



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

Ron Siliko

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This book teaches basketball coaches the concepts and fundamentals necessary to teach the Ball Matchup Zone Defense. This defense combines man-to-man, 1-2-2, 1-3-1, and 2-3 zone defense principles. This unique e-book contains valuable diagrams and YouTube videos of me explaining components of the defense.



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