



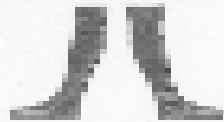
Basket - Basic Positions

Foot Positions

There are five basic foot positions illustrated, which are common to all basketball methods. Note that all of these are based on the "forward" foot. The foot position is in various directions, either in a straight line, or offset with one foot in front of the other. All cases are common to the basketball forward foot position.



Parallel Position: Feet parallel to the line, feet in line.



Spread Position: Feet apart, 12-18 inches apart.



Toe-in Position: Feet together, toes and heels, overlapping by about 1/2 inch toe in.



toe-out



Toe-out Position: Feet together, toes and heels, overlapping by about 1/2 inch toe out. Feet overlapping, heels together, toes 12-18 inches apart. Feet together, toes and heels, overlapping by about 1/2 inch toe out.



Toe-in and Toe-out Position: Feet together, toes and heels, overlapping.