

# ***Lake City Basketball***

## **Do You Play Hard on Defense?**

*The following list describes teams and individuals who play hard on defense.*

- **Block out every time your opponent shoots**
- **Play defense in a stance**
- **Provide early help and then recover quickly**
- **Help the helper**
- **Close out with hands above shoulders**
- **Take a charge in the lane or on the baseline**
- **Contest every shot**
- **Deflect passes without reaching or foul**
- **Move your feet instead of one handed reaching or grabbing.**
- **Put your foot out of bounds when cutting off baseline**
- **Sprint on the pass instead of waiting for the catch**
- **Use two hands to rip the ball away from your opponent**
- **Adjust your defensive position each time the ball or your man moves.**