



# DEFENSIVE FOOTWORK

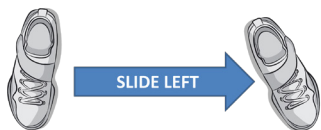


## Defensive Stance

1. Athletic stance: head up, butt down, knees bent and back straight
2. Feet slightly wider than shoulder width apart
3. Weight evenly spread on both feet
4. Arms spread to the sides with palms facing up.
5. Hands mirror the position of the ball
6. Eyes focused on the offensive player's waist or chest (not the ball - too easily faked)

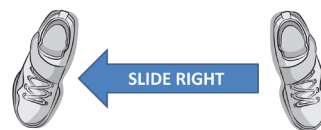


## Defensive Slides



PUSH OFF FOOT

LEAD FOOT



LEAD FOOT

PUSH OFF FOOT