

1-1-3 Man/Zone Defense By Mike Dunlap



In Mike Dunlap's ten seasons at Metro State College he produced two National Championships and received numerous awards. This video demonstrates his highly effective 1-1-3 Man/Zone defense. He emphasizes the importance of disrupting an opponent's ball movement, defensive spacing, rotation, trapping, and rebounding. Examine a flexible defensive philosophy that uses key man to man defensive concepts. Included are important drills, game footage, and diagrams that aid in the understanding and teaching this highly successful defense. Included is a 19- page handout with diagrams explaining each aspect of the 1-1-3 Man/Zone defense. The video is one hour and twenty three minutes long.

Coach Dunlap's Highlights at Metro State

2 NCAA Division II National Championships
1 NCAA Division II National Runner Up
5 Elite Eight Appearances
5 RMAC Championships
6 RMAC Tournament Championships
3 NCAA Division II National Coach of the Year
4 NCAA Division II All-Americans
1 NCAA Division II Player of the Year
Coaching Record @ Metro 248-50 83.2%



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1-1-3 / Man Zone by Mike Dunlap

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