



# NO-ZONE DEFENCE

## For definition:

Zone Defence is played within the three point arc and within & close to the Key area where defensive players guard against players coming into their assigned area of the court.

## Outcome for Playing Zone

Referee will call a Violation and the team in possession will be awarded the ball at on the sideline marker.

## Where score differs by 15 points

Teams ahead by 10 points for Years 1-4 (*15 points years 5-6*) or more, must still fall back to within the 3 point arc on defence. Once the ball passes half court, defensive players are free to leave the 3 point arc.

## Times when Rule does not apply

- If a team has 4 players on the court, they may play a zone

## Reason for No Zone

- Follows the VJBL 'No Zone' Policy for all Under 12 VJBL competitions introduced in August 2013.
- By banning Zone defence it is expected coaches will teach their players better person-to-person or help-side Defence principles, which will create a higher standard of competition.

## What is not good with Zone Defence for Juniors

- Limits players development of lateral movement from standing in one spot for so long and it promotes lazy defence
- Stops players developing spacial awareness and learning how to track players and create space and read the defence
- Forces young players to shoot outside shots which are not yet in their shooting range thus developing poor shooting form.
- Skillful players who play zone may advance to rep basketball to find that zone is banned by the VJBL until U16 level. Now they have to learn to play man-to-man defence right from the beginning and are at a disadvantage.
- An explanation why the Zone is bad for youth basketball is [HERE](#) by Basketball for Coaches and [HERE](#) by Ian Stacker

## Person to Person or Help-Side Defence is Recommended

### You Tube Videos

- [Help side defence](#) by Upward Sports
- [Defence Shell Drill](#) by Jim Huber

### Description & Video

- [Basic Man to Man Defence](#) by Coaches Clipboard
- [VJBL No Zone Clinic](#) by Ian Stacker 1 hour