



# **Defensive Expectations**

## **“Play hard D or Sit the B”**

- 1. Pressure: The air out of the ball**
- 2. Stance: Always be in it, active hands**
- 3. Explode: To the gaps on the pass, keep ball out of the lane**
- 4. Communication: Something specific every 5 seconds**
- 5. BOX OUT: Every body will HIT-LOCATE-PURSUE**