

GOLDEN BASKETBALL TERMINOLOGY

DEFENSE

- * Open stance ---1 pass away butt is to the basket and arms are and knees bent
- * Help side:
Position 2 passes away--- split the mid-line.
- * Mid-Line:
Imaginary lines running North—South down middle of court.
- * Close Out:
High hands to take away offenses vision. Close out under control and chop your feet.
- * Blitz:
Blitz= trapping the basketball with 2 defenders. We Blitz all ball screens, penetration to short corner, and passes to short corner.
- * Sink: High guard on help side sinks to help the helper.
- * Fake and Fade:
Foot fake by defender.
- * Dead- call made when the offensive player picks up his dribble
- * Trace- tracing the ball with hands attempting to get a deflect
- * Red Zone: scoring area for the offense