

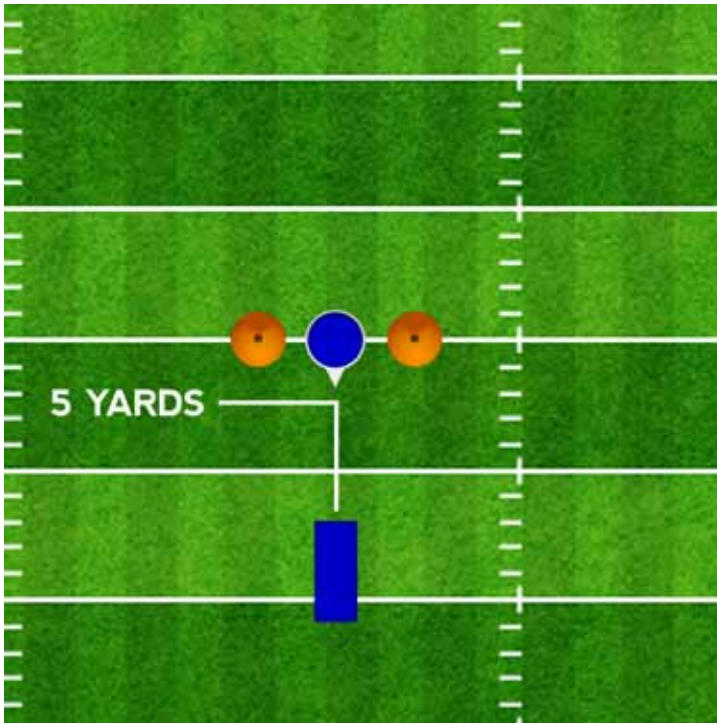


BUZZ

Key Points:

Type: Fundamental

- a) Taking quick, choppy, heel-to-toe steps to bring the body under control while continuing to gain ground toward the ball-carrier.
- b) Once the defender is within "striking distance" of the ball-carrier, the defender buzzes his feet while spreading his feet, sinking his hips and keeping his waist at a 45-degree angle.



Notes
