



ATHLETIC STANCE AND THE TRIPLE THREAT POSITION

One of the most important skills an athlete should have is a good athletic stance, or ready stance. The stance puts the athlete in a position where they can move in any direction quickly and efficiently. It is also excellent for teaching proper body mechanics. By having the knees bent and over the toes the athletes work on proper leg positioning. This will help prevent knee injuries.

A good stance should have:

1. Head up
2. Curve in the lower back
3. Chest spread
4. Knees bent
5. Weight on the balls of the feet
6. Feet pointing straight ahead

When observing most kids in a practice (soccer, baseball, basketball) or even in a game, there are a lot of kids standing around with the legs straight and feet flat on the floor.

So, even when they want to move quickly, they can't. Take the time to teach the stance and then emphasise it. Parents can have their kids do it at home. Coaches can intersperse it around practice. When athletes learn the stance, are able to do it, and have the conditioning to do it, they will be light-years ahead of the competition.

TRIPLE THREAT POSITION

The triple threat position is an extremely important stance in basketball, as all offensive movements originate from this position. This should be one of the first skills players learn, as it is something they will always have to do. Whenever players catch the ball on the court within their shooting range, they should face the hoop and get into the triple threat stance. This stance allows them to become a threat to attack the defense and move quickly in any direction they choose to go. In a triple threat stance, the offensive player has three movements they can make.

From this position, the player can :-

- 1) shoot, 2) dribble, or 3) pass.

To get into a triple threat position, emphasize the following:

- Feet are shoulder width apart in a stable, balanced position
- Shooting foot ahead of non-shooting foot in heel-toe relationship
- Weight is evenly distributed on balls of feet
- Knees bent, butt down, back slightly flexed
- Chin over shooting foot
- Hold ball with dominant hand on back of ball, with finger tips on ball, fingers comfortably spread, wrist bent back
- Non-shooting hand on the side of the ball, fingers point upward
- Ball is held near hip and tight to body when not preparing to shoot