

# DEFENSE



# ATTACK

**A (Attitude)**  
**T (Teamwork)**  
**T (Tool)**  
**A (Anticipation)**  
**C (Concentration)**  
**K (Keep in Stance)**



# HAL-HAL PENTING DIDALAM DEFENSE

1. **Transition**
2. **Purpose**
3. **Pressure**
4. **Position (Weak/strong side)**
5. **Prevention of Penetration**
6. **Moving**
7. **Line of the Ball**
8. **Passing Line**
9. **Blocking Out**
10. **Communication**
11. **Distance**



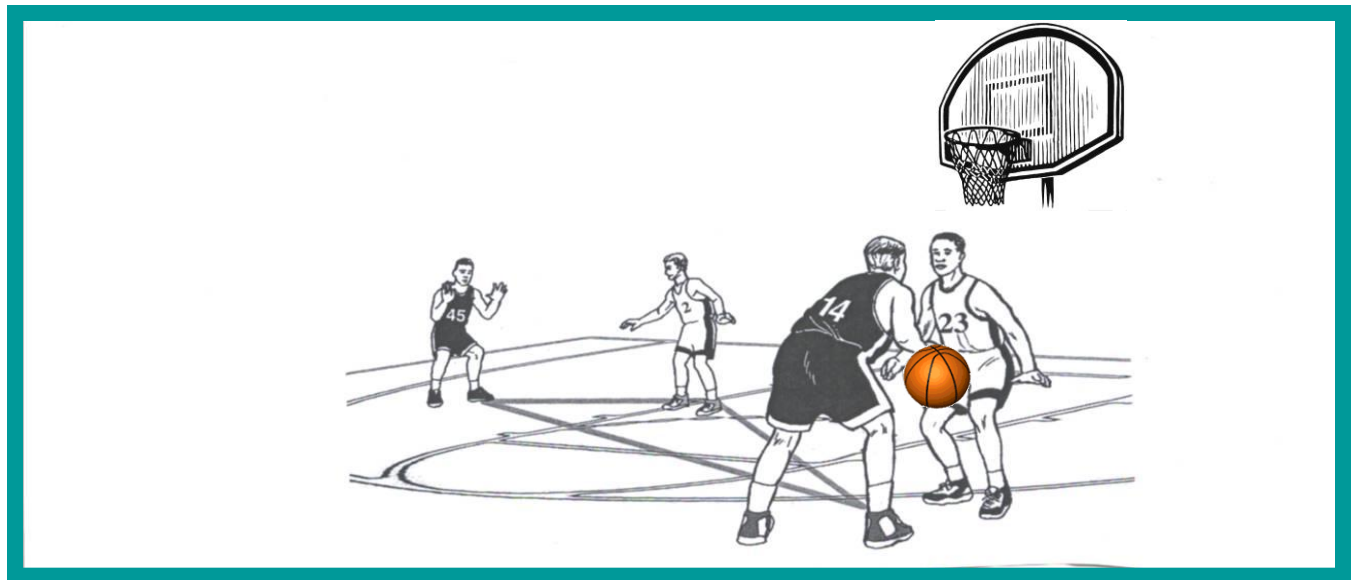
# DEFENSE ON THE BALL



- 1. Menjaga dalam posisi bola hidup**
- 2. Menjaga dalam posisi bola mati**

# DEFENSE OFF THE BALL

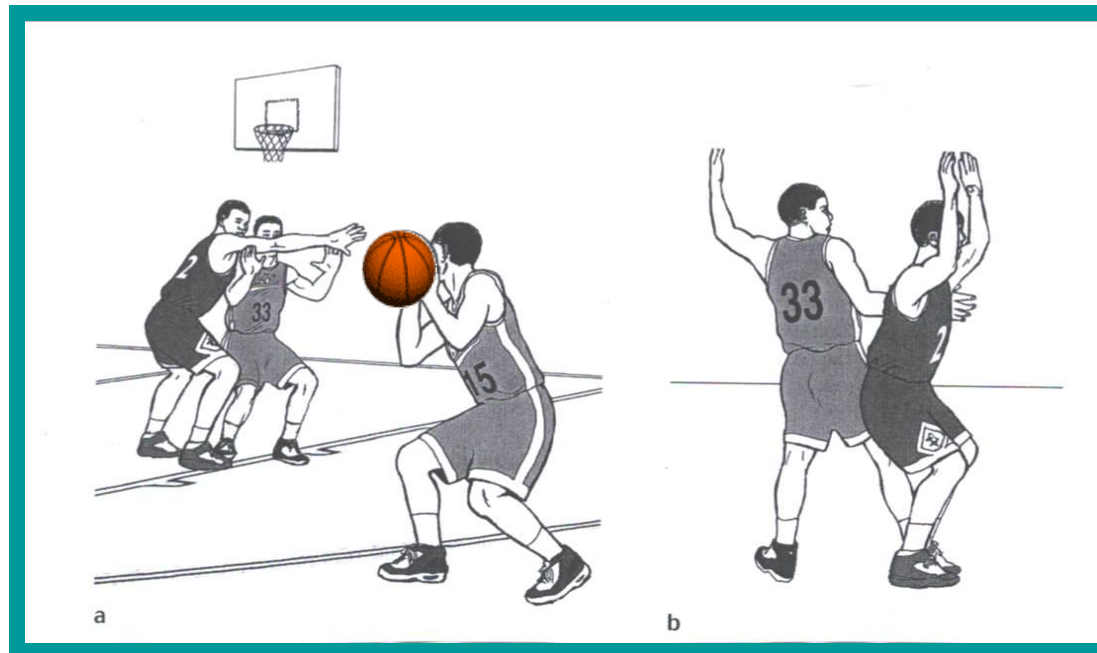
- 1. Open Stance (Pistol Stance)  
Triangle Defense.**
- 2. Close Stance (Denial)**



# POST DEFENSE

**1. Close Stance**

**2. Fronting**



# PERUBAHAN POSISI DEFENSE



- 1. On ball to off ball defense**
- 2. Off ball to on ball defense**

# UNIT DEFENSE

1. Ball pressure
2. Fight through
3. Slide through
4. Switch
5. Help & Recover
6. Denial

7. Bump
8. Fronting
9. Push Up/down
10. Trap
11. Rotasi

