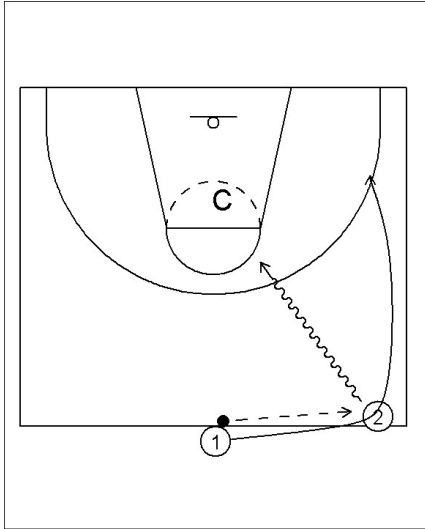


# Mario desisti

## Guard to wing push

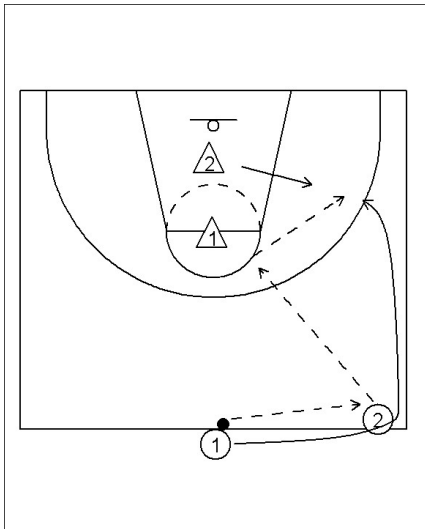


1

1 passes to 2. 2 dribbles to the elbow and reads the coach. 1 runs behind 2 and fills the wing.

Read  
coach is up pass  
coach sags shoot

On any score if you are below the foul line go to rebound. Lead with your shoulder not your chest.  
If above the foul line go back for balance.



2

Second defender

Now work on boxing out, offensive rebounds, shot fakes and drives.

Be sure to work both sides of the floor.

Remember that the defense is guided early in the season. You are teaching the offense to read. Late in the year you can emphasize more game like defense.

Stay on the defense to change the way they play. The coach could establish signal. stand behind the offense. and signal the defense on each rep. This forces concentration and understanding by the guided defense.