



P o w e r F o r w a r d



By: Coach Pitts

The Characteristic of a Power Forward

Like the point guard, the power, or strong forward, does not receive much recognition. Usually, if he's doing his job well, his role as the player doing the "dirty work" is taken for granted. He must possess the following:

1. He must be a solid rebounder, both offensively and defensively. Along with the center, the power forward controls the area inside the key. Many of their characteristics should be similar.
2. He must be an adequate passer.
3. He must be an adequate scorer.
4. He must be a "gutsy" dribbler and a hard driver.
5. He must be a good runner and able to go the entire length of the floor on a fast break.
6. He must stand up to the opposition at both ends of the court.
7. In the game of basketball, he is known as the **"enforcer."**