

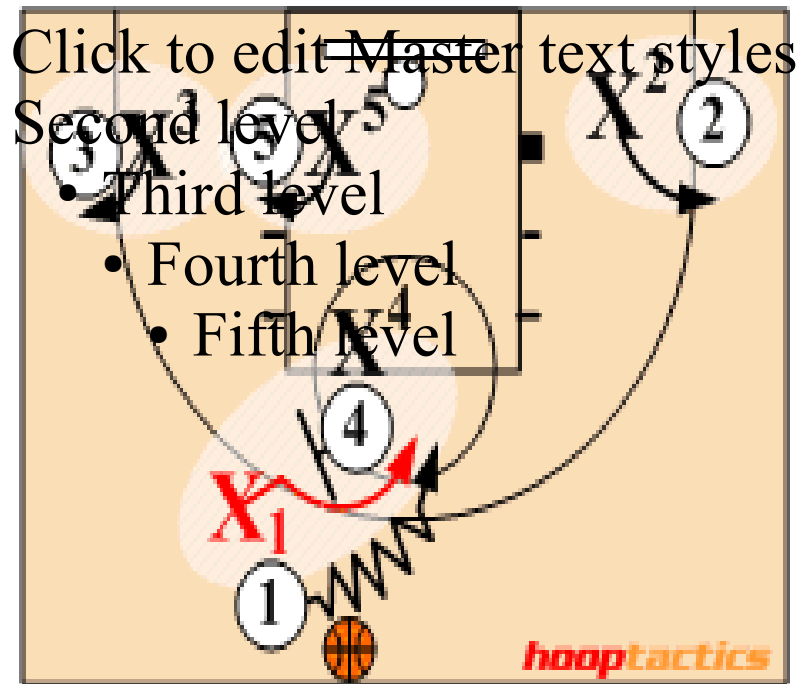
MAN TO MAN DEFENSE

Oleh: Budi Aryanto

MAN TO MAN DEFENSE

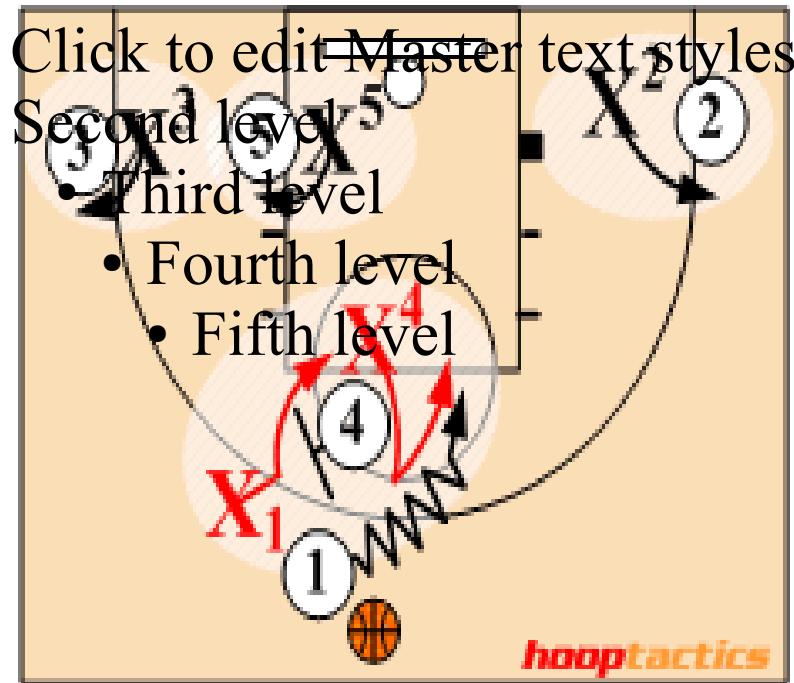
Secara mendasar, ada tiga jenis pertahanan man to man: *Straight, switching* and *sagging*. Pemakaian atau penggunaan salah satu jenis pertahanan man to man tergantung dari kemampuan pemain yang dimiliki oleh regu tersebut.

Straight Man to man



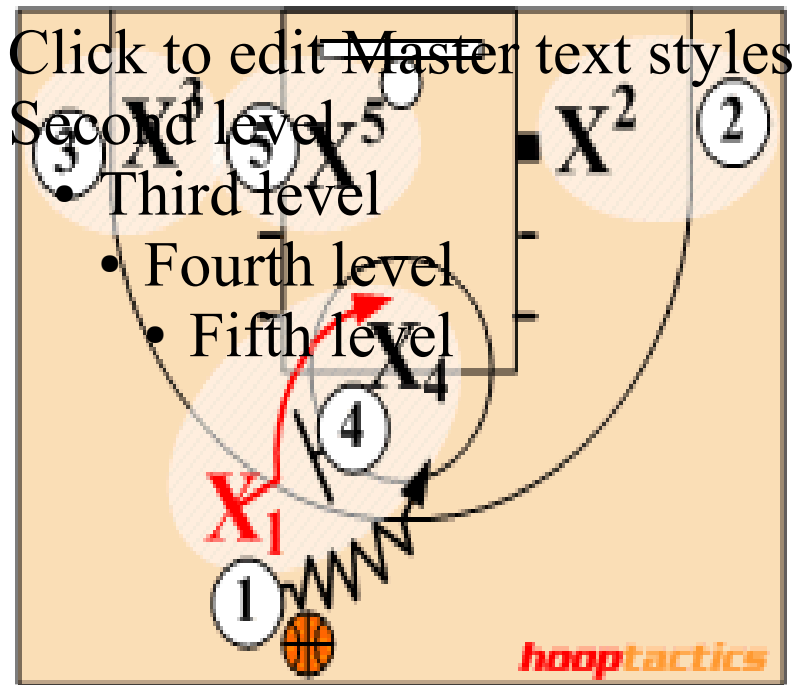
Straight man to man is an aggressive defense which causes severe problems to good spot up shooters and poor ball handlers. In this type of defense, defenders will fight over screens. However, it can be susceptible to dribble penetration and on ball screens.

Switching Man to man



The ability to attack passing lanes make switching man to man defenses an ideal defense to use against motion type offenses. In this type of defense, defenders will aggressively switch on all contact screens. The disadvantage to switching is that, in some cases, it can cause severe mismatches.

Sagging Man to man



Sagging man to man defense can be very successful against poor outside shooting teams and against dribble penetration. In this type of defense, the defenders will go behind or switch most screens. However, it is susceptible to good outside shooting teams.

Strongside & Weakside

Click to edit Master text styles

Second level

- Third level
- Fourth level
- Fifth level

Aplikasi strongside dan ball level

Click to edit Master text styles

Second level

- Third level
- Fourth level
- Fifth level

Closeout

Click to edit Master text styles

Second level

- Third level
 - Fourth level
 - Fifth level

Denial Defense

Click to edit Master text styles

Second level

- Third level
 - Fourth level
 - Fifth level

Post defense

Click to edit Master text styles

Second level

- Third level
 - Fourth level
 - Fifth level

Defense with the ball

Click to edit Master text styles

Second level

- Third level
 - Fourth level
 - Fifth level

Defense with the ball

Dead ball situation

Click to edit Master text styles

Second level

- Third level
 - Fourth level
 - Fifth level