

Should the center be drawn out of his position it would be an easy matter for the offense to shoot over the center's head for a hit or for a carom rebound shot. For this reason the center should be kept at his defensive position, working on an anterior-posterior-lateral plane, to thwart the many rushes and attempts by the offense, which occur directly out in front of the basket. Again, should the defensive team be fortunate enough to recover the ball, the center is in a position to break quickly on the offense.

There are two particular kinds of steps employed in the execution of this type of zone defensive game, namely, the boxer's step (which the center, especially, uses when working on the anterior-posterior plane), and the first baseman's step (lateral). The two steps are executed as follows:

The boxer's step is executed by advancing the left foot forward and following with the right foot until it comes to position about eight inches behind the heel of the left foot. Then, in the same manner, another step is made forward with the left foot. The left hand and arm are advanced to the front, with the hand a little to the left of the face. The body is in a crouched ~~position~~ position with the knees slightly bent. Thus is the order continued in the advance of the defensive man, much after the manner of a boxer's advance.

If it is necessary for the player to retreat, he should move his rear foot back about one short step and then draw the forward foot back about eight inches in front of the rear foot. Thus should all defensive players advance and retreat in this set five-man formation.

When moving laterally, the first baseman's step should be employed. This step is executed by moving to the side, with a lateral step, and following with the other foot. The player should bring the second foot up to close proximity with the first foot. This move is to be repeated as often as is necessary. This step works in easily as a quick lateral shift.

These are the only two steps necessary for a player to learn in this defensive zone game. With these two steps perfected, there will be no difficulty in extricating himself from many bad situations. A boxer would never think of charging across the ring and striking his opponent with his right foot advanced, if his natural stance were to box with his left foot advanced. If he had a retreating opponent who would permit him to run a short distance, he would of course get to his objective as quickly as possible and, in that case would use the speediest method of arriving, namely, running. Then, before he should meet his opponent he would shift to a boxer's stance to keep from losing his balance. So it is with the basketball player. He should conserve his strength by always keeping between the man with the ball and the basket that he is guarding.

Of course, there are many variations of the zone game. For instance: Should a team on offense employ a long-shot man it would be necessary for the defensive team to send one of their forwards out into the court to take care of this long-shot artist. This lone defensive man would still play a zone game. He would station himself out ten or fifteen feet in front of this long-shot artist. His job would be to play the zone in front of this particular offensive man until he tried either a shot for a goal or an advance down the floor. In the former case, the guard, by using the boxer's stance, would thwart his try for a goal and, in the latter case, should the offensive man cut through the defense for a pass or a shot, the guard would always keep will enough in front of the offensive man so that he could float back into his old position.

The entire team should take its position on the floor by the location of the guards. They should start by concentrating the defense around the