

Triple Threat Position

The triple threat position or the **shape up** stance as it is commonly called is an extremely important stance in basketball, as all offensive movements originate from this position. This should be one of the first skills that you teach your players, as it is something they will always have to do.

Whenever players catch the ball on the court, they must face the hoop and get into the *triple threat stance*. Even if they are 90 feet away from the basket they must look at the basket and get into this stance as it allows them to move quickly in any direction they choose to go. Once again it is very important that on the catch, the player squares up to the basket, so that they know what is going on. If they do not look at the basket they may miss a scoring opportunity, a driving opportunity or an open teammate.



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Hand position

In a *triple threat stance* the offensive player has three movements they can make. From this position the player can *1.shoot 2..dribble or 3.pass*. The stance is described as follows for a left handed player:

Lower Body

- Feet are shoulder width apart in a stable, balanced position
- For a left handed player, have the left foot about 2-3 inches ahead of right foot
- Legs must be slightly bent (we always want players to get low)
- When players get low make sure they are not bending their back
- Back straight, butt sticking out and head up

Upper Body

- Hold ball with dominate hand on back of ball, with middle finger on air valve of ball
- Shooting wrist is cocked, with the elbow under the ball
- Opposite hand is on the side of ball
- The ball is held in finger tips and pads only. No palm on ball
- Ball is held to the side of the body, just over the top of the left knee, and tight to the body

Drills

1)Have players start on baseline in *triple threat stance*. Walk around to see that each player has the proper stance. On the sound of the whistle, players take 2 dribbles, come to a *jump stop* and get into a *triple threat stance*. Once players are still and low in their *triple threat stance*, blow the whistle again. Proceed in this manner up and down the floor.

Emphasis should be placed on the following:

- Staying low
- Keeping the ball tight
- Big jump stop
- Players must be balanced-it is a good idea to go around and give players a small nudge to make sure they are balanced

2)Dribble Pivot Pass

This is an excellent drill that works on a variety of different skills. Have the players partner up with one basketball between the two. Players begin with one standing in front of the other. The player in front has the basketball in a triple threat stance. On the player's own time, he/she dribbles two times out, comes to a jump stop, pivots and throws a pass back to their partner. The player who threw the pass, jogs back to the starting position, the player who receives the ball gets into a triple threat stance and proceeds with the drill.

Emphasis should be placed on the following:

- staying low
- coming to a good, solid jump stop on two feet
- having a quick pivot
- throwing a hard, quick pass back to the partner
- key words are "**low, tight, power, extend, balance**"

As players improve at this drill, have them go faster, and harder.

3) Triple Threat Lay Ups

Each player has their own ball. Players line up on baseline underneath basket, with ball in triple threat position. Player dribbles to foul line, comes to a jump stop, pivots to face the basket, and assumes triple threat stance. Player then dribbles towards basket and makes lay up.