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| **Begin Timestamp** | **End Timestamp** | **Narration** | **Visual for narration** |
| **0:10** | **1:20** | **Hello all you 2kballers!**    **Mr. Shutdown here;**  **And I'm very excited to show you guys how to play PERFECT DEFENSE, IN NBA2k16**  **(pause)**  **If you're interested in learning how to play a zone defense (please click off the video),**  **(continue)**  **In this video you'll be learning how to play the best Man to Man defense possible.**  **It seems that there's tons of tutorials that teach you how to play cheesy, zone defense. (pause) What the people who make the tutorials don't tell you, is that zone defense can be easily broken by patience, and simple plays,**  **And if you can sit through this 18 minute tutorial, not only will you learn new tricks you possibly haven't heard of before, you'll decrease the number of PPG you allowed to 40 PPG.**  **In an online mode where people normally average 50 or even 60 PPG online, this will definitely help your quest for the greatest of all time.**  **To be great at something you must practice it, so after you've watched this video, play some NBA2k16 online and try out these tips.**  **Remember, Rome wasn't built in a day and it might take weeks before you see improvements.**  **However, don't lose hope and think that nothing has changed and give up.**  **Realize this, You can only improve your Man to man defense.** | **Background (no sync needed)** |
| **1:20** | **1:50** | **If you're listening to this, thinking why should I listen to this guy about defense?**  **What does he know that I haven't heard of?**  **Well, for starters, I'm 32-0 online,**  **And 31-0 With the Celtics, my favorite team to use in 2k16**  **I used to go online in 2k13 in fear of running into the heat, or thunder , and I felt like I needed to use teams that didn't quite fit my play style, and I that needed 1-3-1 zone defense to compete with the extremely superior competition.** | **Talking about my record** |
| **1:50** | **2:23** | **So I would go online, beating people every day using my zone, and I started getting cocky thinking I was the man. However, one day I ran into a guy who played man to man, while I played my 1-3-1 zone confidentially, and I GOT DESTROYED, he just ran horns plays and moved the ball beautifully, and absolutely blew me out. I was using the heat and he was using the bulls, and his defense was absolutely irritating to go against.**    **So if you guys are ready to learn how to lockdown people online, let's get right into this.** | **Closing out the intro** |
| **2:23** | **2:42** | **So, pick any team you want, but I'd suggest picking a tier 2 or 3 team if your aim is to get quick wins online.**  **Once you get into the matchup, do not worry about matchups for now, right now, we're focusing on specifically the points of emphasis.**  **We'll talk about the matchups later into the video.** | **Talking about the teams to pick online** |
| **2:42** | **3:12** | **For the points of Emphasis, you don’t need to worry about the first two of each column . As your play style is unique and will change in the flow of the game. However,**  **Crash defensive glass, and Limit transition are extremely important, everything has a core or a base.**  **Everything starts with something, an apple cannot exist without the seeds. So, If you choose to not do this might as well click off the video now because everything onward will be completely incorrect, and inaccurate.** | **Talking about the core of defense** |
| **3:12** | **3:28** | **Man to man is a very unique defense. Man defense is what you make of it. Unlike Zone defense where the CPU is programmed to play one area of the court, Man to man is very versatile and can be changed by adjusting the defensive settings.** | **Talking about man to man defense** |
| **3:28** | **3:48** | **So, for Setting up on-ball defense, go into the controller settings, there we can adjust how on-ball defense is played. Over several matches, I found 70 defensive assist strength is the perfect blend of CPU and human defense.**  **As for automatic shot contest, put that on always, so the CPU automatically contests shots on the perimeter and in the post.** | **Talking about defensive settings(Defensive strength, etc.)** |
| **3:48** | **4:31** | **As for the matchups, this is a complicated one so please stay with me.**  **Put your best defender with the most length, on the most explosive, finisher at the rim.**  **In this case, putting Jae Crowder, on D rose instead of I. Thomas is preferred. You don't want Crowder wasting his defensive talents guarding a spot up shooter like Mike Dunleavy.**  **While Avery Bradley is the best on-ball defender on the team, he's certainly not the tallest which hurts his inside defense.**  **Since D.Rose is the main penetrator on the bulls, you shouldn't put Avery Bradley on him.**  **Since explosive finishers aren't normally very good shooters putting a great defender that has length not only encourages them to shoot jump shots, but when they decide to drive in,**  **it'll be tough to finish over a guy that's 5 or 6 inches taller than you.** | **Going in depth about matchups and what the right ones are** |
