



Lady Falcon's Post Positioning

1. *Always be above the block.*
2. *Wide base, elbows up, knees flexed.*
3. *Give target for pass.*
4. *Always receive pass with both hands.*
5. *Be active with the feet in order to maintain position on defensive player, keep moving.*
6. *Adjust to the defender:*
 - a. *If guarded behind:*
 1. *Keep feet wide and try to keep contact with defender.*
 2. *Elbows should be up shoulder height.*
 3. *Knees flexed.*
 4. *Present a target.*
 5. *Move toward the pass slightly.*
 - b. *If fronted:*
 1. *Turn sideways to interact the defense at a 90 degree angle.*
 2. *Use forearm closest to hold off defense.*
 3. *Ask with opposite arm extended.*
 4. *Move toward the ball on pass. Use your body and opposite arm as shield.*

