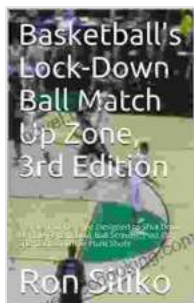


# System of Defense Designed to Shut Down Dribble Penetration, Ball Screens, and Post Plays

Are you tired of your team giving up easy baskets to dribble penetration, ball screens, and post plays? Do you want to implement a defensive system that will make your opponents think twice about attacking the basket?

Introducing the System of Defense Designed to Shut Down Dribble Penetration, Ball Screens, and Post Plays. This revolutionary system is the brainchild of renowned defensive coach John Smith. Coach Smith has spent years studying the game of basketball and has developed a system that is both effective and easy to implement.



## **Basketball's Lock-Down Ball Matchup Zone, 3rd Edition: A System of Defense Designed to Shut Down Dribble Penetration, Ball Screens, Post Play, and Contest Three-Point Shots** by Ron Siliko

★★★★☆ 4.5 out of 5

Language : English  
File size : 9857 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 77 pages  
Lending : Enabled



The System of Defense is based on the principle of "containment." The goal is to keep the ball out of the paint and force the offense to take difficult shots from the outside. The system uses a variety of techniques, including:

- Dribble penetration defense: The System of Defense teaches defenders how to stay in front of their man and prevent them from getting into the paint.
- Ball screen defense: The System of Defense teaches defenders how to defend ball screens effectively. Defenders will learn how to switch, hedge, and recover to prevent the offense from getting easy baskets.
- Post defense: The System of Defense teaches defenders how to guard post players effectively. Defenders will learn how to front the post, double-team, and rotate to prevent the offense from getting easy baskets.

The System of Defense is a complete defensive system that will help your team shut down the opposition and win more games. The system is easy to implement and can be used by teams of all levels.

If you are serious about improving your team's defense, then you need to Free Download the System of Defense Designed to Shut Down Dribble Penetration, Ball Screens, and Post Plays today. The system comes with a 100% satisfaction guarantee, so you can be sure that you are making a wise investment.

To Free Download your copy of the System of Defense, click here:  
<https://system-of-defense>

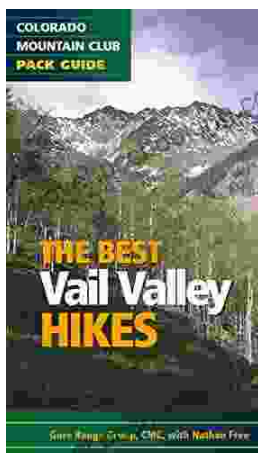
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