



TERMINOLOGY

OFFENCE

INDIVIDUAL OFFENCE

- RYTHYM
- SET, LIFT RELEASE
- JUMP
- LOCK & SNAP
- HUNGRY HANDS
- HIPS DOWN
- EXPLODE
- DECEPTION
- STEP & SNAP (Passing)
- SEE
- WIDE
- POWER THRU
- ANGLE
- SPRINT
- CATCH IN AIR
- ATTACK HIPS
- HIGH JUMP

FAST BREAK

- DEEP OUTLET
- MAN AHEAD
- CORNERS
- HEAT ON RIM



TEAM OFFENCE

- SPREAD
- The name of the position on the floor – CORNER
- EXCHANGE
- WAIT, THEN SPRINT
- FILL
- CLEAR
- OBD
- DRIVE
- SPACE
- LANE
- SWING
- AUTOMATICS
- SHOT READY
- BACK CUT
- PAINT TOUCH
- SET UP
- SPRINT
- SLICE
- TIMING
- WAIT, THEN SPRINT
- SPRINT, SET, SEPARATE
- FINISH CUT
- CRASH
- BACK
- SET

ZONE OFFENCE

- GAPS
- DEEP
- LOOP
- FLASH
- CORNER
- DUNKER
- DRAG
- SPLIT
- FREEZE



- EDGE
- ON BALL
- BUDDY

PRESS BREAKER

- ORGANISE
- ATTACK
- SHORT PASS

DEFENCE NUMBERING AND COLOUR SYSTEM

- Defences with a single number will be half court defences:
 - 1 – Half Court Man to man
 - 2 – Half court Zone
- Defences with two numbers are full court defences:
 - 11 – Full Court Man to Man
 - 22 – Full Court Zone

We will use a coloring system for certain situations on defence:

- WHITE – Front the low post
- RED - Trap
- GREEN – No Trap (Used for Full court defences to denote we are in containment style defence)
- BLACK – Foul

TRANSITION DEFENCE

- CRASH
- MINE
- SET



INDIVIDUAL DEFENCE

- GAP
- PULSE
- HEAT
- PUSH WIDE
- INSIDE HAND
- WEIGHT BACK
- WHITE
- BODY
- DENY

TEAM DEFENCE

- BALL
- CORNER
- NAIL
- ELBOW
- HOME
- SHIFT

OFF BALL SCREEN DEFENCE

- YELL
- GAP
- I'M BACK
- SWITCH
- OFF



PNR DEFENCE

- UP
- FLAT
- I'M BACK
- OWN THE HIP
- SHRINK
- SWITCH
- OUT

FULL COURT DEFENCE

- GREEN
- RED
- HEAT
- GAP
- OUTSIDE
- MINE
- PLUGGER
- ROTATOR
- LINE (LINE OF BALL)
- HOME
- DENY
- STAY
- I'M BACK
- SWITCH
- I'M OUT