



OFFENSIVE FOOTWORK

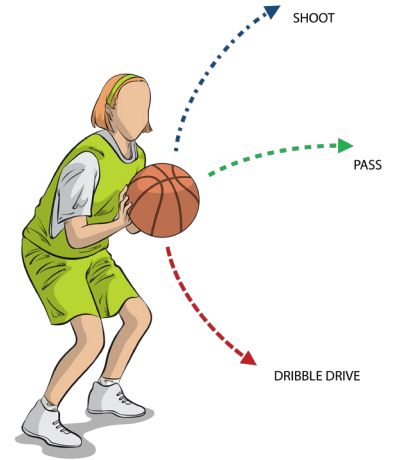


Triple Threat Position

Offensive Quick Stance

Triple Threat Position allows any player to quickly create an option to Shoot, Pass, or Dribble Drive

1. Athletic stance: head up, knees bent and back straight
2. Upper body leaning slightly forward - nose over toes
3. Feet shoulder width apart. Shooting side foot 3-6 inches in front of weak side foot. Weight is evenly distributed on both feet
4. All joints are bent - elbows, hips, knees, ankles
5. Ball held on the shooting side with both hands, between the hip and shoulder



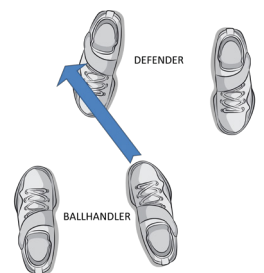
Direct Drive

Step with your strong side foot towards the strong side, and dribble with your strong hand

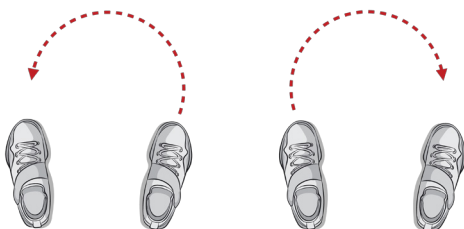


Crossover Drive

Step with your strong side foot towards the weak side, and dribble with your weak hand



Front Turn (Front Pivot)



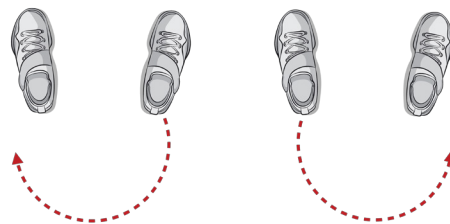
FRONT TURN - LEFT PIVOT FOOT

Rotate on the ball of your left foot, leading with right toes

FRONT TURN - RIGHT PIVOT FOOT

Rotate on the ball of your right foot, leading with left toes

Front Turn (Front Pivot)



REAR TURN - LEFT PIVOT FOOT

Rotate on the ball of your left foot, leading with right heel

REAR TURN - LEFT PIVOT FOOT

Rotate on the ball of your left foot, leading with right heel