



Coaches' GAME PLAN



Skills

Helping Out



01



To help out, she must be in position to see ball and her player.



02



Once ball handler beats defender, player in denial position should pivot and slide into position.



03



Teach players to help by moving laterally, not stepping forward.



04



Once you commit, take shuffle steps to get into proper position.



05



Do not make mistake of taking a few steps and reaching with hands.



06



After she stops drive, she should recover to her player.

Notes:

Blank area for notes.