

## Proper Stance

The proper stance for a defending player is shown below:



## Coaching Points

Get Low – you are harder to fake

On Balls of your feet with knees flexed – Ready to Pounce

Hands at your side for balance

One foot forward, the other back

Play “side –on” rather than head on. This channels the attacker where **YOU** want him to go not where **HE** wants to go.

Take small quick, shuffling steps

Maintain a “correct” difference (usually about a yard). Too close and you will be beaten with no time to recover. Too far and you don’t deny the opportunity to pass.