

2. In center lane behind free throw line, check must be close -- leg for leg -- one hand low to check possible drive -- one hand high to check possible shot. WE MUST NOT BE FOOLED.
3. In checking stationary men back of lane in scoring area, they should be covered in front, face in, ready to move and ready for interception. OUR FIRST DUTY IS TO COVER THE MAN -- HE MUST NOT GET THE BALL IN SCORING POSITION.
4. In outside lanes: Inside leg on your outside leg, hand in face -- close enough to block shot -- always ready to retreat straight back -- do not come out of crouch on face drives or fake shots. BE READY TO RETREAT WHEN THEY BREAK.
5. When going out to meet your opponent, do not rush out but glide out like a boxer. THEY MUST NOT AND CANNOT BREAK BY YOU.
6. Be sure to check slowly and not too closely in the corners and near side lines, as you are likely to be the victim of a reverse pivot or a screen. At 20 feet or more, the man going away from the basket should not be dangerous. WE CHECK ONLY ONE LONG STEP IN FRONT OF THE FREE THROW CIRCLE.
7. Never leave your feet on defense unless you are sure the ball is being shot. DEFENSIVE POSITION IS THE MOST IMPORTANT ONE THING THAT YOU CAN AND MUST REMEMBER TO KEEP.
8. Never change men unless you have to. Yet never fail to do so if it will prevent a basket. TAKE PRIDE IN YOUR DEFENSIVE ABILITY -- IF YOU CAN'T COVER, YOU CAN'T PLAY BASKETBALL.
9. Your greatest defensive asset is beneath your belt buckle. If you believe you can and want to badly enough, you can do it. The hot shot you are covering puts his pants on one leg at a time. HE CAN BE HAD.
10. At all times (note #3 exception) STAY BETWEEN THE MAN AND THE BASKET.
11. After the shot is in the air, this is your procedure: Block first, then go after the ball. IF THEY NEVER RECOVER A REBOUND, WE WILL NEVER LOSE.
12. When we lose the ball, retreat at full speed to our defensive zone and pick your man up one step in front of the free throw circle, NOT BEFORE -- NOT AFTER.
13. Talk on defense. Point out each man and say: "I have number so and so", this will eliminate one being lost. EACH MAN MUST BE CHECKED. AGAIN WE DO NOT MAKE THE MISTAKES.

7-G A Tip-Off Formation - The tip-off formation as designed will score and resolve itself into a fast break from any held ball at any place on the floor where it may occur. When we have a held ball, we will set up in a