

PRINCIPLES OF OFFENSE (Individual Player)

1. Movements of player
  - a. fast and aggressive
  - b. slow and unaggressive
2. Passing
  - a. use of double pass
  - b. tip-off on direction of passes
  - c. ability to use either hand
3. Play maker
4. Shooting ability
  - a. set-shot (special shot)
  - b. lay-up shot ability
    1. use of either hand
    2. nervousness caused by shouting at player
5. Roles portrayed in set-plays
6. Fouling
7. Trick shots
8. Does man shoot often
9. Does man feint opponent
10. Play back or under basket

PRINCIPLES OF DEFENSE (Individual Player)

1. First requisition
  - a. mental alertness
2. Footwork
  - a. crossing legs
  - b. lounging or taking steps toward offensive man
  - c. jumping on a fake
3. Position
  - a. "staying between opponent and the basket."
  - b. use of hands
    1. one hand up, and one at side
    2. hands and arms extended sideways
    3. hands in front of chest
4. Guarding the player with the ball
  - a. see the opponent and the ball
  - b. does man switch
  - c. use of reverse turn in escaping a guard
5. Avoiding screen plays
  - a. does player sense screen plays
6. Recovering rebounds off opponent's backboard
  - a. does man go in close to basket
  - b. does man stay eight feet out from basket
7. Position played in zone defense