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# The Complete Guide to Basketball's Man-to-Man Defense

*Alan Peel*

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**The Complete Guide to Basketball's Man-to-Man Defense** Alan Peel
Man-to-man defense is by far the most popular and common defense in the history of the game of basketball. This defense can consistently shut down the other team's offense because of its ability to adapt and adjust to what the other team is doing. Coach Alan Peel presents a detailed look at how to implement and teach various aspects of your defense including individual fundamentals, rebounding, teaching your team how to defend particular maneuvers from the Shell Defense drill, full court man-to-man defense, and guarding inbounds situations.

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