



RUN & JUMP DEFENSE

*6 Must Know Principles to
Dominate Every Game*



The Ultimate Quick Start Guide

The Run and Jump Defense is one of the most aggressive and exciting strategies you can use in basketball. It's a full-court, high-pressure, man-to-man defense designed to force turnovers, disrupt the opponent's offense, and create fast-break opportunities.

This isn't just about defending—it's about taking control of the game and putting your opponents in uncomfortable situations where they're constantly on edge.

In this guide, I'll walk you through the six key principles that make this defense so effective. Let's dive in and break it down together!





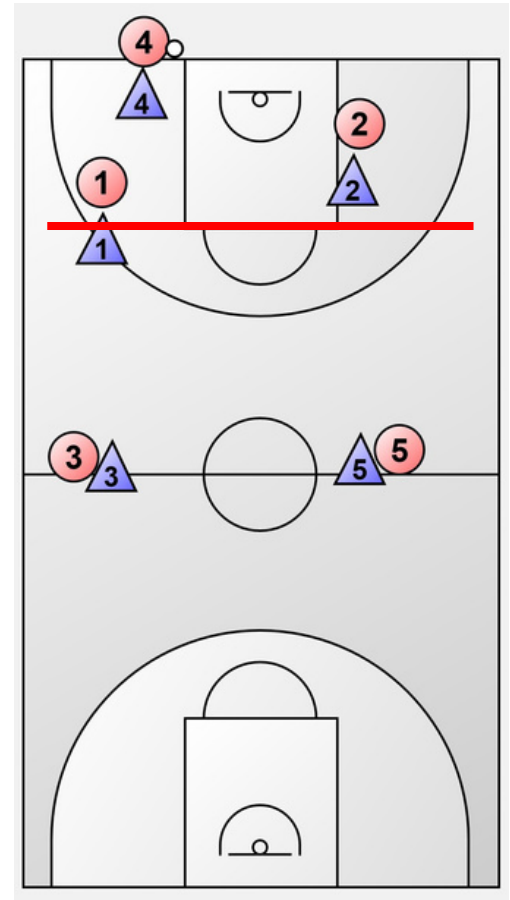
Run & Jump Defense

Principles



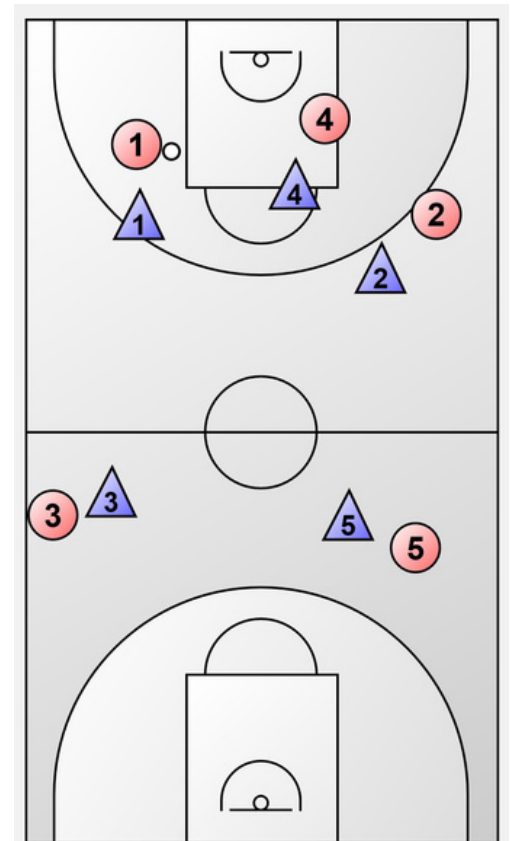
#1 Inbound Close to Baseline

1. Force the inbound pass below the free throw line to give your defense more time to set up.
2. Decide whether to keep matchups intact or disrupt the inbound to slow the offense.
3. Front defenders stand behind their opponents, half court defenders stand on the side.



#2 Allow the Inbound Pass

1. Avoid denying the pass to prevent lob passes and maintain defensive structure.
2. Switch on screens
3. Guide the ball to less capable handlers if needed.



