

SPRINT BACK on DEFENSE

Coach Mike Dunlap on Defensive Transition:

“We can all talk about rules & drills, yet the one key factor: The willingness and the want to of a player to sprint, to really sprint back. Why? An attitude of pride, an attitude of Team, the beginnings of Team Defense, and building defensive walls.

This endeavor, over the course of an entire game, is extremely difficult (consistency). This is why everyone does not win Championships!”

~ Coach Mike Dunlap, Charlotte Bobcats and former Division I Coach and Division II National Champion

