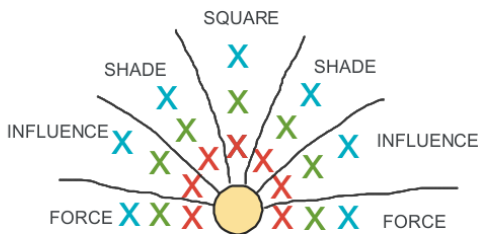


Canada Basketball Academy

Ball Pressure

D21

7 Angles
3 Distances

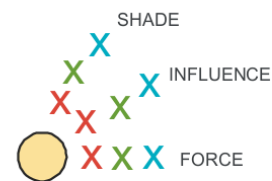


Red = Body
Green = Arm's Length
Blue = Sag or Gap

D9

3 Angles
3 Distances

Send to Weak Hand



Red = Body
Green = Arm's Length
Blue = Sag or Gap

When pressuring the ball, a defensive player has 21 choices or options to guard the ball (D21).

A great defensive strategy is to send the ball handler to their weak hand. The direction the ball is sent has 9 choices or options (D9).