

<b>OFFENCE</b>		<b>DEFENSE</b>	
<b>Transition</b>		<b>Defensive transition</b>	
		Offensive rebounders	
Offensive Transition -		Dog	
		Safety	
		Pluggger	
<b>Half court Offence</b>			
Penetration rules - baseline		<b>Half court defense - Man (Code name: 1)</b>	
Penetration rules - middle		Hand pressure	
On ball screens		containment and stance	
Cutting		How to guard middle penetration?	
Screen off the ball		How to guard baseline penetration?	
		Post defense	
<b>AGAINST ZONE</b>		On ball defense	
Spacing		How to guard different screens, e.g. Cross, Down,	
Low post cutting rules		Staggered, Back	
High post cutting		Rotations on D - split line and help the helper	
Attacking the gaps			
<b>Half Court Set</b>		<b>Full court defense and/or Zone Press</b>	
<b>Man</b>		Full court man - Trap, jump or hedge	
Offences that contain: On Ball, Staggered Screens,			
Shuffle/UCLA/Flex Cut, Reversals		2-2-1 Full/Half Court Press?	
		1-2-2 Full/Half Court Press?	
Different entry options, e.g. Wing entry, 1 to 4 entry, dribble entry if pass is denied		1-2-1-1 Full/Half Court Press?	
		2-1-2 Full/Half Court Press?	
		<b>Zone Defense - (Code name: 2)</b>	
<b>Endline set</b>		2 - 3 Zone	
		3 - 2 Zone	
		How do you guard the On Ball when you Zone?	
<b>Sideline set</b>		How do you guard when O overload one side?	
		<b><u>YOU MUST HAVE RULES ON DEFENSE</u></b>	
<b>Zone offence</b>			
<b>Press Breaker</b>			