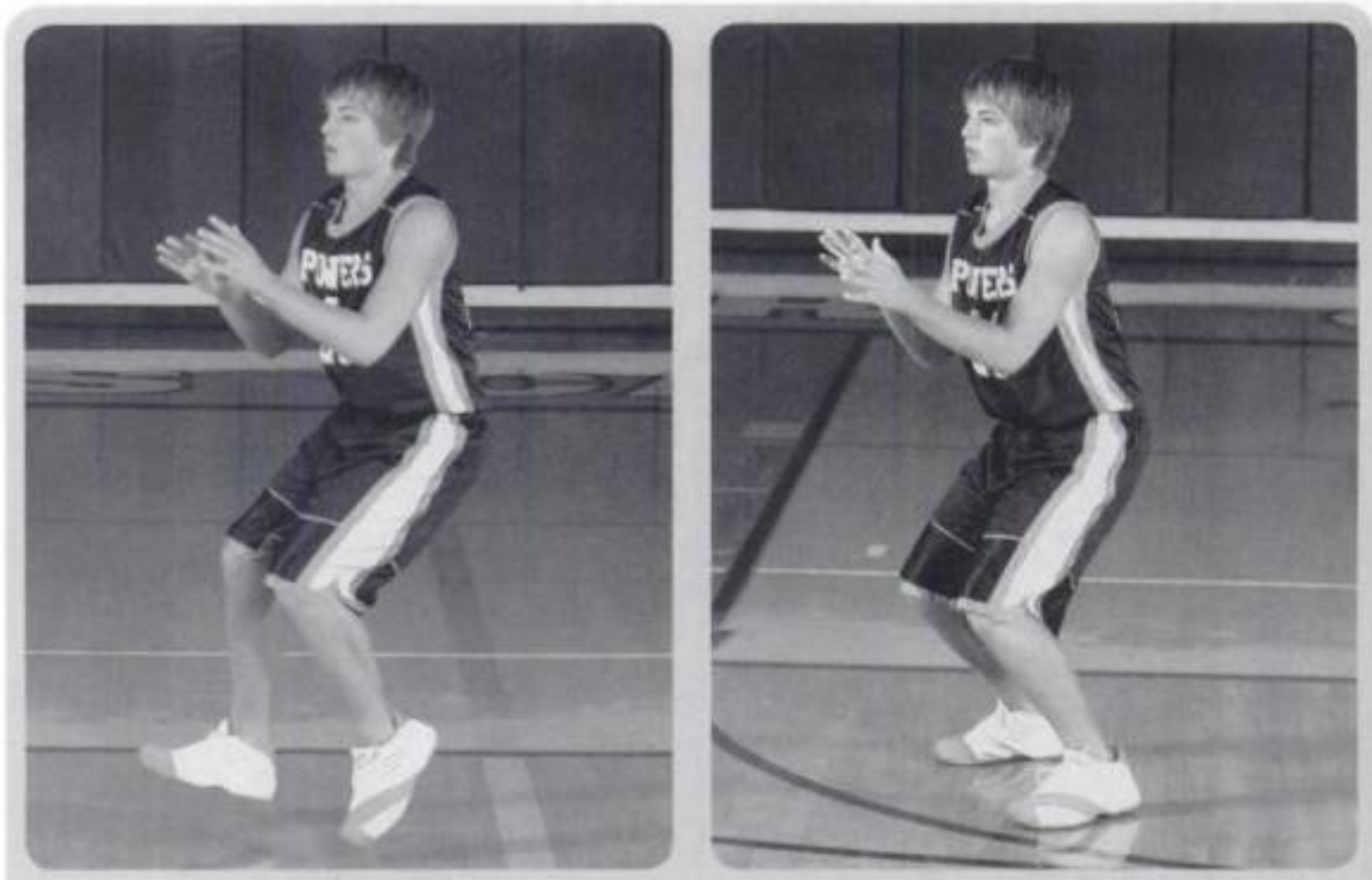


Offensive Footwork, Proper Stance, Jump Stop, Pivots, Change of Pace and Direction



Triple Threat Position, Squaring up to the Basket, Ripping, Body Positioning, Creating Space, Faking



Dribbling, Protecting the ball with arm bar and hips, Keeping head up, Using fingertips on the ball



The most important aspect of footwork that a player needs to work on is the first step, assuring that the ball leaves the hand before the player lifts the pivot foot.

Defensive Stance, [Rule of Verticality](#) Keep the head up, the chest out, and the back straight.

