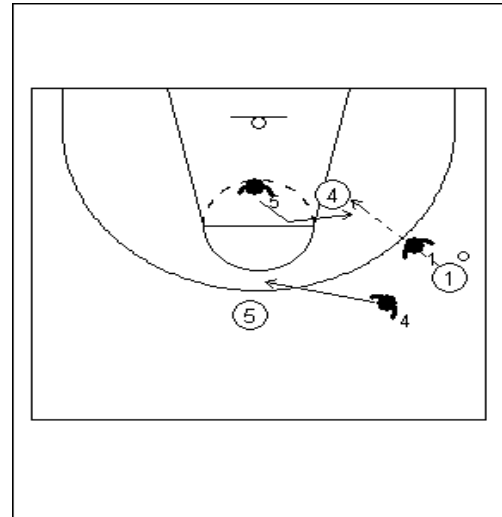
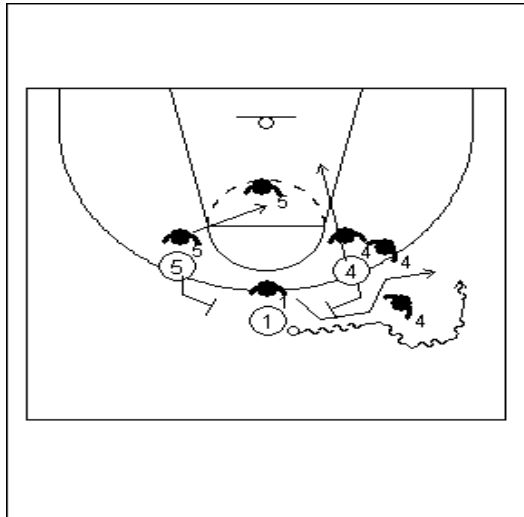
Top screen



Side screen

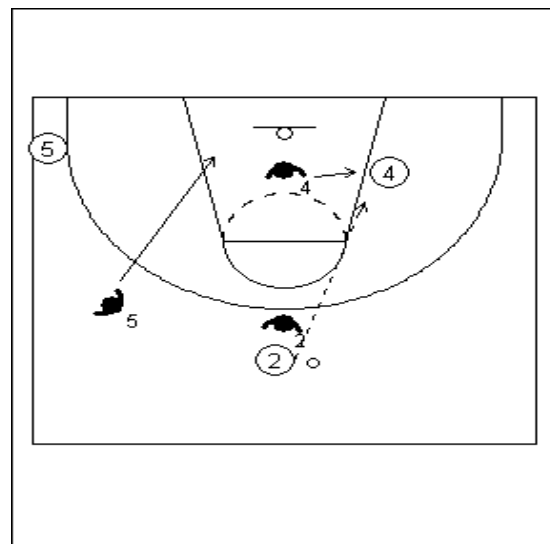
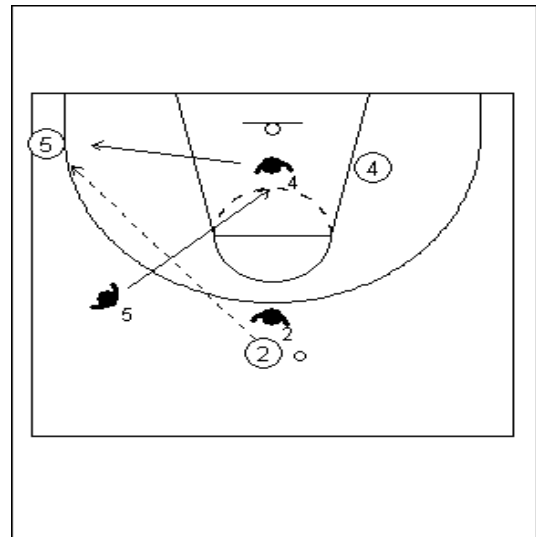
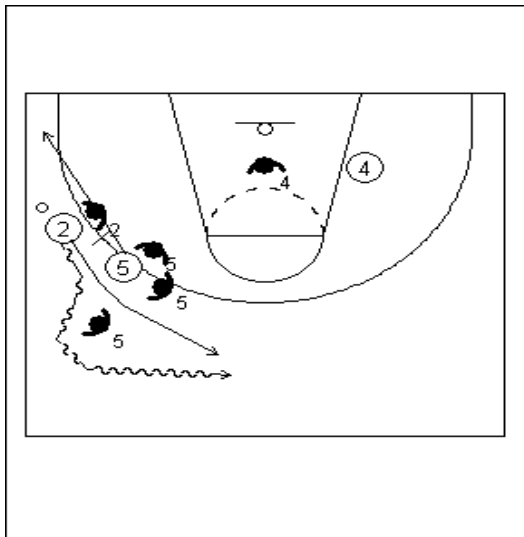


