



POSITIONING BREAKDOWN SHEET

<u>POSITION</u>	<u>LEAD</u>	<u>CENTER</u>	<u>TRAIL</u>
Checklist	<ol style="list-style-type: none">1. Hustle from Trail to new Lead and officiate 1st Comp MU2. Ball in my 3rd = Wide3. Opp/Middle 3rd = Close Down4. Shoulders 45 Degrees5. Mirror the Ball6. Rotate Ball Side7. Don't rotate 3 immediates8. SEC DEF (FEET UP)9. CLOCKS	<ol style="list-style-type: none">1. Run with Pack2. FT Line Extended3. 2 step PA's high/low4. RA FEET5. Ball Screen/Curl Play6. Don't leave open look when L rotates7. GT/BI8. CLOCKS	<ol style="list-style-type: none">1. Trail the Play - BC Throw-In2. 28 Ft Mark & 45 Deg Shoulders3. 10 and 24. Even w/ Ball Handler in Front Ct5. Sideline oriented6. Stay Connected to Primary Def7. GO LOW for Point of Contact8. RA FEET9. GT/BI10. CLOCKS
WELL			
BETTER			
HOW			