

## **Proper Defensive Back Stance**

- 1) Narrow base with feet under armpits.
- 2) Outside foot up – Toe to instep
- 3) Weight on balls of feet
- 4) Bend at the waist – pads over toes
- 5) Bend in knees – hands to knee level
- 6) Hips square to LOS
- 7) Head & shoulders turned in towards the ball