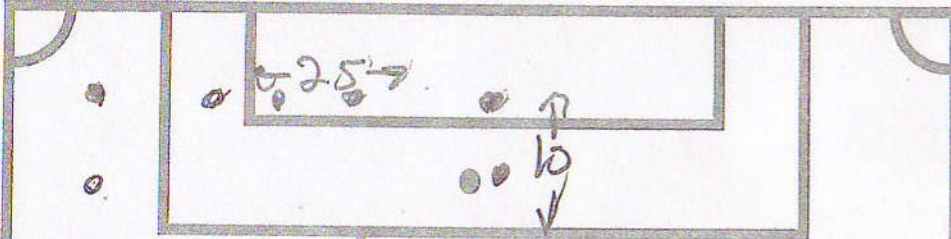


defending TRANSITION DEFENSE

BERWYN 276 W Swedesford Rd Berwyn, PA 19312 Tel: 610-240-9656	HUNTINGDON VALLEY 2074 County Line Rd Huntingdon Valley, PA 19006 Tel: 215-322-7606	MECHANICSBURG 4713 Carlisle Pike Mechanicsburg, PA 17050 Tel: 717-737-6676	HARRISBURG 6031 Allentown Blvd Harrisburg, PA 17112 Tel: 717-545-8435	LANCASTER 360 Steel Way Lancaster, PA 17601 Tel: 717-291-5690
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IN SPARS w/ 1 BALL DRIBBLE - PLAYERS PASS USING 1ST TOUCH w/ THEIR PARTNER - REVERSE PROG PAIR w/ BALL CREATE 2 v 1 DEF. SITUATION **gates** DROPS IN TO COVER.

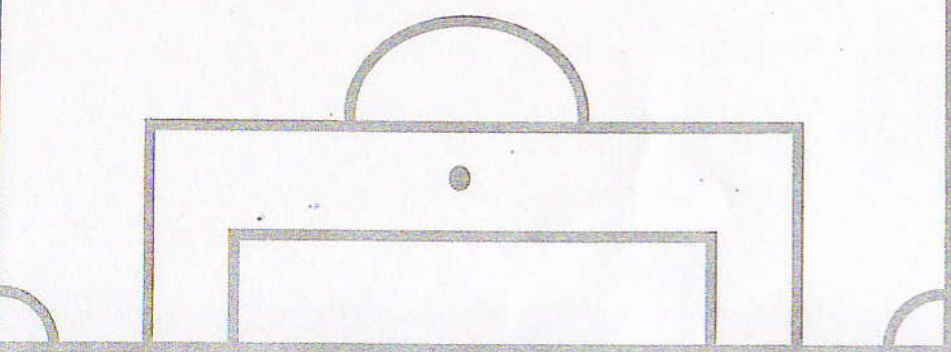
CM 1ST AGGRESSIVE STEP TO THE BALL CAUSES EARLY PASS/ERROR
DEFENDERS KEEP BALL IN FRONT OF THEM

PROG AS DRIBBLE THRU GATES ON THE SIDE. AS SOON AS YOU LOSE THE BALL YOU POSSESS & GO TO GATES

PROG - BACK UP THE DEFENSE FOR RESTRICTS

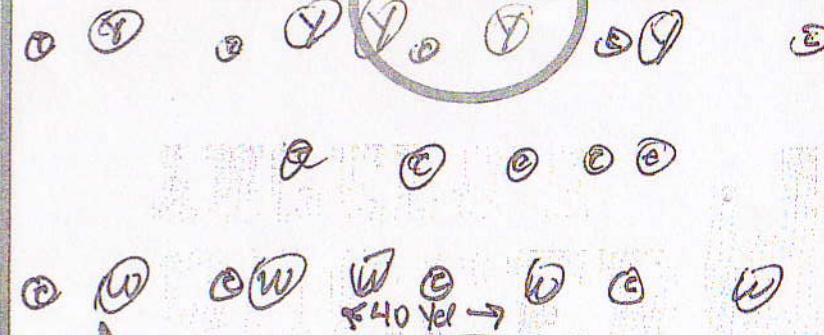
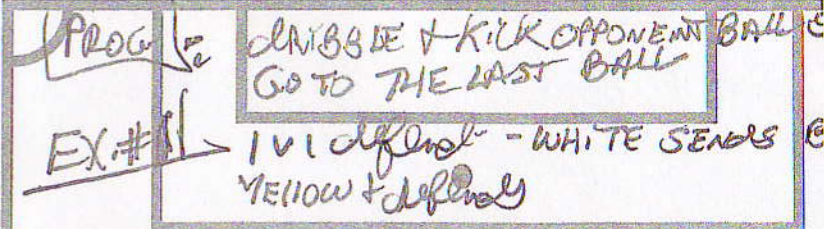
CM DEFENSIVE TEAM MOVEMENT TO CREATE AN INTIMIDATION EFFECT.

CM TRANSITION DEFENSE USES STRONG 1ST STEP & AGGRESSIVE MOVEMENT



DEFENDING IN SPARS W/ 1 BALL # 10

BERWYN 276 W Swedesford Rd Berwyn, PA 19312 Tel: 610-240-9656	HUNTINGDON VALLEY 2074 County Line Rd Huntingdon Valley, PA 19006 Tel: 215-322-7606	MECHANICSBURG 4713 Carlisle Pike Mechanicsburg, PA 17050 Tel: 717-737-6676	HARRISBURG 6031 Allentown Blvd Harrisburg, PA 17112 Tel: 717-545-8435
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USE A COMPACT SPACE
PROG: SEND BALL & DEFENDER MUST CO

WHEN YOU COMMIT THE 50-50 BALL IS NOW USE 2 LINES - ROTATE PLAYERS

CM PLAY TOUGH DEFENSE

PROG 2 ATTACKERS - 1 DEFENDER

PROG 2 DEFENDERS 3 ATTACKERS

CM COVER - BALANCE - COMMUNICATE

