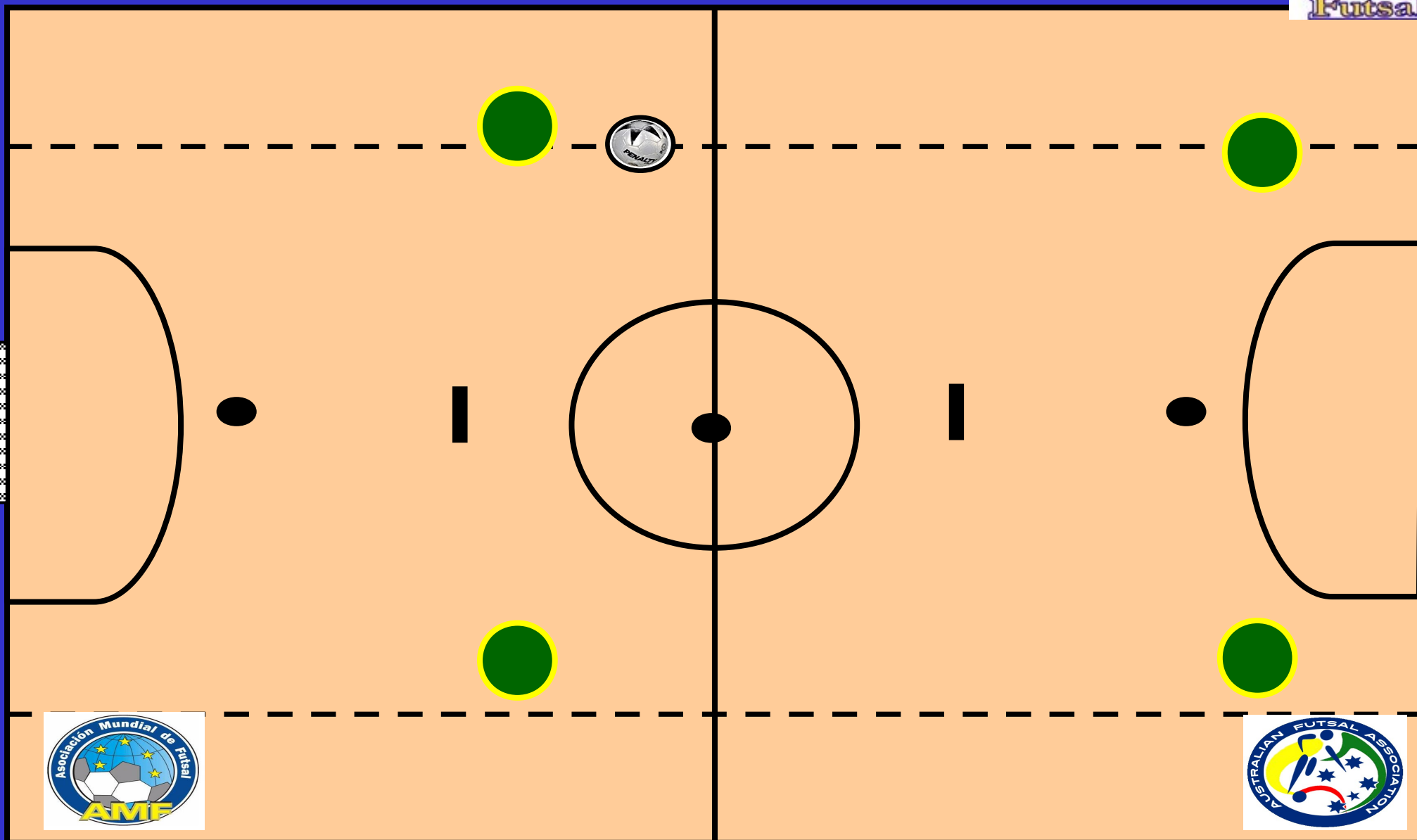
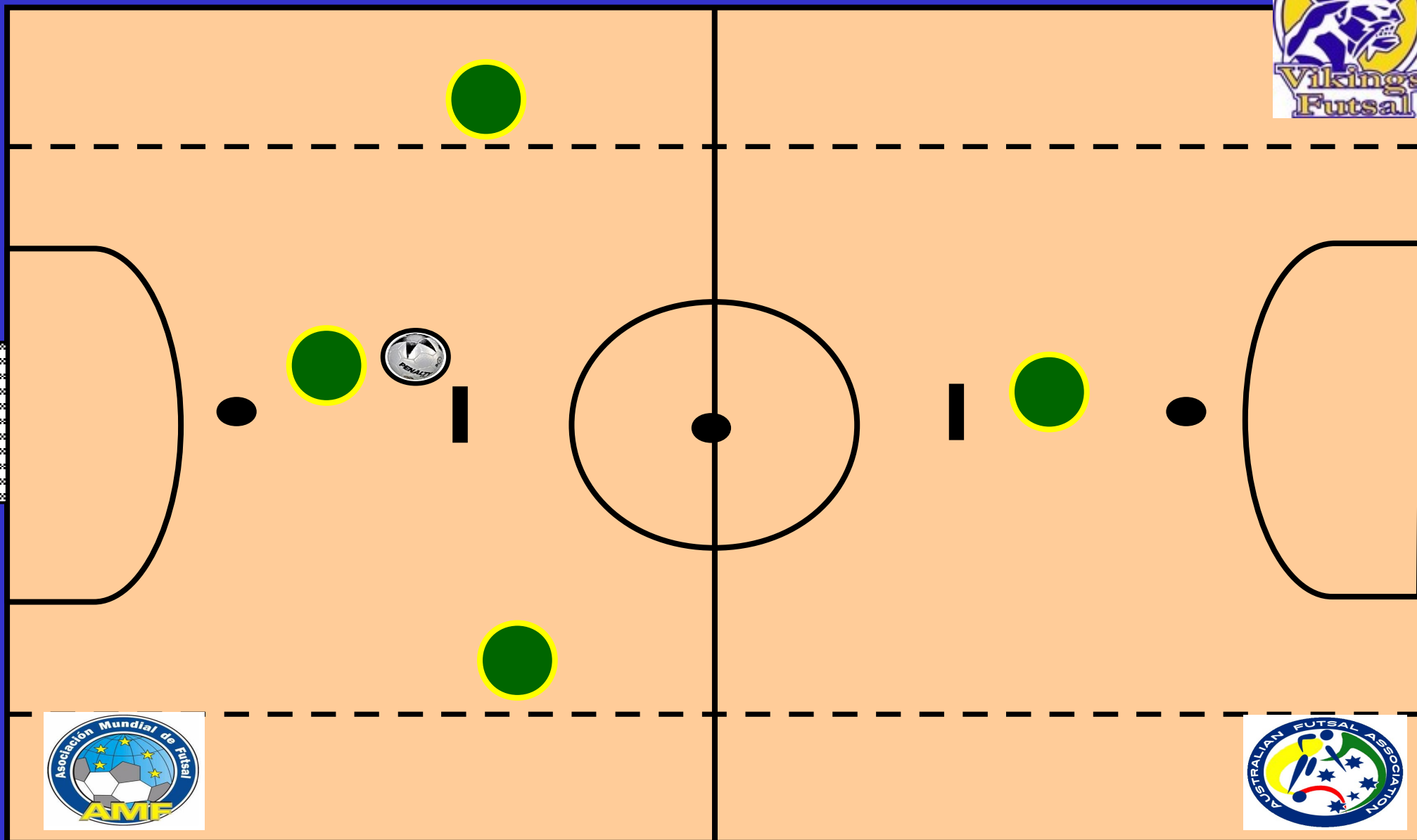


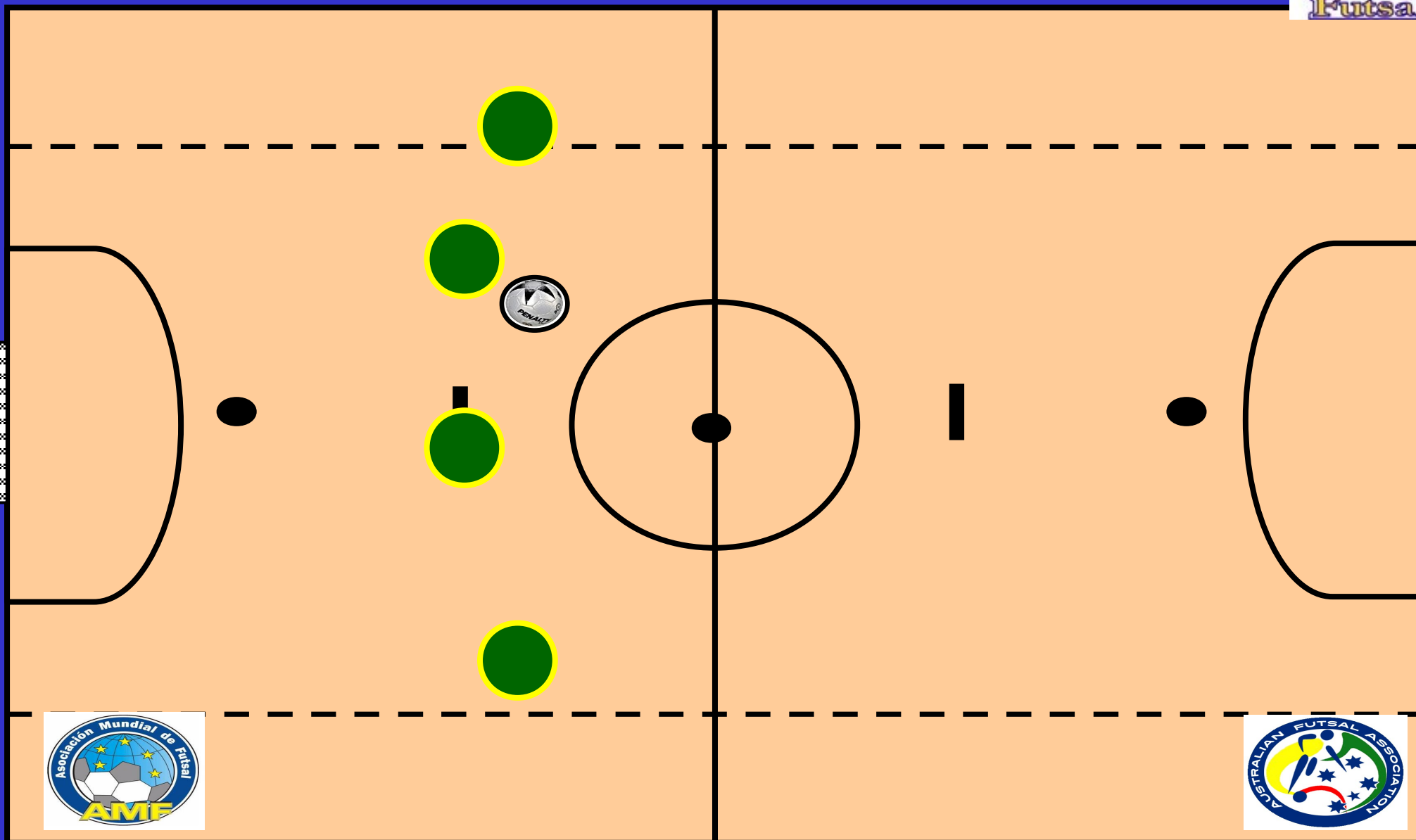
