

off in either direction to follow the ball.

4. Drop arms to sides and return left foot to starting position.

5. Assume starting position.

Guarding

Defensive starting position. 1. Step left foot forward with the weight distributed on both feet, but the greater weight on the front left foot.

2. Bend both knees and extend left arm and forearm forward and upward with elbow bent. Right arm should be drawn back and down to the right side, as if to block low bounce pass. The right elbow remains bent.

3. Just before the offense shoots, the guard should bring his rear foot forward and thrust his left forearm and hand high in the air to block the imaginary shot of the forward. The guard should never leave his feet unless he is sure that the ball is leaving his opponent's hands.

4. After attempting to block the shot, the guard should drop to a full crouch with his hands upon his knees--all the while eying his opponent and making ready to dart off in any direction indicated.

5. Drop arms to sides and return left foot to starting position.

6. Assume starting position.

The sides now reverse their positions. Again the same set of maneuvers is repeated. The defensive man craftily watches every move of the offensive man and shouts to surprise him as he attempts a shot.

Over Shoulder Hook Pass

Offensive starting position. 1. Forward turns partially away from opponent and watches him over his left shoulder. At the same time, the forward forces the imaginary ball into his own right hand and wrist, with his left hand.

2. Cross-step with the left foot. Bend knees into a low crouch. Force ball against the right wrist on arc of backswing with the left hand. Push left