

TO BE A GOOD WING

Inverted Post Position: A wing must be able to dribble by a defender one possession, then post up a smaller guard the next. Master the Inverted Post Position, it was made for the Wing in you.

Master the Triple-Threat Position: As a wing, you are essentially a "big" guard. You should be proficient from the Triple Threat because there will be many times where you catch the ball along the perimeter. Master this position, learn to score from it, shoot from it, and make plays from it. You should have nightmares about the Triple Threat you practice it so much.

To be a Wing: To be a great Wing, or three-guard, or small forward, you must be extremely versatile. You should shoot, pass, post up, defend guards and bigs. Learn every position and master it. You have to be able to beat a player off the dribble one trip down, then post up a small guard the next.

Keep Your Head Up: A Wing is the ultimate playmaker. LeBron James is a dream Wing. He doesn't have to bring the ball up the court to run the offense. Once the ball goes to him, he's looking to make the best "play" for his team. That may involve posting somebody up, dribble driving, or making a great pass out of a double team. Usually when a wing catches the ball in an offense, he is a scoring threat, so keep your head up at all times, watch out for double teams, and make the correct "play" for your team.

Develop Your Shot: A great wing must be able to shoot from the outside. Make sure you put in plenty of work mastering a nice mid-range and three point shot. Also, an aggressive Wing will get to the free-throw line on a consistent basis so put equal work at the free-throw line, and you will put up monster numbers, and more importantly, help your team to become successful.

Fill The Lanes: On the fast break, the wing is a great weapon. If she runs the floor and fill's the lane, then she will get several lay-ups during the course of a game. Always take advantage of your speed and strength by getting out on the break and filling your lane.