

# Triple Threat Position



- Ball held at the hip with two hands – Touching the top of the thigh.
- Strongest/Dominant foot out in front.
- Knees bent – to help quick movement.
- Upper body leaning forward – nose over toes.

- Back straight and head up – look where you're going next.

Why is it called the Triple Threat Position?

Because we can create an option to either **Dribble, Pass, or Shoot.**

**Benefits of the Triple Threat Position:** Protect the ball, and review our options available.