



DEFENSE TEACHING POINTS

ON BALL: “BELLY BALL”, “PUSH STEP”

- Feet wider than shoulders
- Knees bent
- Chest and head up, Hips down
- One arm up in shooting path
- One arm up in passing lane
- Arm and ½ distance away from the ball handler
- “PUSH STEP” to stay in front



DENY: “POINT YOUR PISTOLS”

- Feet wider than shoulders
- Knees bent
- Hips down
- Chest and head up
- Positioned to see your man and the ball
- “POINT YOUR PISTOLS”
- 1/3 of the way to the ball



HELP: “HEAD ON THE RIM”

- Feet wider than shoulders
- Knees bent
- Hip down
- Chest and head up
- Positioned to see man and ball with your “HEAD ON THE RIM”
- “Point your Pistols”

