

## 2019 U16 Vic Metro Men

### Glossary

#### OFFENSE

Term	Definition
2 Feet	Play off 2-feet. Balanced attack at the rim. Use pivots to find / create space & separation.
Bust	Player who is in the trail position (inbounder / opposite the ball carrier) to run through the middle of the floor into the space.
Flip It (On-Ball Screens)	Sprint up to set the screen on one side, then at the end, pivot so that it goes the other way. Try to flip it to the side where there is the most space (so start on the side where there is the least space).
Hammer Screen	Backscreen on the weakside of the floor to get a shooter open.
ORJ	Open – Rhythm – Jumpshot
Pin	Work to seal your defender on the charge circle. Pin him there by keeping him on your back and extending your elbows to widen the target.
Punch Screen	Screen where the screener's feet face the half-court line / their back is to the baseline.
Push	Keep the tempo going – look for kick ahead passes & penetration into the paint either by dribble or pass.
Shake Guy	Player who is on the same side as the ball carrier, who lifts from the corner as the ball carrier comes off the on-ball. Should be moving at the same time / pace as the screener rolls to the basket.
Stick It	Shoot it. You have an ORJ
Tag Up	All 5 offensive players chase the O-glass. <ul style="list-style-type: none"><li>- Move to the MIDDLE of the floor</li><li>- Initiate contact with defender / box out</li><li>- Maintain D stance on player TAGGED UP too</li></ul>
Tempo	Guard is to read the defence and see what opens up. Usually requires a hesitation / change of pace to see what opens up.

## DEFENCE

Term	Definition
10-5-1	10 Voices 5 jerseys 1-on-1 Guard Your Yard
Black	Full denial rules – don't allow your player to catch it. Flat denial - stand right next to them (no back-cuts). Very physical.
Blue	Our aggressive man-to-man principles, where we deny the kick ahead pass, and contain the ball carrier. Show VIC (Hard Show) vs OB Action. Show VIC (Jersey help to cutter) vs Away Screen action.
GO	The HELP defender decides that he needs to go and stop the ball. This call triggers ALL other players to rotate.
Gold	1-2-2 Delay zone press. Often run off our FT make. Don't allow passes to go forwards – only side-to-side. Weakside should always try and get one foot to the split line.
Green	Switching defence – switch all screens in an aggressive manner (on the high/ball-side) and then contain to BLUE Push Points.
Guard Your Yard	1m-squared box around you as defender. Keep the ball inside that box. Keep the ball in front for 2 dribbles MINIMUM.
Halve the Court	Make sure that the ball is not allowed from one side of the split line to the other. This is especially important in D Trans.
Hands / Hand Pressure	Use your hands to pressure the ball by mirroring its movements. Off the ball extend your hands into the passing lane.
Help Defender	The player who is occupying the LOW HELP position – the player who is responsible for rotating to stop any dribble penetration.
Hot	Means that we will trap in that situation. Mostly used when defending On-Ball action.
Orange	Our 1-1-2-1 match-up zone defence that is very aggressive and looks to keep the ball above the FT line.
Outside the Box	Aim to keep the ball outside the defensive box of U12 FT & Netball Circle / Baseline junction.
Plug	When you are one pass away from the ball. Be in a spot where you can be ready to help on the drive, but also able to use your hands to possibly deflect / steal the pass (stance slightly closed, with hips pointing towards your player).
Push Points	The areas on the floor where we want to influence the ball towards. Sideline at the FT line extended. Baseline corner, no further to the ring than where the netball shooting circle meets the baseline.
Red	Our call to foul. With the new unsportsmanlike foul rule, you always have to make a play at the ball, and be between the ball and the basket.
Show Them	Show both hands by extending your arms directly out from your shoulders – your full wingspan on display.
Show VIC	Make the ball & cutters play THROUGH to V on the front of the jersey. Establish position EARLY and maintain TOUCH on both screen & cutter. Embody the 10-5-1 philosophy
Shrink the Floor	Hands wide, close all gaps with body, voice & wingspan.
Strongside	The player(s) that is/are on the same side of the court as the ball.
Tag Guy	Player who is responsible for helping out on the roller out of ball screen action. Most likely the defender of the 'Shake Guy'. Always TAG to the high side (i.e. between the roller and the ball).
Vertical / Challenge	Both arms straight up and challenge the shot by meeting it at the ring. Doesn't necessarily mean jump, however, when at the ring you should jump straight up. Always ensure that you challenge the shot WITHOUT fouling.
Weakside	The player(s) that is/are on the opposite side of the court to the ball.

SCOUT

Term	Definition
<b>CLOSEOUTS</b>	
Shooter	Hard closeout. Long at the shooter with High hands. We want the ball put on the floor.
Driver	Soft closeout. Shorter in approach steps, prepared to see the ball on the floor. High-to-wide hands.
Both	Standard closeout. Arms distance space, high-to-wide hands.
Preferred Hand	The hand the offensive player prefers. We want to send them to OUR same hand. I.e. Preferred Hand – Right = send him to OUR RIGHT (his left).
Go-To	Counter move / attack move the player prefers. Be prepared to be able to guard this.