



TAG-UP OFFENSIVE REBOUNDING SYSTEM

*A Transition-to-Defense system (designed by Aaron Fearne)
Cheat Sheet compiled by Nelson Handel, (coachhandel@gmail.com)*

BHAI (*Big Hairy Audacious Idea*):

- “Five to the glass” on all offensive shots
- A rebound must go to *someone*. Cover all five opponents and turn every ORB into a 50/50 contest.
- Early match-up creates instant Transition D.

BENEFITS:

- Increases Offensive Rebounding % by making every ORB a 50/50 ball.
- Ties offensive rebounding directly to defensive transition.
- Reduces decision-making (“limits the gray,” not dependent on shot result. all players do the same thing)
- Generates early transition defensive pressure
- Limits live defensive transition situations. Creates more half-court defensive possessions. Controls the tempo of the game.
- Increases dead-ball rebounds
- Increases physical play, encourages toughness. Be the hammer, not the nail.
- Wears down opponents, mentally and physically
- Easy to teach and install. Requires minimal additional practice time.

CHALLENGES:

- Requires total team buy-in on every possession
- Requires good physical conditioning/depth
- Requires discipline to tag the high side.
- Bigs must be careful not to draw fouls
- Shooters must hold their finish before tagging (discipline).
- Can create defensive mismatches
- More bumps and bruises

SYSTEM RULES:

STEP 1: Front Foot on Shot

- All 5 Players must step forward as the shot goes up
- Forward motion towards your matchup. No back pedaling!

STEP 2: Tag the High Side

- 'Tag' the player guarding you
 - Initiate contact
 - Guard who guards you
- Make contact with the "high hip"
 - High side to the midline
- Staying high takes precedence over getting an O Board
 - Don't overrun opponent, even if he doesn't box you out
- Create 50/50 contests at all 5 spots (cover the player, not the bounce)

STEP 3: Scrum and Compete

- Arms "under and up" (hands above ears)
- SCRUM = Drive opponents into the paint.
 - Drive with hips, not hands (avoid O-foul)
 - Force opponent to catch the ball as close to their own baseline as possible
 - Fight to contain opponents.
- Fight for 50/50 ball.
 - Tip ball outwards (away from basket) or out of bounds (dead ball RB)
- "They go, you go." Stay with your man if he leaks out.



STEP 4: Transition Defense (on DRB)

- Defend immediately. Defend who defended you!!
- Slow Ball. "Own the 8" (*first 8 seconds of the clock*)
 - immediate ball pressure (1 second)
 - force dribble (hands high)
 - turn ball to delay
- Deny advance passes and parallel passes
- "Plug the gaps." Off-ball defenders flow to defensive positions (1-pass, 2-pass)
- COMMUNICATE
- Nobody runs by you
- Intelligently Switch when convenient. If post mismatch, trap every time and rotate out.

TEACHING PATH:

- Presentation/film example
 - <https://youtu.be/vzx-pKSKXxE>
- Rep Scrumming I v I
- Teach High Side
- Rep I v I scrumming from common spots
- Buildup progression to 4 v 4 rep thru trans (4 v 3+ drill)
- Enforce in all subsequent drills
- Build ability to anticipate shot taking

DRILLS:

- 1v1 Continuous tag-up drill: D on corners, O (line) on Ws. Coach shoots. Line yells “tag-up” (reminder). O2D, D off. Score on O RB.
 - Load: scoring system, leak out
- 2v2 Tag Drill: BL(b)/W/Coach, w/D. Ball swings to P, then to Coach (shot). D shifts with ball. Play live, 2v2, rep ends on trans to half.
 - Progression: 3V3, 4V4
 - Load: leak outs.
 - Load: Run some offense into drill (Game-sense coaching), so early passers not just standing there. Add P&C, backscreen, fill, anything.

EVALUATION ANALYTICS:

- ORB% (*% of potential offensive RBs won*)
- Posses. (*total*)
- SCP (*Second Chance Points*)
- POT (*Points Off Turnovers*)
- PIT (*Points In Transition, opponents, lower*)
- PIP (*Points In the Paint, opponents, lower*)
- EFG% (*opponents, lower*)
- FT's (*Free throws*)

LEARN MORE:

Aaron Fearne (*talking*): <https://basketballimmersion.com/the-basketball-podcast-ep44-aaron-fearne/>

Aaron Fearne (*teaching*): <https://youtu.be/AEvkDAsYjLc>

Aaron Fearne Buy it: <https://aaronfearnebasketball.com>

Peter Lonergan (*teaching*): 1) https://youtu.be/159Vnzum_2A 3)

https://www.youtube.com/watch?v=159Vnzum_2A 4) <https://www.youtube.com/watch?v=4ZID2yNjoJQ>

Sam Gruggen (*teaching*): <https://youtu.be/OiEWEO8z9rs>

Drills and Teaching Points: <https://www.leicesterbasketball.com/post/3-drills-for-the-tagging-up-system>

Stats Analysis: <https://www.leicesterbasketball.com/post/a-case-for-offensive-rebounding>

PLAYER EXPERIENCES *(from Brandon Sharpe)*

"I found it to be one of the most beneficial things that we did as a team. It put us, as players, in great places to compete for offensive rebounds and eliminated any defensive transition confusion. It was my favorite thing to learn and grow from this year."

"At first it was a little confusing when we were talking about it. So different to what I was used to. Once we got on the court though it became easy to learn. It honestly helped having lots of communication to TAG".

"I thought tagging up was an efficient way to match up and allowed us to apply pressure and focus on defensive principles as soon as our opponent got the ball in their hands"

"I think that the most difficult thing about learning to tag up is remembering to go to the high side each time a shot goes up. Once this became a habit, I think that tagging up was really positive for us in slowing down the opponent"

STAFF EXPERIENCES *(from Brandon Sharpe)*

"It certainly went against everything that I had traditionally learned about in regards to offensive rebounding and transition defense. Having gone through the season implementing it, I felt gave us an edge, identity and greatly simplified transition defense. It's something that I'll take with me throughout my future coaching".

"I loved tagging up. It allowed us to stop the ball early, apply ball pressure, and force ball handlers to exert mental and physical energy. This minimized opponents transition opportunities and took time off the shot clock. The one challenge that we faced that at times it led to unfavorable matchups."

PROS:

- √ Easy and consistent instruction
- √ Removed prep time/rarely had to 'work on it'
- √ Very disruptive to ball carriers
- √ Slowed ball tremendously
- √ Opponents had to prep for us
- √ Very clear who wasn't "doing job"
- √ Ability to mask true 'press D'
- √ Forced turnovers
- √ Works great with length and athleticism or gives an undersized team x-factor
- √ Turns your good rebounders into GREAT rebounders; turns average/lazy into good

CONS:

- × Took some time to get the habit
- × Young team had trouble at times switching back
- × Lack of depth as season progressed meant we couldn't apply the pressure we'd have liked
- × Common mistake: Not scrumming