| **4:31** | **4:56** | **Now on to who to help off of defensive, to get something, you have to give up something, and to stop D rose and Jimmy Butler, the plan is to help off of the Bobby Portis, The starting PF,**  **Because he' s a below average 3 point and mid range shooter we can use Amir Johnson to help off him, essentially, clogging up the paint for Derrick Rose, Jimmy Butler and Pau Gasol.**  **.** | **Explaining who to help off of, and why** |
| **4:59** | **5:36** | **Alright!**  **So when you're done with everything, time to start playing defense.**  **your goal in this defense, isn't to trap , or force a play, it is to get the ball out of Rose's hands and into the hands of bobby portis.**  **let him shoot a tough three or force a drive that isn't there.**  **Simply, let him be the playmaker.**  **Be disciplined, remember the automatic contest will contest the shot for you. Never leave your feet,**  **You can see I'm constantly ready for the drive, manually positional players to help out, and then when my opponent drives to the basket, 4 Celtics are there to contest the tough shot my Etwan Moore.** | **Explaining how the position defense is going to work** |
| **5:36** | **5:53** | **Remember;**  **After you score,**  **the defense doesn't stop.**  **Here we're helping, and trying to bait him to throw it to Bobby Portis.**  **Do not attempt trap him or force a play.**  **Since I. Thomas is defending Moore, we're going to make him shoot a long contested 2 pointer and not a drive to the rim.** | **Talking about how defense doesn't end after you score** |
| **5:53** | **6:15** | **Here my opponent tries to take a quick layup, However the importance of Jae Crowder is that his length stops quick shots.**  **And Since Avery Bradley is on Butler we can quickly stunt off Jimmy butler stopping the initial attack.**  **since D Rose isn't a shooter, we can have a 6,7 Jae Crowder clog up the paint and force a long 3 point shot.** | **Importance of putting Jae Crowder on D.Rose instead of Avery Bradley** |
| **6:15** | **6:43** | **After a score, watch how the defense is not done, and how this quick drive by Derrick Rose is expertly defended,**  **I use Amir Johnson to stop a quick drive to the basket, not caring about Bobby Portis getting the ball for a deep three.**  **On the pass to Gasol, I back up letting Amir not get stuck, and on long pass to Moore.**  **Watch how Crowder intelligently switches on the driving Moore to use that length for a better contest.** | **Using bobby portis' man to stop dribble penetration** |
| **6:43** | **6:59** | **Not everything is about leaving Bobby Portis to help.**  **This possession when the ball is passed to him, I'll stunt over using the L2 and R2 buttons together so I don't lose any momentum, and then sprinting with full speed to contest The Doug McDermott 3 point jump shot into a miss.** | **Picking on Bobby again** |
| **6:59** | **7:47** | **In transition Defense, I'll bump the ball handler with the closest guard.**  **Now, here's how to best help off a 3 point big man that can actually shoot like Nikola Mitotic.**  **Instead of sprinting with the slow bulky center, that couldn't possibly make it to a 3 point shooter from the paint,**  **sprint with the guard who penetrated to kick out. In this case it's Aaron Brooks. Use his man, and run full speed to run him off the line.**  **You can see how we got there in time and forced him to pass up an open 3 pointer.**  **At this point your center will automatic stay in the paint to help contain.**  **On the drive, we'll use Even Turner to manually bump the helper's man, in this case bumping Bobby Portis since Jonas Jereko helped on the drive. Instead of an Open 3 he gets a contested shot in the paint.** | **Explaining how to help when you've got a big man shooter** |
| **7:47** | **8:40** | **After I get a 3 right here, a thing you can do to slow down fast paced offense is use the inbounder's man to bump and pester your opponent into passing the ball.**  **Once we stop dribble drive penetration, you should always be ready to mix up your defensive coverage to keep your opponent guessing.**  **We have been stunting off people to help, but**  **we haven't really pressure double teamed him once.**  **So if you notice Mitotic is way too close to Jimmy Butler. So doubling using the triangle button or the power forward will allow you to double him with great success.**  **This is called a perfectly planned double team.**  **This will allow me to cover up his only option to pass to with Kelly Olynk.**  **All he has is a long skip pass which gets thrown out of bounds.**  **Next I'm going to talk about how to press your opponent effectively, and correctly.** | **Explaining how, why, and when to double team a all-star/superstar.** |
| **8:42** | **9:30** | **Once every quarter you should attempt to mix things up with the half-court press. Never, ever, do the full court press, as it is way too easy to break. And in my opinion the half court press is much more effective at bothering your opponent.**  **(pause)**  **You can use the inbounder's man to pressure the ball handler, in this case it's I.Thomas because Justin Holiday is the inbounder.**  **Once the ball gets past half court, he attempts to drive in,**  **I manually use Sullinger to stop him once, and eventually get the steal.**  **In any game, you want to force your opponent to play at your tempo. If you're opponent plays slow make them play fast, and if they likes to try and get quick baskets, make them slow it down or make your opponent pay. You should be the one in control the game.** | **Explaining which press to do, and how to press correctly** |
