

“10 TO WIN”

WESTSIDE RULES OF DEFENSE

- 1 - SEE BALL - SEE MAN**
- 2 - JUMP TO THE BALL ON A PASS**
- 3 - CLOSEOUT WITH INTENSITY**
- 4 - PRESSURE THE DEAD BALL**
- 5 - BUMP THE CUTTERS**
- 6 - FIGHT FOR POSITION**
- 7 - BLOCK OUT WHEN SHOT IS TAKEN**
- 8 - FORCE BALL OUT OF THE MIDDLE**
- 9 - TALK TO YOUR TEAMMATES**
- 10 - NEVER GET BEAT BACK**