2x2 Attacking Formation: Pros: easy assimilation, does not need specialized target. Cons: predictable and offer little support to the player on the ball



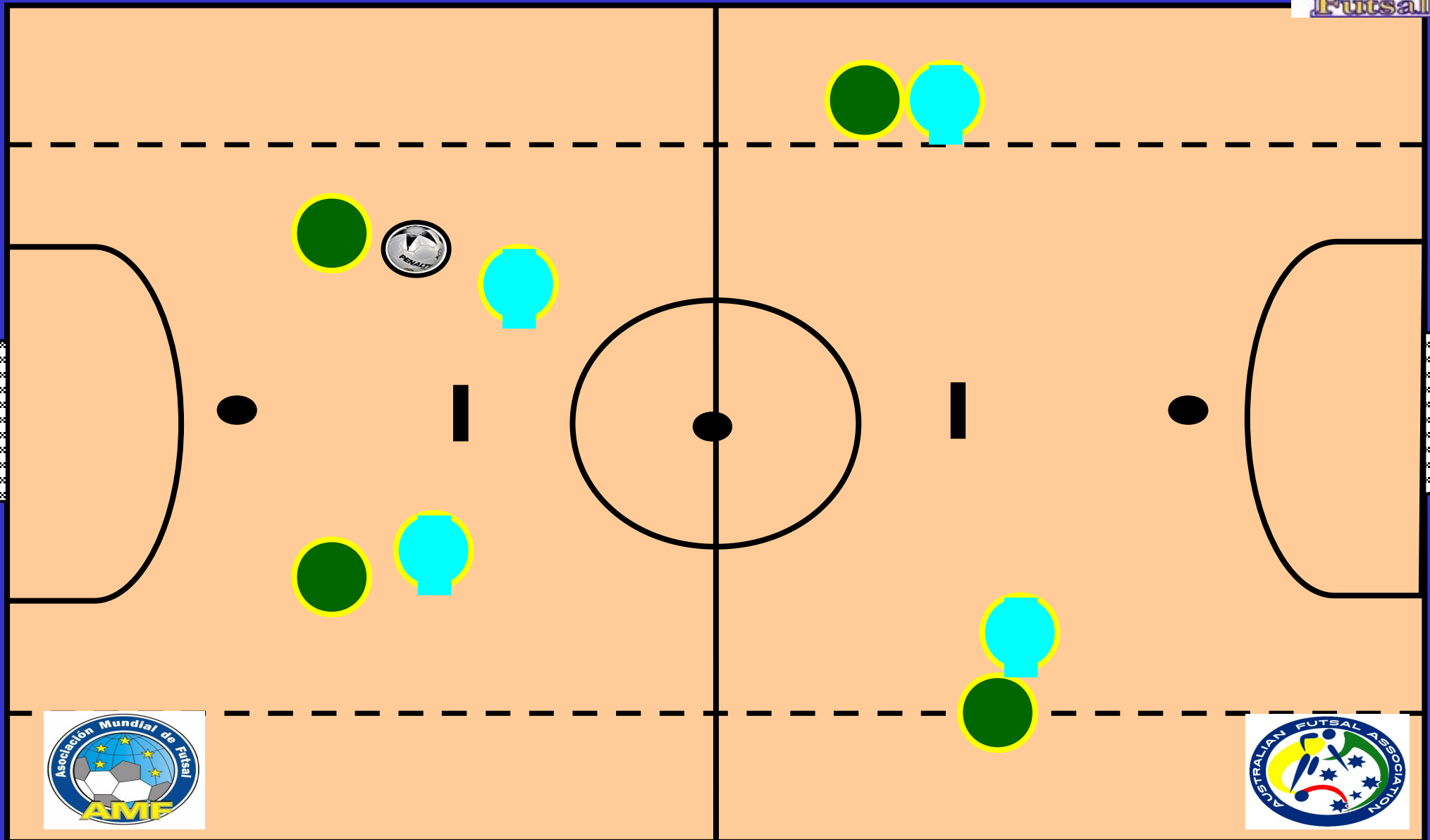
3x1 Attacking Formation: Pros: more support on the ball (more possibilities), helpful to get out of pressure. Cons: need a specialized player up front, not recommended for small courts.



