

Title:

Playing basketball with tenacious defense

Word Count:

732

Summary:

During a basketball game, people commonly shout the word "DEFENSE!". Come to think of it, do p

Keywords:

sport, basketball, basketball plays, history of basketball, basketball court dimensions, baske

Article Body:

During a basketball game, people commonly shout the word "DEFENSE!". Come to think of it, do p

Defense is the team which doesn't have the ball. Defense is also the act of protecting the bas

Transition Play

Moving from offensive to defensive play should be done quickly. Defensive assignments should b

Purpose

Put the offensive team under a lot of pressure. Don't let the other team peak through an open

Be Ready

Keep the lead hand close to the ball and wave the other hand to prevent a pass from taking pla

There are three types of defense: the man on man defense, the zone defense and the combination

Man to man defense is an aggressive style that allows forced steals and puts every offensive p

In zone defense, each player is assigned to cover a specific area or zone instead of one playe

There are some instances when a man to man defense and a zone defense is simultaneously put in

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