

Behind the Back

Used when attacking a defender and they try to go for a poke steal.

Step 1: Attack the defender with the ball in your outside hand.

Step 2: When the defender reaches for a steal, quickly cross the ball over behind your back to your inside hand.

Step 3: Bring your outside foot across the defenders inside knee, and explode past shoulder to hip.

Additional notes: This is a crossover behind your back. A Wrap Around can also be used in this position by wrapping the ball around your back while still running. Make sure your wrap it tight.