Double top screen + roll in et hedge + une rotation





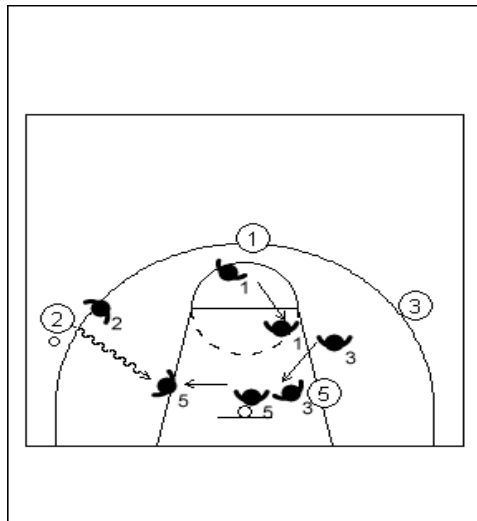
Side pick + pop out et hedge et une rotation



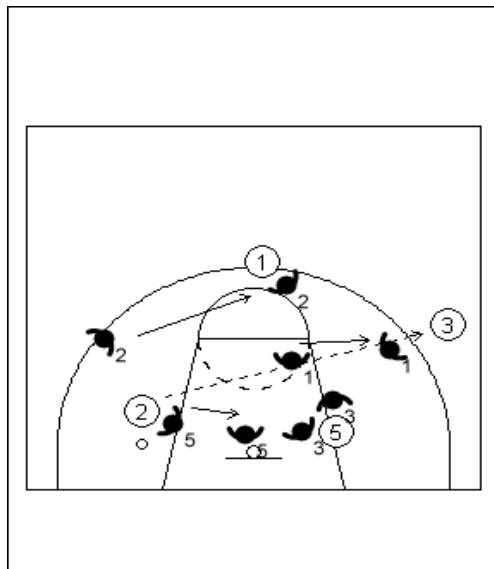


4c4

1. Notion de troisième aide

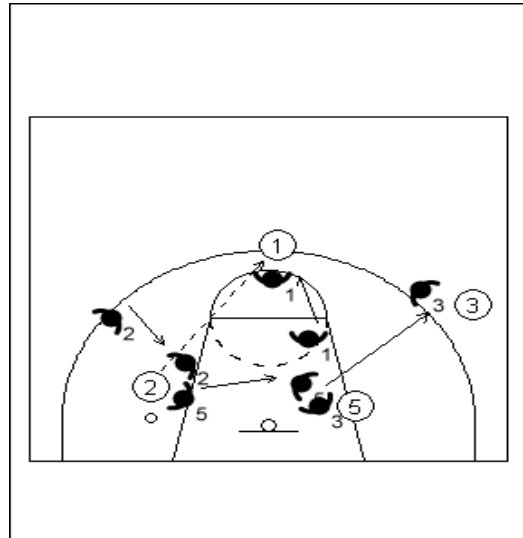


Première possibilité : O2 passe à O3 alors X1 prend O3, X2 prend O1, X5 garde O2 et X3 garde O5. Nous avons alors une rotation défensive.





Deuxième possibilité : O2 passe à O1 alors X1 prend O1, et tous les autres joueurs reprennent leur homme. Il y a eu 3 aides mais pas de rotation défensive !!!

