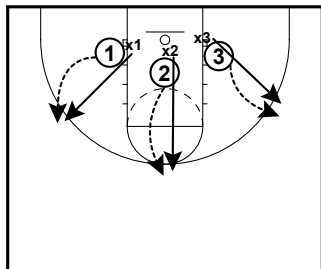


2nd/3rd/4th Grade Footwork & Body Control

2nd/3rd Grade Pivoting

Toss Out Partner Pivot



No Dribble (progress to LIVE)

1. Forward or Reverse pivots
2. 5 toss outs then switch (no dribble)
3. Defense gives token pressure (no dribble)
4. 2 pivots before attacking (live)
5. Defense full go (live)

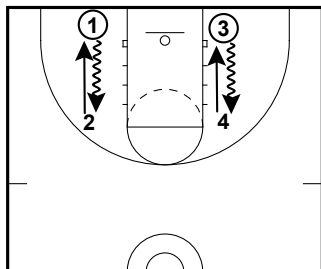
Coaching Points

- *Pivot with ball low/below knee
- *Left pivot for right handers
- *Right pivot for left handers
- *Quick pivots under control
- *Full pivots - square to the rim
- *Strong pivots with low rip through

Terminology

- Catch & Check the Rim
- Rip It Low & Hard
- Take Your Space
- Attack Low/Hips (shoulder to hip)

Dribble, Pivot, Passback



1 ball for 2 players

1. Dribble out to FT line
2. Stop (jump or 1-2), Pivot (reverse or front)
3. Pass to partner & closeout on him
4. Progression - Rip & go, shot fake, jab

Coaching Points

- *Hands & feet ready to catch
- *Catch low in triple threat
- *Rip low - below knees
- *Opposite pivot foot
- *Closeout with high hands & choppy feet
- *Short step, long step (shot fake)
- *Ball goes up, butt goes down (shot fake)

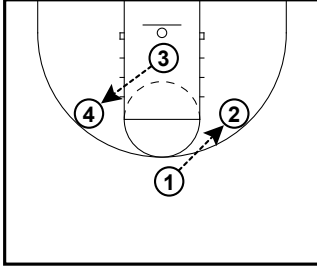
Terminology

- Front pivot & Reverse pivot
- Rip & go
- Shot fake
- Jab & go
- 1 - 2 footwork
- Attack hips

2nd/3rd/4th Grade Footwork & Body Control

2nd/3rd Grade Pivoting

Diamond Pivot Passing



1, 2, 3, or 4 Balls

1. 4 per group
2. 2 pivots on each catch
3. Pass right or left, as instructed

Coaching Points

- *Step into Catch
- *Rip Ball Low & Hard
- *Stay Balanced with Hard Pivot
- *Step Hard into Every Pass
- **be aware of travels passing to pivot foot side

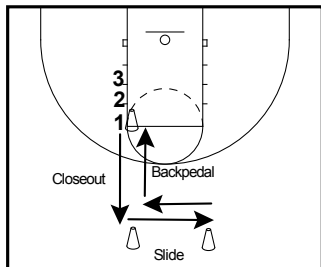
Terminology

- Step through Ball
- Step through Pass
- Target Hands

2nd/3rd/4th Grade Footwork & Body Control

2nd/3rd Grade Body Control

L Cone Sprints



3 per Group

1. Sprint & Closeout on Cone
2. Slide to Side & Touch Cone
3. Slide Back
4. Backpedal Past Original Cone

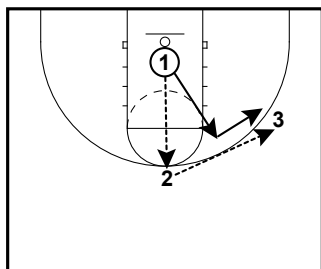
Coaching Points

- *Sprint Hard to Closeout
- *Short, Choppy Steps to Finish
- *2 High Hands
- *Butt Low Ready to Defend Drive
- *Slide Hard - don't cross feet
- *Back Pedal with weight over hips

Terminology

Choppy Steps
2 High Hands
Contain the Drive

L Sprint Closeouts



3 per Group

1. Pass ball to point & closeout to gap
2. Follow pass to wing with closeout on wing
3. 1v1 live until make or stop
4. Offense 3 dribbles
5. Rotate every possession

Coaching Points

- *Sprint to gap - no shuffles/slides
- *2 High hands - contain the drive
- *Offense ready - hands & feet

