

The Base Position

The Base Position is the balanced, ready position a player uses to pass or shoot. If this isn't right, no amount of passing or shooting technique will be effective. It's like building a house on a rotten foundation—no matter what the walls are made of, it won't hold.

Holding the Ball in the Base Position

Learn in the shallow end first, then move to the deep end and add treading. Practice the Base Position daily — we'll use it again in the passing and shooting section.

- Relax your hand and pick the ball up underneath.
- Lift the ball straight up and then slightly back, with your elbow just above your ear and the ball facing forward.
- Your feet and hips should face forward as you rotate slightly through your midsection.
- Your off arm should scull in front of you to strengthen your base of support.



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