

Name: _____

Date: _____

Man Defense

S S H W X Y I S J J D L X Q C Z L O C R Z N B Q
B T P Q B Q Q M J J K E D L T Z H D E V R O S A
K X X V T Q B P N X C B I Q X D K V E D J S A S
C I J B A L L P R E S S U R E I O N S O M T A R
O V E I E J O S C B Z K I H O C Z R T U A R Z N
M V U K R S X Y O R Z E N Z E R I V O F N A U L
M X F K P T N A O A G B U R J K K J H R T N D C
U K U M J O S E K K G G D G E P L S S O O G H Q
N X I G K H S K F C E N X M C Q Y L L G M E R F
I W V W K S Y I E E A T S D C S K M L U A R I I
C E W X H D C G T P D V V H D F F E A P N S I A
A U C Q Q N O P L I X M Q P N C M I T I D I Q K
T I J H H O N E F N O P A S T I N A S N E N U Q
I P C T G C H N Q O O N H E T Q O P E F F T T Q
O T W P L E T R U J E L I A T G I Y T T E H S I
N F C E E S V R N T L P T N S O T D N A N E L S
I Q F T L O H P A P I A D J G B A J O I S H K J
E S W C S N G N K N Y W Y C M L P U C Q E O K O
M H U M T U U U S A S B E T S G I X U R T U U N
K W L N Q U U U L T M I P X Q W C Z X J T S P G
K I V D H F V P V U A G T K H B I S Y B C E K A
A M D H H Z E C W G D N F I T K T M S H U F O L
J H I A T N T N E T C X C A O K N B N D P M L J
N W G D O C P G Z T O R W E L N A G T V S S F Y

NO STRANGERS IN THE HOUSE

MAN TO MAN DEFENSE

ONE PLAY AT A TIME

CONTEST ALL SHOTS

HELP AND RECOVER

NO SECOND SHOTS

BALL PRESSURE

COMMUNICATION

TEAM DEFENSE

ANTICIPATION

POSITIONING

TRANSITION

STANCE