| **9:35** | **10:12** | **After a score, I'll immediately press again, putting pressure on them as well as bumping them with Amir Johnson.**  **As the pass gets fumbled, Amir Johnson quickly gets back to stop a Pau Gasol. And as the ball swings, a mismatch happens with the average on-ball defending Amir Johnson on derrick rose. This may seem like a terrible mis-match and you might be a little confused on what to do here.**  **However don't panic, as this is a great time to double team off Bobby Portis in the corner.**  **So, the double happens and they get a tough shot that happens to go in.** | **How to double on a mismatch so they can't take advantage of it.** |
| **10:12** | **10:31** | **Immediately, After that three goes in we quickly match the three with one of our own.**  **After we score, remember, the press is still going, my opponent gets impatient, and tries to force a bad play, and carelessly, throws it away, leading to another easy layup.** | **Not getting frustrated when you get scored on** |
| **10:34** | **10:46** | **Another thing people like to do after I score, is quickly push the ball in hope of getting an easy basket.**  **It is important to know how to stop this as everyone's offense is mostly based on quick paced offense.** | **Getting ready to talk about how to stop quick(fast paced) offense** |
| **10:46** | **11:11** | **After a score, the opponent quickly tries to push the ball for an easy score.**  **This is where Limit Transition comes into play**  **(Continue)**  **As we have all 5 guys back and in perfect position to stop Derrick Rose,**  **And instead of getting a quick score, or shot attempt, he barrels into Terry Rozier,**  **Force a quick turnover,**  **and getting us another valuable possession.** | **Talking about getting back is crucial for this defense to work (Limit Transition)** |
| **11:11** | **11:38** | **Remember how last game how we used Bobby Portis' man to Limit D rose?**  **Well, to prove that strategy wasn't a fluke, watch again as I use Bobby's man to provide extra help defense on D rose.**  **(Continue)**  **Expertly, Clogging the paint, as I'm not afraid of a kick out to the poor shooting Portis.**  **This forces a tough shot over two 7 footers and another miss for explosive finishing D. Rose.** | **Explaining how the same strategy works on a completely different opponent** |
| **11:38** | **12:26** | **One of the most important things about setting up this defense is making your rebounding "Crash Defensive Glass"**  **Not only does it allow you to gang rebound, giving your opponent very few second chance points, but it automatically puts your team in perfect defensive positioning to help you protect the paint better.**  **As you can see when the drive comes all 5 of my defenders are at least 1 step away or 1 step in the paint, ready for a block shot or a kick out pass.**  **(Pause)**  **And as the ball gets kicked out, and eventually back to derrick rose, to prevent any quick attempts at a drive, I quickly double him forcing my opponent into a quick decision I then close out on Jimmy Butler, forcing a very tough 3 point shot. And as you can see 4 of 5 defenders are in the paint, not allowing any second chance opportunities** | **Explaining to not stop playing d after you score, and why Crash defensive glass works so well** |
| **12:26** | **13:12** | **After a kick out and a nice wide open look, you can use the inbounder's man to pester the ball handler until the inbounder arrives in the front court.**  **As you can see I use Amir Johnson to attempt to steal the ball.**  **However,**  **After D. rose gets in the front court,**  **we have two options.**  **(pause)**  **We could rush and trap Rose with Crowder;**  **as we have help ready behind us. Or in this case,**  **since there's no need to gamble and force a play. Simply back up with Crowder clogging the passing lane for Portis and allowing Johnson to get back into position.**  **(pause)**  **As my opponent drives We've got 4 people in the paint, and when the kick out pass comes, I manually switch to I.T. to force a tough shot as 4 people in the paint allows for an easy rebound, And a fast break opportunity** | **Using the inbounder's man to pester a ball- handler** |
| **13:12** | **13:48** | **After a free throw, most people use a point guard to full court press. However, You can still use the inbounder's man to deny and pressure just as effectively.**  **Here Crowder's pressure forces my opponent to slow down and not risk a turnover. You can do this as long as the inbounder's man is not in the front court.**  **Notice how even after a really stupid animation, Crowder can pressure the ball until I.T. recovers to get back to his man.**  **As the ball moves around, you always want to be on the ball and ready to manually position someone to stop a play or a back-cut.** | **Play tough defense 24 full seconds a possession not 20, or 22.** |
