



# **“10 TO WIN”**

## **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**