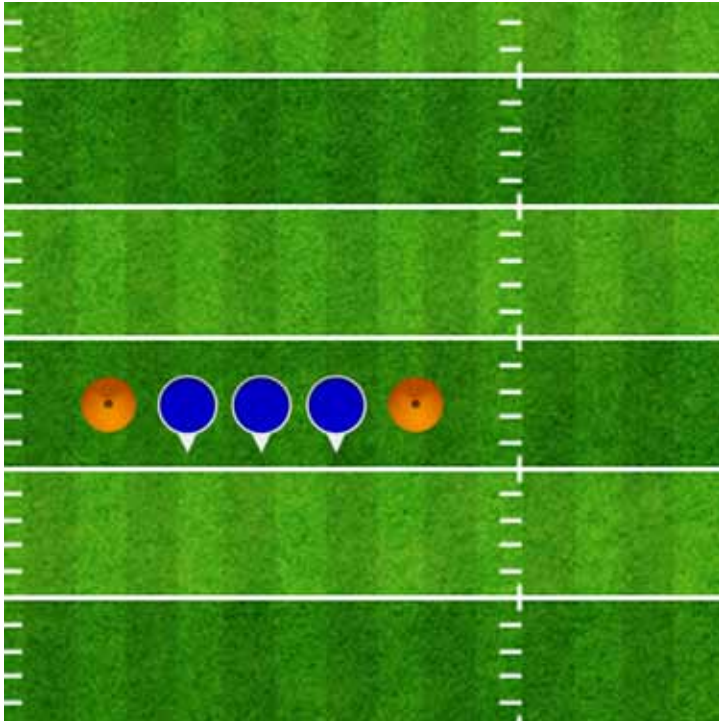




# BREAKDOWN POSITION



## Key Points:

*Type: Fundamental*

- a) Knees bent, feet shoulder-width apart, upper body in a 45-degree forward lean, chin up and over the toes and weight on the balls of your feet (not your toes).
- b) Players must gather themselves in a Breakdown Position prior to contact.
- c) Teach Progression:  
Feet → Squeeze → Sink → Hands



## Notes

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