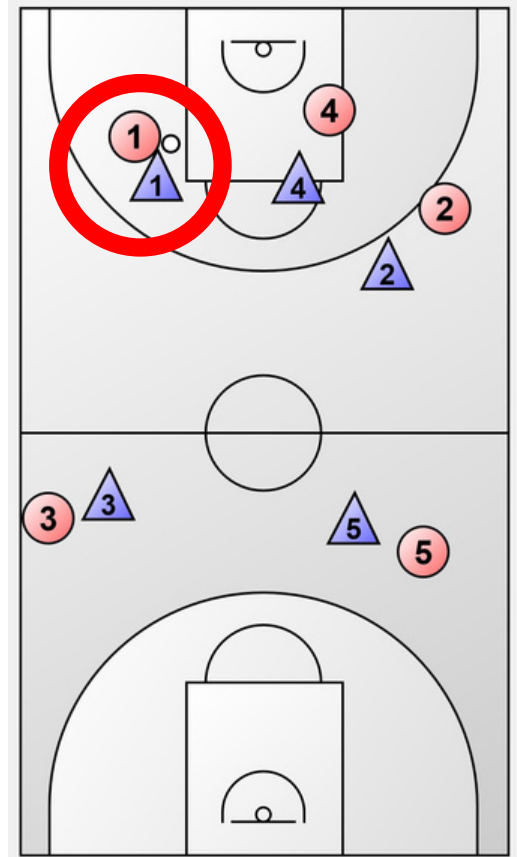


Run & Jump Defense Principles



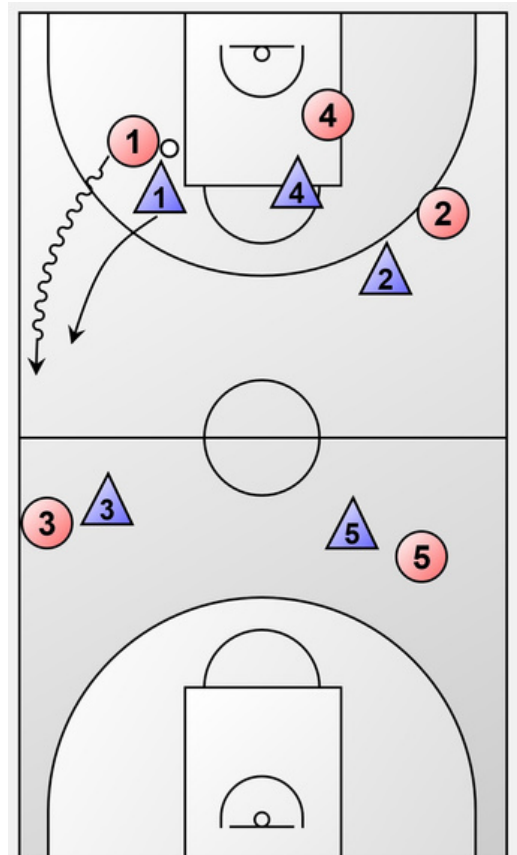
#3 Maximum Ball Pressure

1. Apply relentless pressure immediately after the inbound to limit passing options.
2. Keep the ball handler under constant stress to force mistakes.



#4 No Middle

1. Deny middle penetration and guide the ball handler to the sideline.
2. Trigger traps when the ball handler moves toward the sideline for maximum pressure.





