

Offense

Outside (Perimeter) One-On-One Moves

When you receive the ball, be ready to shoot, pass, or drive; be a "triple threat". Receive the ball within your shooting range... if you are too far out, the defender can back off of you, since you are not a threat to score from that position. Do not catch the ball and then immediately start dribbling, or even worse, bounce the ball once and lose your dribble. You go from a "triple threat" to no threat at all! You have lost the dribble option; shooting will be difficult with the defender closing in on you, and the passing lanes will be blocked by defenders playing "deny".

Triple threat position

1. Catch the ball and get squared up to the basket so you can see the basket, the defender and any open team-mates. The knees and waist are slightly bent. The ball is held back from the defender on your shooting side ("put the ball in your hip pocket").
2. Have your hands positioned on the ball in the shooting position, so you are ready to shoot.
3. Keep your weight back on your pivot foot (often the left foot for a right-handed player).
4. From triple-threat position, you are ready to shoot, pass, or make one of the drive moves listed below.

Three basic outside moves:

1. **Drive step, jump shot.** In triple threat position, make a drive step (jab step) and read the defence. If the defender drops off, bring your jab step foot back, toes even with your other foot, and pop the jump shot.
2. **Drive step, straight drive.** In triple threat position, make a drive step (jab step) and read the defence. If the defender does not drop back, read her arms or feet (see above tips). If her left foot is forward, take a long quick dribble to the right by extending your jab step forward. Go in a quick straight line off her left shoulder to the hoop. The most common mistake players make is going too wide around the defender to avoid contact. This just gives the defender time to react. Go right off the defender's shoulder and don't be afraid to make a little contact.
3. **Drive and dish...** When you drive to the hoop, read the defence. Take the lay-up, or easy short jumper, if you are open. But a good, helping defence will pick you up as you drive. As another defender comes up to defend you, find the open team-mate that she left behind, and dish the ball to her for an easy assist. Remember, a penetrating guard who is willing to make the extra pass to an open team-mate under the basket is one of the most difficult situations for any defence to stop.