| **13:48** | **14:07** | **Right here, he tries to dribble pitch, with Justin holiday.**  **Using Avery Bradley you do not want to go under and give Justin holiday a wide open 3.**  **So I'm using Bradley to go over the top of the pitch, forcing my opponent to drive only to be met by help defense in Amir Johnson. With all 5 of my defenders in the paint to help secure another defensive rebound.** | **Explaining how to defender cutting situations off the dribble-pitch.** |
| **14:08** | **14:37** | **One of the things you absolutely must do is figure out your opponent's play style quarter…. by quarter….**  **As you can see I'm running a half court press to force my opponent to push the pace.**  **This whole game my opponent was running an AMAZING slow tempo offense and was absolutely KILLING my defense.**  **(Pause)**  **When I ran the press however, I could notice a difference in tempo, which eventually gets my opponent uncomfortably running his offense way to fast, resulting in a Lamarcus Aldridge Turnover.** | **Explaining how adjustments can change the game and you should often change up the look** |
| **14:37** | **15:01** | **After a score my opponent is used to casually bringing the ball up.**  **However, since we have the half court press, I can easily slide in and steal the ball as my opponent is not used to being pressured.**  **Also, quick offensive tip, taking advantage of matchups is a key in the mental game as it may force your opponent to change their lineup.**  **Right here, I can post up the much smaller tony parker with a much stronger Marcus Smart to score easily.** | **Sneaking in with the press and disrupting your opponent** |
| **15:01** | **15:28** | **Positioning is key in this defense, since the CPU may position your players incorrectly.**  **Your goal should be to manually put them in the correct spot.**  **(pause)**  **Here notice Kelly WAY to close to Aldridge as there is no need to guard him near half-court.**  **(pause) sliding him back will help protect the paint. Who cares about the kick out to Aldridge?**  **As you can see two people contest, and Rozier is in perfect position to steal the pass if he decides to pass it, a tough shot leads to another fast break.** | **Manually adjust players if you're sick of how they're positioned** |
| **15:28** | **15:40** | **Another thing, stick with your adjustment until your opponent figures it out. Some people just assume it isn't working because he scored one time. Don't be discouraged.**  **Keep pressing, until he scores multiple times.   (pause)** | **Sticking with the adjustment** |
| **15:40** | **15:53** | **So, how did the adjustment work out for me?**  **Comparing quarters I went on a 13 to 3 run after making the adjustment to press him. if the game is relatively close, consider giving your opponent different looks.** | **Comparing quarters to see how the adjustment did** |
| **15:53** | **16:22** | **As I've said before positioning is key in this defensive system.**  **The CPU positions you perfectly on every single possession.**  **however, it is important to gamble correctly,**  **when the opportunity presents itself.**  **(pause)**  **On this possession,**  **I close out poorly on David West, allowing him to drive, I then make a split second decision to use I.Thomas and Sprint over to strip David West,**  **trusting the help behind me in Sullinger, Getting me a steal and another possession.** | **Manually positioning players on the fly** |
| **16:22** | **17:22** | **if you've stayed through this entire video and choose to add these tips into your own defensive game, you're team will be a 10x better defensive team then it was before.**  **(pause)**  **Now we're going to recap every single concept in this video, into one single possession.**  **(pause)**  **First, the adjustment with the half court press forcing the pace to be sped up.**  **Manual positioning to force the pass fooling him to make a quick drive which is what my opponent doesn't want to do,**  **When the drive comes,**  **Notice all 5 defenders in the paint ready to help deflect a pass or contest a shot.**  **(pause)**  **When the ball skips,**  **I'll manually sprint to prevent a 3 point attempt.**  **When another drive comes, more positioning because of bad spacing with Kyle Anderson in the corner allows me to guard tony parker with two people forcing him to pass.**  **(pause)**  **All this makes my opponent panic and throw a lazy pass that gets easily stolen.** | **All the defensive principals in a single possession** |
| **17:22** | **18:04** | **Thank you all for watching this extremely long video.**  **IF you want more videos like this be sure to like the video.**  **In the future my videos will be much shorter, but I wanted this one to stand out as it is my first video.**  **If you don't like the video, feel free to leave a dislike and please post in the comments, letting me know what I could of done differently.**  **I encourage you all to now go online and shutdown some people using these defensive tips**  **Hope you guys enjoyed, and keep on ballin'** | **Whole Outro** |
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