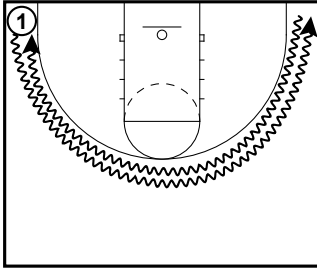
Terminology

High hands on the catch
Know who you are

2nd/3rd/4th Grade Footwork & Body Control

2nd/3rd Grade Body Control

3 Point Speed Dribble



Begin with line in 1 corner

1. Speed dribble along 3pt line to opp corner
2. Change direction and dribble back

Coaching Points

- *Stay tight to 3pt line
- *No touching line
- *Sprint & push ball out in front

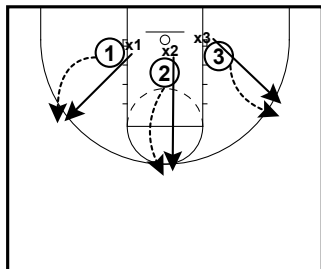
Terminology

Stay low & tight to line
Ball below waist
Quick change of direction

2nd/3rd/4th Grade Footwork & Body Control

4th Grade Pivoting

Toss Out Partner Pivot



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4. 2 pivots before attacking (live)
5. Defense full go (live)

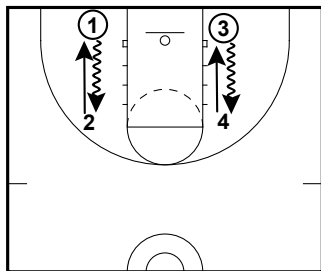
Coaching Points

- *Pivot with ball low/below knee
- *Left pivot for right handers
- *Right pivot for left handers
- *Quick pivots under control
- *Full pivots - square to the rim
- *Strong pivots with low rip through

Terminology

- Catch & Check the Rim
- Rip It Low & Hard
- Take Your Space
- Attack Low/Hips (shoulder to hip)

Dribble, Pivot, Passback



1 ball for 2 players

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- *Ball goes up, butt goes down (shot fake)

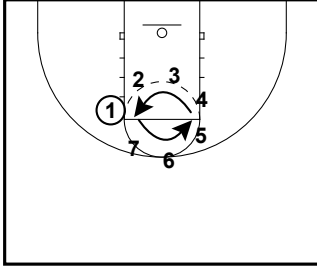
Terminology

- Front pivot & Reverse pivot
- Rip & go
- Shot fake
- Jab & go
- 1 - 2 footwork
- Attack hips

2nd/3rd/4th Grade Footwork & Body Control

4th Grade Pivoting

Scramble Passing



1 ball, coach determines type of pass

1. Drill begins with players jogging in a circle
2. On whistle, players scatter
3. Player with the ball comes to a stop and is trying to find and pass to the player behind him (1 to 2)
4. This player then does the same.

Coaching Points

- *Power position
- *Pivoting to find open man
- *Running THRU the ball
- *Communication

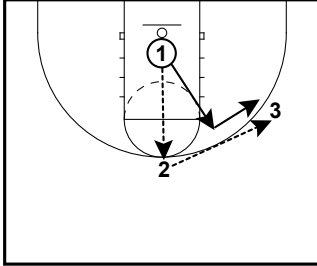
Terminology

Power position
Square up
Left pivot foot / Right pivot foot

2nd/3rd/4th Grade Footwork & Body Control

4th Grade Body Control

L Sprint Closeouts



3 per Group

1. Pass ball to point & closeout to gap
2. Follow pass to wing with closeout on wing
3. 1v1 live until make or stop
4. Offense 3 dribbles
5. Rotate every possession

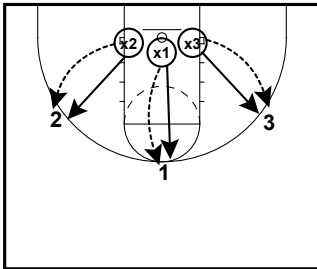
Coaching Points

- *Sprint to gap - no shuffles/slides
- *2 High hands - contain the drive
- *Offense ready - hands & feet

Terminology

High hands on the catch
Know who you are

Vegas Closeouts



3 lines, 3 balls

1. Defender passes to offensive player and closesout according to prescribed GAP
2. Offensive player holds ball for a few seconds and passes back to the line

Coaching Points - Defense

1. 2 High Hands
2. Sprint to Choppy Steps
3. Hands Ball Level
4. Gap Awareness

Coaching Points - Offense

1. Power Position
2. Limit Ball Movement
3. Change Heights
4. Pivot Together

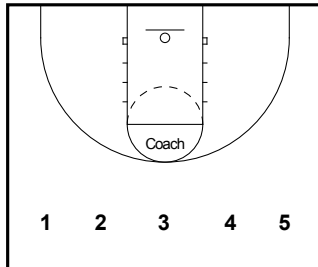
Terminology

2 high hands
Short, choppy steps
Hands ball level
Gap awareness

2nd/3rd/4th Grade Footwork & Body Control

4th Grade Body Control

Charge Progression



Players lined up, single file

1. Players assume catcher's stance, Coach walks by and pushes player over onto their back
2. Players stand in athletic stance with hands up, Coach pushes each player in the chest as players take charge
3. Players stand in athletic stand with hands up, Coach lightly runs into player leading with forearm as players take charge

Coaching Points

- *Butt to back
- *Fall in the direction of the drive
- *Contact with chest

Terminology

Take it
Body stop