

Proper Hack Foot Position

Thrower's Top View



Side View



There are two major reasons to implement the correct hack foot position.

1. The correct hack position provides greater leverage when pushing from the hack. This will allow you to slide with more ease on draw shots and will allow you to produce more weight for your takeout shots.
2. The correct hack position will prolong the life of your gripper. Hacks are abrasive and will quickly deteriorate the toe of your gripper foot if it is not in the correct hack position.