

POWER STANDARD 1: I Can Move Correctly

Common Strategies in Sport and Games to Increase Offensive and Defensive Success

1. Move to open space.
2. Come to the ball or object, check in.
3. Mark up, person to person.
4. Make yourself difficult to mark or guard.
5. Pass to an open player or one asking for it.
6. Communicate, "I'm open, look right, play my feet."
7. Hips to ball or object to receive.
8. Width and depth = players in front, side, behind ball or object.