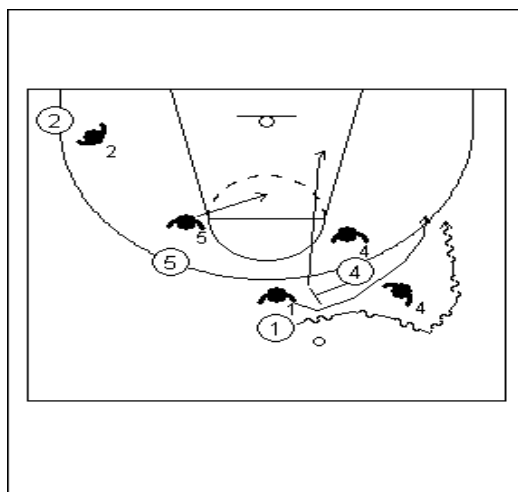




2. Défense à 4 sur pick and roll avec hedging

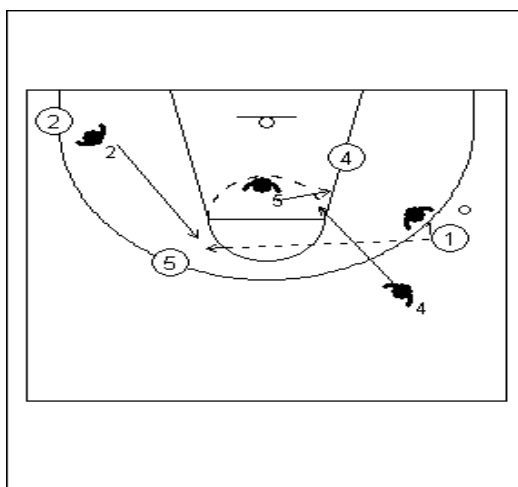
a) Horns

Dans certaines circonstances, la rotation entre les 2 grands ne fonctionne pas, il faut alors amener un joueur supplément.

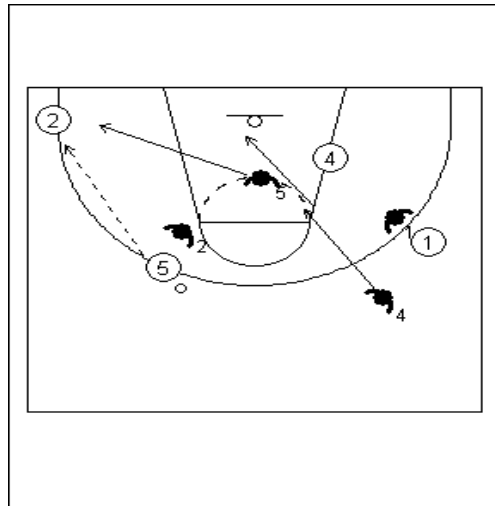


Situation de base

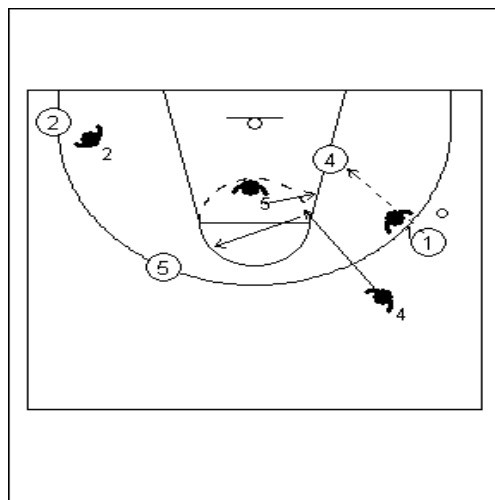
Si O1 passe à O5 alors X2 joue la deuxième rotation.



Si O5 passe à O2



Si O1 passe à O4 on joue uniquement la rotation entre les deux grands



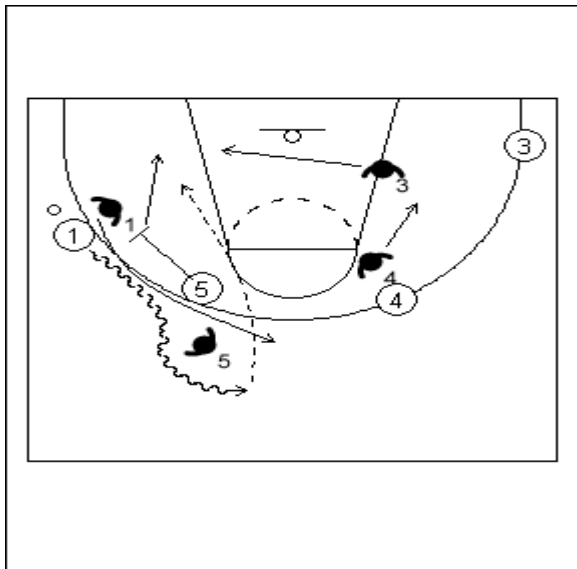
Si O1 passe à O2...

Si O5 passe à O4...

