

Sheboygan South Boys Basketball

Footwork Drills - Pivot, Rip, Jab

KEY: complete after the “Get 50” Warm Up

REPETITION: 5 reps from both sides of the floor and on each foot.

PIVOT SERIES DRILLS

Goal: be able to pivot on both feet; not just the dominant foot

- Pivot Series” - beginning to greatness
 - **“Pivot Drill”** - flip the ball out from the baseline and face the hoop. Take turns pivoting on right foot and square up and shoot. Then do the same but pivot on the left foot.
 - “Cue” - from partner or coach; “Strong wide base, stay on balance.”
 - **“Elbow Drill”** - flip the ball out from the baseline and face the hoop, jab and go to the hoop for a lay up.
 - “Cue” - from partner or coach; “Jump stop, pivot, short jab and go!”

JAB SERIES DRILLS

Goal: be able to Jab short, jab crossover, and jab short step and back to shoot

- “Jab Series” - now we get into more advanced training
 - **SHORT JAB and GO**
 - “Short Jab, Step, and Go”
 - **JAB and CROSS OVER**
 - “Jab, Cross Ball (tight across stomach), Change Direction, Go!”
 - “Jab, Rip, Go!”
 - **SHORT JAB and SHOOT**
 - “Short Jab, and bring foot back, jump shot.”
 - “Jab and Jumper”