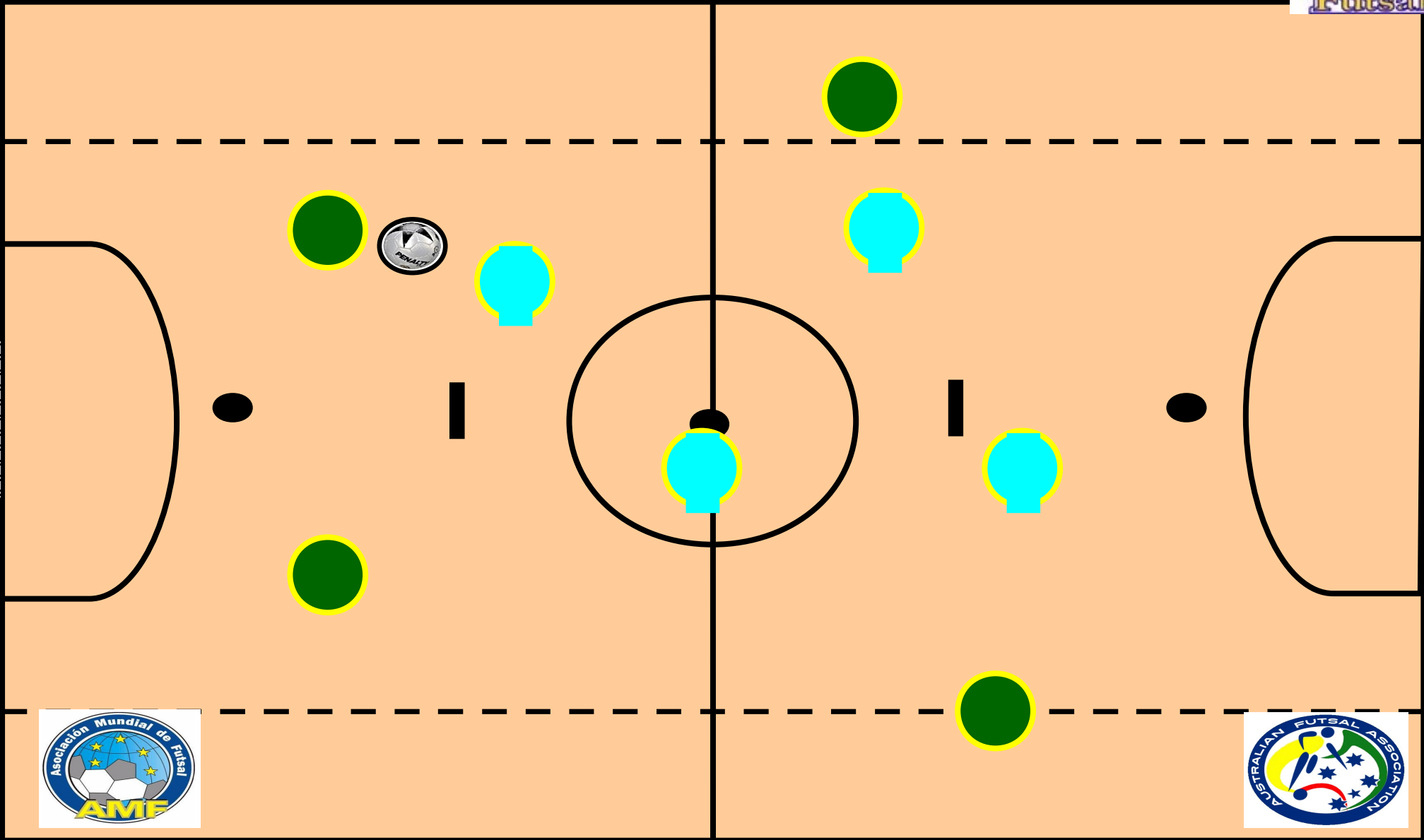
4x0 Attacking Formation: Pros: unpredictable for defenders, does not require specialized players in each position. Cons: difficult to master, offer less cover if you loose the ball



Defense Man on Man : Pros: keeps pressure on the ball, easy to assimilate. Cons: increased number of fouls, offer little cover



Mixed Defense: Pros: middle is well covered. Cons: can create “ball watching” moments.



Zone Defense: Pros: less physical exertion, good to play on the counter. Cons: communication is key, only suitable for experienced players

