

DEFENSIVE FUNDAMENTALS

1. Shift quickly from offense to defense. *Take 15 steps like lightning*
2. Locate the ball without lost time. *never take your eyes ~~on defense~~ off of the ball*
3. Be alert for interceptions.
4. *always* Keep between man and goal.
5. Maintain good balance with arms spread. *elbows rooster fighting attitude*
6. Keep knees bent and weight forward and low.
7. Wave hands to disconcert shooter.
8. Use voice *intelligently*
9. Yell at shooter if he gets away.
10. Talk to team mates.
11. Play the ball through the man.
12. Never let a good shooter take a deliberate shot.
13. Play ball as it comes off the floor to break up the dribble. *under arm cut-*
14. Chase the dribbler to sideline or corner.
15. Be alert to shift for ~~blocks~~ *screens*.
16. Watch the ball, the man, and ~~blocks~~ *screens*.
17. Anticipate plays.
18. Always shift to loose man.
19. Block shooters away from rebound.
20. Recover rebounds.
21. Point to your man.
22. Follow detailed movements of opponent.
23. Don't commit yourself easily.
24. Don't leave feet on fake shots.
25. Make offensive man commit himself.
26. Hurry passes.
27. Crowd offensive man after his dribble.
28. Drop in hole when your man hasn't the ball. Retreat.
29. Don't watch passes too closely.