



## 15 IMPORTANT THINGS TO REMEMBER ABOUT PLAYING "LAKER HOOPS":

- 1) D- STANCE/SEE BOTH
- 2) BALL-SIDE/HELP-SIDE
- 3) DENY POSITION/HELP POSITION
- 4) STEP TO THE BALL
- 5) THE DEFENSIVE GOLDEN RULE
- 6) SHOOTING POCKET
- 7) V-CUT TO GET OPEN
- 8) GO BACKDOOR TO RELIEVE PRESSURE
- 9) TRIPLE THREAT
- 10) ARM FAKES AND JAB STEPS
- 11) B.E.E.F.
- 12) HEAD HUNT
- 13) SHOULDER TO SHOULDER / OPEN UP
- 14) SEAL OUT
- 15) WHY BASKETBALL IS SO GREAT!