

Title:

Basketball Basics: Footwork

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Summary:

It is certainly fun watching basketball. But for players, the game isn't just fun. It is chall

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Article Body:

It is certainly fun watching basketball. But for players, the game isn't just fun. It is chall

There are lots of pressure that players undergo whenever they hit it to the court every game.

In the tradition of Michael Jordan, Shacquille O'Neal, Dennis Rodman and the likes, every bask

There are also more coaches, trainers and centers that offer to help players develop proper at

The footwork

A strong footwork is considered one of the basic skills and characteristics a basketball playe

Solid footwork is very necessary in executing basic basketball tasks and techniques like defen

Because you basically run, jump, bend and walk during the basketball game, your footwork must

Footwork tips in basketball

Because footwork is such an important aspect of playing basketball, here are some tips that wi

Attain good body balance during the game. It is recommended that you keep the base sup

Footwork exercises

Aside from the usual footwork drills, there are also several exercises that are simple enough

Here are some of them.

As a form of exercise, bend the knees, take proper balance standing position by spread

It would be impossible to play basketball if the strength of the feet isn't established. Becau

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