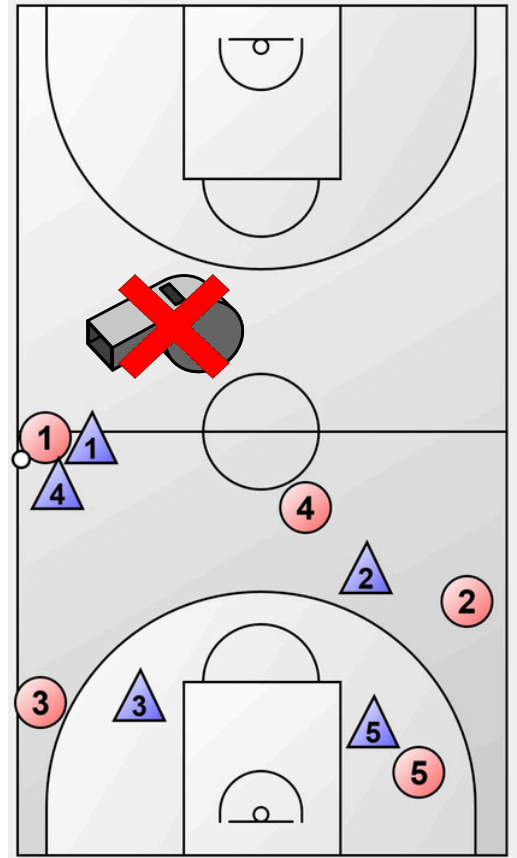
Run & Jump Defense Principles



#5

No Reaching In

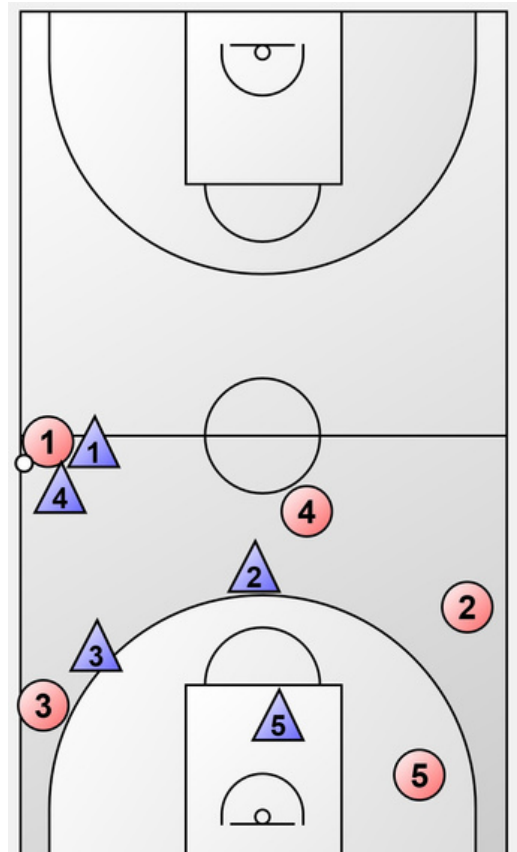
1. Avoid fouls by not reaching in during the trap.
2. Focus on forcing emergency passes that can be intercepted by help defenders.



#6

Rotations To Intercept

1. Cover passing lanes while trapping by rotating defenders.
2. One defender denies the sideline pass, another takes the 45-degree angle, and a third protects the rim.





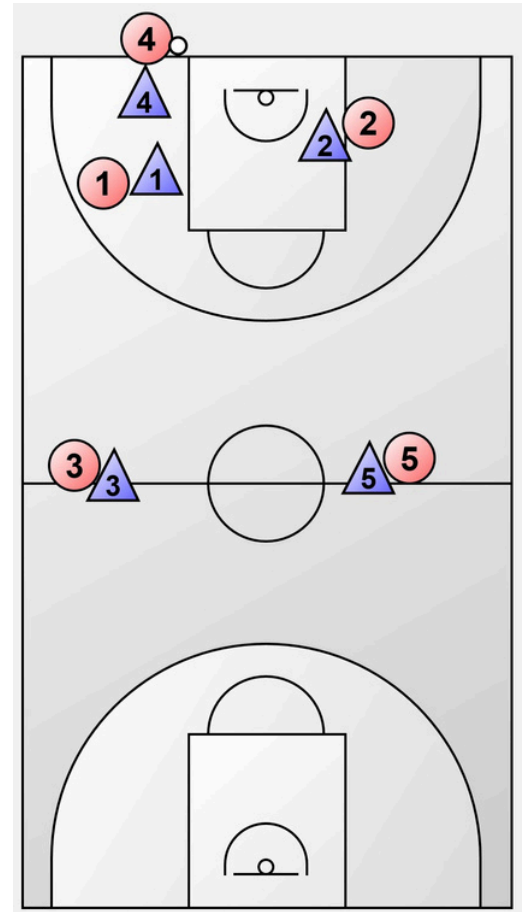
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Variations



