

	( )	Basketball	
		2 2 ( :2 :0 :2 )	
		5,6( B110)	

	가	: 2, 3 : 5,6,7	


		2015	
		Basketball Defense skills&techniques	2011 . KBA( ) KBL( ) ) KBA, KBL KBA(FIBA), KBL 2019 . ( ) 0


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H( . )			

01		OT: / ( ) /
		, 가 ,
02		( Shoot )
		( Shoot ) - ( , , )
03		( Dribble )
		( Dribble ) - ( , , , )
04		( pass )
		( pass ) - ( , , , , )
05		1:1 - (2men game)
		- 1:1 - 2:2 (Pick & Roll) , (cut-in)
		(2men game)
06		(Rebound) 1, 2, 3
		2 &3 1 : (Rebound) 1man, 2men, 3men

07		2:1, 3:2
08		( / ) - :
09		(Zone defense) ( ) (man to man defense) - (Zone defense)
10		1:1, 2:2 - 3:3 - 1:1, 2:2 - 3:3
11		2-3 & 3-2 (Zone defense) 2-1-2 & 3-2 (Zone defense) - Full court 2-2-1 Zone press Defense
12		(3, 5) - 3men, 5men ( )
13		3 - 3X3 (3 : pick&roll, Screen play ) & 3X3
14		- -5 ( ) : , ,
15		

가	가	가	(%)	
			20	20
가	( / )		30	30
가	( / )		30	30
			20	20
			0	0
			100	-

	가		
-	.	9	- e - class
		14	- e - class

	19 가 19 - E - class , - ( )가 ( ), Zoom )가 ( , ) 19 가 , 가 ( ) 가 , 가
	[ : , ( ) , ( ) , ( ) , , 가 , ( ) , 가 ]