

HASTINGS COLLEGE BASKETBALL

I) DEFENSIVE PRINCIPLES GOALS (FULL & HALF COURT)

II) ZONE DEFENSE 3-2 (YOYO)

III) MAN

- a) POST DEFENSE
- b) DOWN SCREENS
- c) CROSS SCREENS
- d) DRIBBLE HAND-OFF
- e) BALL SCREENS
- f) SWITCHING
- g) BACK SCREENS
- h) DRIBBLE DRIVE

IV OFFENSIVE PRINCIPLES GOALS

- a) FAST BREAKS
Pass ahead/dribble hand-off/dribble up
- b) MOTIONS
ball screen/1 game/5-out
- c) HIGH POST SETS