

DEFENSIVE RULES

1. **Always** see the ball and see your man – keep your head moving
2. On ball defense – **pressure & contain**, active hands, butt down
3. **Anticipate** – Read what the offense is trying to do before they do it
4. **Communicate** – Call out screens, call for help, call shot
5. One pass away – Take away driving lane, **anticipate next pass**, midpoint, touch line
6. Two passes away - flat triangle with ball and man; two feet in the paint
7. Closeouts – fast & under control, shoulders back, high hands, chop steps, break down
8. Jump to the ball on every pass – be in position to help, **be there on the catch**
9. Force ball sideline and baseline – slightly shade to weak hand
10. Post D – keep the ball out of the post, own the box, front, cup when needed
11. Helpside behind post – take away the lob; be there before the pass
12. **Sink** to the level of the ball on penetration – take away cross-lane passes and dump-offs
13. Helpside on baseline drives – attack baseline drive –take charges
14. Hedge ball screens – take away first option; 4 active hands; closed stance; see ball & man
15. Hedge down screens – in line with ball and screen
16. Jam Cutters – don't let anyone cut through the lane untouched
17. Box out – find your man, initiate contact, stay low and wide