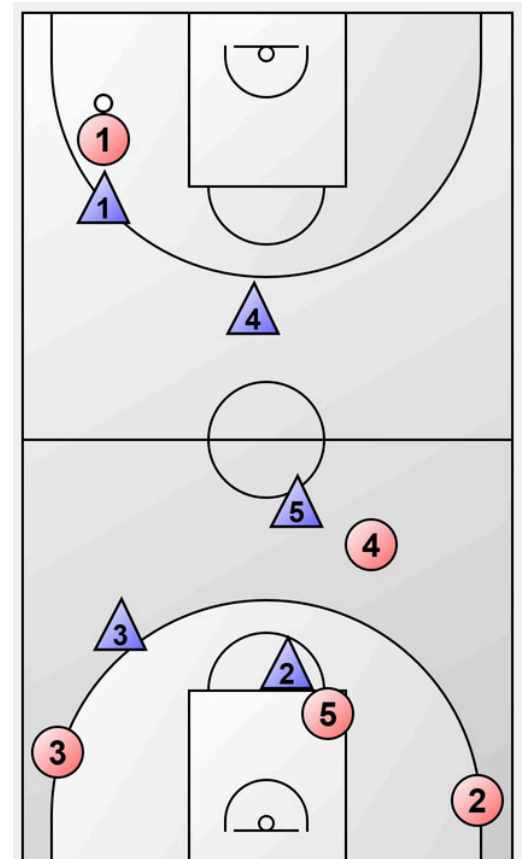
#V1 Deny the Inbound Pass

1. Use this to force quick turnovers or keep the ball away from star players.
2. Be mindful of screens and lob passes that could expose your defense.



#V2 Counter the Clear Out

1. Keep one help defender in the backcourt to set a trap.
2. The other three defenders rotate and prevent direct passes.





Run & Jump Defense Implementation



Implementing the Run and Jump Defense

1. **Start Slow:** Don't try to implement the whole defense at once. Introduce the principles gradually, focusing on one key aspect at a time.
2. **Practice the Basics:** Emphasize communication, sprinting, and rotations, as these are essential. Design focused drills to train your players on these aspects.
3. **Conditioning is Key:** Players need to be able to sprint, trap, rotate, and recover consistently throughout the game. Ensure your players have the necessary stamina to maintain the intense pressure.
4. **Communicate Effectively:** It is crucial that the players communicate with each other.
5. **Be Flexible:** Make use of the different approaches to the run and jump, and choose the approach that best suits the situation.
6. **Stay Disciplined:** The players have to trust each other and stick to the plan.

Common Mistakes to Avoid

1. **Reaching Fouls:** Avoid unnecessary reaching fouls, focus on anticipating the pass.
2. **Poor Positioning:** Practice proper positioning to avoid leaving the defense vulnerable to easy scores.
3. **Hesitation:** Encourage quick reactions and decisive actions when trapping and rotating. Hesitation will give the opponents more time to make decisions.
4. **Not Working Hard:** All defenders should apply high pressure to the ball handler, even when they are not the main trapping defenders.



Run & Jump Defense Implementation



Transition to Half Court Defense

1. Sprint back immediately to protect the paint.
2. Communicate with the team to pick up their match-ups effectively.
3. Stay in a defensive stance and take a good position to defend.
4. Try to use the momentum from the press to your advantage.

Conclusion

Congratulations!

You've now got a solid understanding of the Run and Jump Defense, plus some key tips to get you started on your journey.

Remember, mastering this defense comes down to a few simple things: stay consistent, communicate with your team, work hard, and keep practicing. You've got this!

For a more detailed breakdown and drills, be sure to check out my videos on YouTube!



[Run and Jump Defense - Guide](#)



[Run and Jump Defense - Drills](#)

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Where strategy meets passion — this is Basketball Orbit



Hi, I'm Chris – Welcome to Basketball Orbit!

Basketball has been a huge part of my life. Growing up in Germany, I fell in love with the game and have been lucky to play it for most of my life. Over the years, my passion evolved into coaching, where I've worked with players and teams of all levels—from beginners to experienced athletes.

Coaching can be challenging — planning practices, teaching plays, and motivating players isn't always easy. That's why I started Basketball Orbit: to share the strategies and tools I've learned to help coaches like you create confident, successful teams.



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On my [YouTube channel](https://www.youtube.com/@basketballorbit), I focus on practical drills, plays, and strategies for youth and senior teams alike. My goal is simple: to help you grow as a coach and take your team to the next level.

Basketball is about more than just winning — it's about teamwork, resilience, and having fun. Join me on this journey, and let's build stronger teams together.