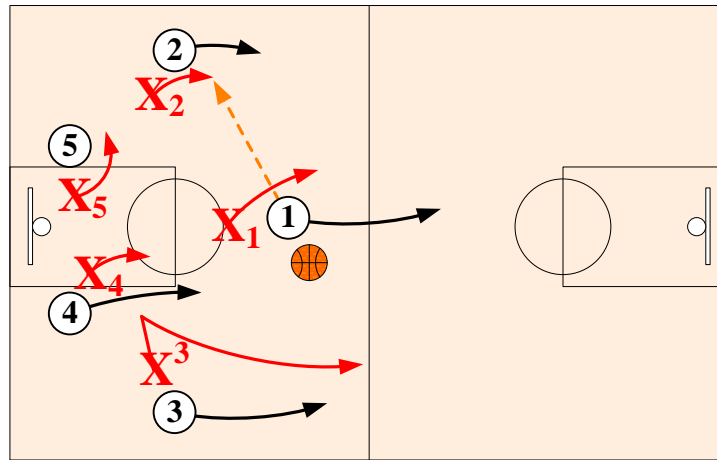
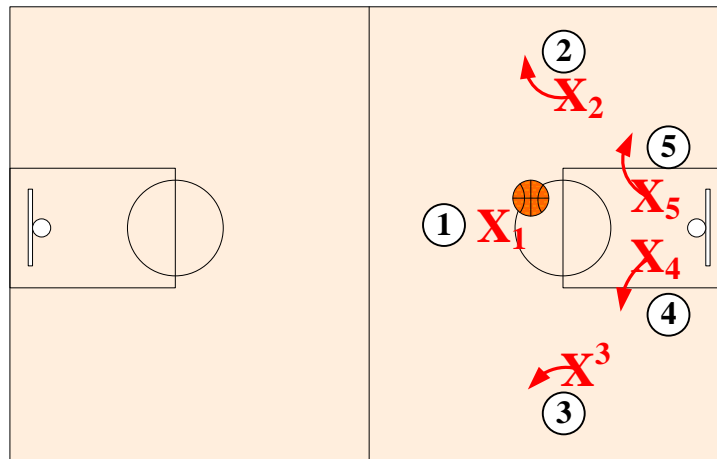


## “Defense and Break” – Half Court Scrimmaging



Allow the defense to break full court on steals and defensive rebounds. This will motivate the defense to play harder. Offensively, it will also insure proper defensive balance on shots and quick recoveries on turnovers. It is important that offensively players realize and understand the importance of maintain defensive balance and sprinting back.



On the defensive break, allow only one shot with offensive rebounds. At the opposite end of the court, teams reverse direction and half court play continues with the players assuming their original offensive and defensive roles.

**Variation:** Break on steals only when introducing an offense.

### Check-In Rule

*Team Defense: Prior to putting the ball in play, the defensive player must first check to see that all of their teammates are in proper defensive position and stance. Putting the ball into play without first checking to see if teammates are ready results in automatic ten (10) pushups. Enforce!*