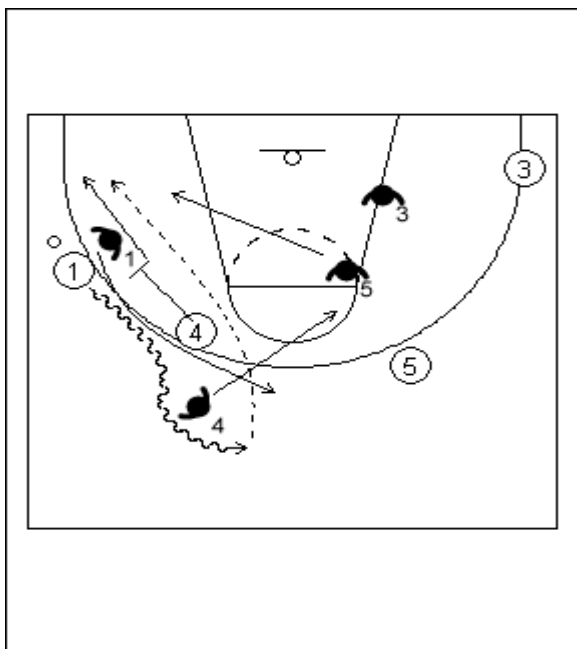


b) Side pick

Avec O5 qui screen plus roll in et O4 sur le top

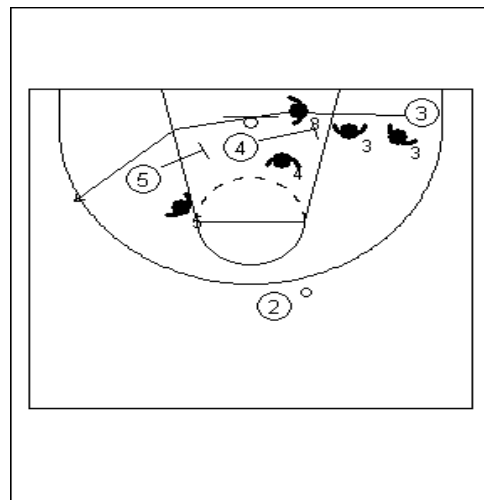
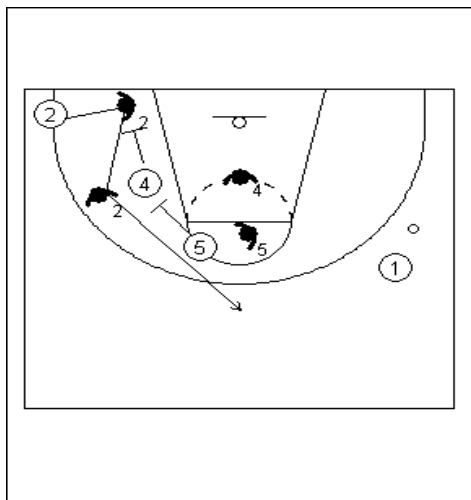
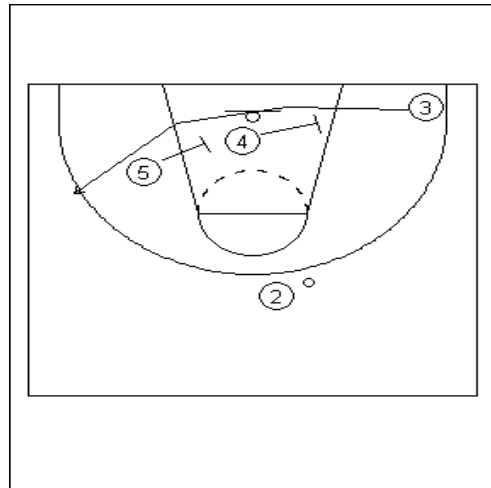
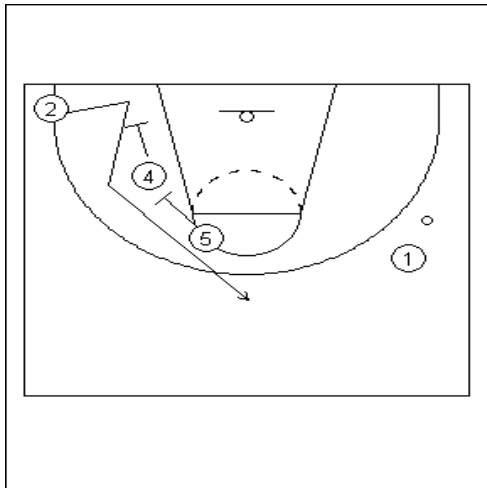


Avec O5 qui screen plus roll in et O4 sur le top





3. Défense sur staggered screens





4. Défense sur screen the screener

