

forearm across front of body. Reach well backward and down with the right hook, right arm straight, trunk backward, and twist to the right. Bend right knee considerably more than left. Put weight principally on right foot. Face over left shoulder and in the direction of the hook pass, but keep eyes down, so as not to telegraph direction. A pivot to the rear can easily be made from this stance, but that is only a safety escape.

3. Pass, keeping ball directly in front of forearm and swinging it through arc with hips as a center. Rise on left foot, turn and spin, and, near completion of the pass, whip right arm over in the direction of left shoulder, on and downward--keeping the right elbow straight. This movement brings the right foot and body forward with full extension in follow-through. Float the imaginary ball over the opponent's upstretched arm.

4. Drop hands to knees with the body in a full crouch, ready to push off in either direction to follow the ball.

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

Defensive starting position. 1. Guard is alert, with knees bent and arms extended in a boxer's stance.

2. As the forward cross-steps and moves slightly away, the guard advances cautiously, closing up the gap.

3. When forward starts to spin and rise in the air for a hook shot, the guard, in an effort to block the ball, slides forward, using a boxer's step, and springs off both feet with a full left-arm extension, yelling as the jump is made.

4. Guard now alights in the same manner as the forward, with a full crouch, and hands on knees ready for a push-off in any direction.

Across Shoulder Bounce Pass

Offensive Starting Position. 1. Forward, with knees fully bent, draws imaginary ball back of head and left shoulder to floor-bounce past his opponent on the opponent's right side.