



center/power forwards : guide to action

Don't do nothing before you get in balance!

DEFENSE	OFFENSE
<i>take away the low post pass</i>	<i>on strongside: always post up</i>
<i>4 different positions on each side</i>	<i>weakside: always below the ball</i>
<i>help with concept shooting shoulder</i>	<i>fast break: allways rim-rim-run</i>
<i>do not jump after help and recover</i>	<i>strongside lowpost after rim-rim-run</i>
<i>always be a big frame on helpside</i>	<i>attack the front foot on posting up</i>
<i>talk on defense</i>	<i>make your freethrows</i>
<i>block out every time</i>	<i>always go for the rebound</i>
<i>more than 5 rebounds per game</i>	
<i>use drop step footwork</i>	<i>a) drop step move</i>
<i>do not give away open lay ups</i>	<i>b) jump hook</i>
<i>sprint back on transition defense</i>	<i>c) turnaround jump shot</i>
<i>use your hands properly</i>	<i>d) up and under</i>
<i>don't get beat by the dribbler</i>	
<i>hustle for every loose ball</i>	<i>a1) face up shot</i>
<i>close the middle</i>	<i>b1) sweep through, go baseline</i>
<i>talk on pick 'n' roll plays</i>	<i>c1) jab, go middle, jump hook</i>
<i>pick 'n' roll on the side: hard help 90°</i>	<i>d1) running hook (go across)</i>
<i>pick 'n' roll on top (or non shooter): jam/under</i>	
<i>horns plays: step up/help/rotate</i>	<i>use backboard on shooting</i>