

**6th Grade Basketball
Man-Defense Positioning
Game Situation Assessment**

Name: _____

Date: _____

1. Play a 4 vs. 4 small-sided basketball game. Play man-defense when the other team has the ball.
2. "Freeze" each time the stop signal sounds.
3. Now that everyone is standing still, each defensive player checks his/her positioning.
4. Each defensive player will put a tally mark in the appropriate column each time the whistle sounds.

I was in the proper position.	I was not in the proper position.

5. When the game is over, add up the total tally marks in each column.

Answer the following questions:

How frequently were you in the proper defensive position?

What can you do to continue to improve in the future?

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