



Coaches' GAME PLAN



Skills

Denial Defense



01



Played when defender is one pass away from the ball.



02



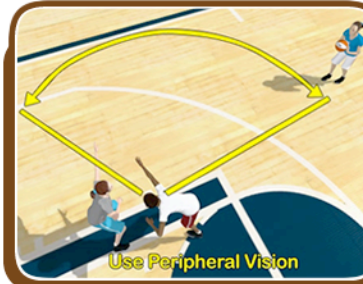
Place 1 hand and 1 foot on imaginary line that is passing lane.



03



Rotate hand so palm is facing ball and thumb is pointing to ground.



04



Look forward, use peripheral vision to see ball and player.



05



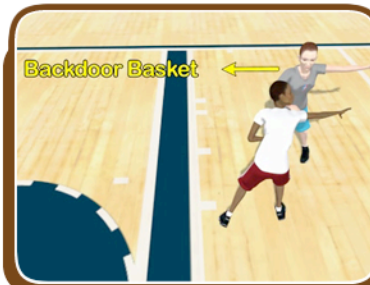
Be in good defensive position with knees bent, back straight and weight on balls of feet.



06



Use short, quick shuffle steps to move with player.



07



Coach against common mistake of overextending.

Notes: