FOOTWORK

Jump Stops
A Jump Stop should have feet at least shoulder width, head in middle of stance, nose behind toes.

Athletes line up in 3 lines run towards foul line and make a jump stop. Hold stance for a 1 - 2 count. Stance must have back straight. Players should imagine they are sitting on a chair. To continue drill repeat jump stop at halfway and end foul line.

The purpose of this drill is so the Player learns to keep balance and control his/her momentum.

Jump Stop With Forward Pivoting
The purpose of this drill is to teach the player to control their momentum and move in any direction when they receive the ball.

Players line up in 3 lines, run towards foul line and jump stop, then pivot on left foot to face sideline, holds for a 2 count, then steps back to original jump stop position. Repeat same at half way, next foul line.

N.B. make sure that players do not move to next spot until they “square up” and face baseline.

Repeat drill using right foot as pivot foot.

Jump Stop With Reverse Pivot
Same as above, except footwork is a reverse pivot.

Pivot on left foot up, right foot back.
Running - Forward / Backwards
The purpose of this is to get the player use to running, and adjusting their action.

Players start in 3 lines. Run to foul line, jump stop, run backwards to halfway, jump stop, turn, run forward to next foul line, jump stop, run backwards.

Change of Direction
The purpose of this drill is to teach the players how to move at speed and change direction whilst balanced.

Athletes run down court, changing direction every 3 or 4 strides. When changing direction, emphasis is placed on using the outside foot to push off. At point of change of direction players should “Pump” arms in “sprinting” action.

Stay low on the change of direction.

Pick Up
Player 1 in possession of the ball rolls it to the opposite side away from player 2. Player 2 sprints, catches and passes back to player 1, player 1 throws to opposite lane again, player 2 repeats for 30 seconds. Switch roles.

Variation: Player slides to gain possession of the ball
**Blocking out Footwork**
Players start about arms length apart and away from the defense. The offensive players cooperate by going right and allowing the defensive player to execute the proper footwork. The offensive players will then move to their left. Then move the lines further apart so defenders must block out a moving rebounder.

**Stop And Pivot**
At designated lines have each player perform a jump stop or stride stop and perform either a forward or reverse pivot. Have players react to a whistle at random for each stop. Then add a basketball so players dribble and execute footwork.

**Mass Sliding**
All players will face the coach who motions the intended direction for defensive slides. Retreat steps, advance steps, drop steps and slides, to either side of the floor. Add hand on shooter, two foot jump stop, blocking out footwork, pivoting.

**Getting Open with Moves**
Player 1 executes the proper V-cut or L-cut footwork to get open and receives pass from coach. Player 1 then squares to the basket and practices various jabs, fakes, shots from a variety of positions on the court. Add defense later.

**Options:** Jab & shoot; Jab & onside drive; Jab & crossover drive. Repeat adding Shot Fake.

**Pivot Out of Trouble.**
The first offensive player dribbles towards the defence and picks up his dribble. The offense must pivot to protect the ball. Offense goes to defence and defence to end of offensive line. Offence must attempt to pivot past defender (“brush”). Defense “bodies up” but stays in stance and on the move.
Slide, Block and Go.
Player 1 faces the coach in a good defensive position. Coach passes to either A or B, 1 can deflect pass, if pass is completed, player 1 influences shot, blocks out and rebounds ball back to coach. Use rebounding line, repeat.

Run - Glide - Run
The entire team spaces out inside the court boundary. On the whistle players defensive slide three slides to the left, then make a cross over step as if turning to catch an offensive player. Repeat till you have gone around the court twice, then switch direction. As the players turn they should throw their right arm across their body when going left and visa versa when going right.

Five Point Drill
Two lines are formed at centre, one going left the other right. Each player drop steps to top of circle, then defensive slides to the wing. He then converts to a denial stance and slides to the low post. The player then ‘opens up’ across the lane, and denies the other wing. Players change lines at centre.

Body Control Drill
Players start at the baseline and execute the following footwork at each letter or set of letters. Two foot stops at (S), pivot off right foot at (PR), pivot off left foot at (PL), crossover foot work at (C ). Start slowly and build proper balance and execution.
**Step Under or Spin**
Player 1 executes a fake towards the middle and then with the fake leg attempts to “step under” his defensive man. Player 2 is contacted by defender B but reverse pivots in either direction to gain position for the rebound.

**Lane Slides**
Players assume a defensive ready position outside the key. Players slide across the lane, touch the other side with the close foot and slide back. Do for 30 seconds. Vary by holding a ball head high or place bean bag on each side of lane for player to pick up. Count the number of touches in 30 seconds.

**Triangle Defensive Stance Drill**
Each player defensive slides-doing lateral slides, drop step, retreat and close out. Go through triangle twice then switch with partner.

**Quick Lateral Step Defensive Drill**
Place four athletes facing the coach in the key. All players perform lateral slides across the key getting their lead foot outside the key while maintaining defensive position. Start at 30 seconds and build to 60 seconds. Record number done.

**Three Player Slides**
The first player in each group slides left then right and his movements are mirrored by the two players behind him. Start facing the baseline - get to centre and turn around and comeback.
**All Purpose Drill**
Player 4 shoots, player 3 blocks out player 2, and throws outlet to 5 and follows pass to wing position. Player 5 makes two dribbling moves and passes to 6 coming off 7’s screen. Player 5 rebounds and outlets to 7 who dribbles and passes to player 3 coming off 4’s screen. Rotation is 8 replaces 2, 2 to 3, 3 to 4, 4 to 5, 5 to 6, 6 to 7, 7 to end of line.

**Footwork Conditioning**
Players 1 and 7 sprint towards the basket and jump as high as possible 5 times. Defensive slide to the sideline, run backwards to opposite baseline. Defensive slide to the key area and sprint forward to join the line again. Run continuously for two minutes. Players 2 and 8 can go when 1 and 7 reach sideline.

**Half Suicide to One on One**
Divide the team into two groups. The first player of each group runs a half suicide them attempts to gain possession of the ball placed at centre. A one on one situation develops to the far basket. Whoever scores gets 2 points for their team. Play to 10-20 points. Organise for 2 on 2, or 3 on 3 games.

**Pick Up Dribble**
Each player in the front group (1, 2, 3) speed dribbles to the free throw line, puts the ball down and back pedals to the baseline, sprints ahead to foul line, picks up the ball and speed dribbles to centre. He back pedals back to the foul line then sprints forward again. Repeating this at foul line, centre, foul line and baseline. Players waiting can be executing ball handling skill/drills.

**Indiana Slides**
Each player begins by running backwards to the free throw line - defensive slides to the sideline, drop steps and slides to the centre line, drop steps to side line and sprints to the end line. Switch sides upon completion of one set of slides.
**Sprint to Defend**

A and B are defenders, lines started by players 1 and 2 are on offense. Player A and B chase and defend 1 and 2 in a 2 on 2 situation. Offensive players 1 and 2, when the play is over at the other end - sprint back to the foul line. As soon as they touch the foul line players 3 and 4 try to score at the other end. Player A and B go to end of offensive lines, players 1 and 2 after defending also go to the offensive lines.

**Sliding Drill #1**

Each player completes the slides. Slide 1 is backwards, 2 is lateral, 3 is backwards, 4 is lateral and 5 is forwards in a close out action. Stress technique.

**Sliding Drill #2**

Each slide is the same as in Drill #1 with the addition of #6 - lateral side and #7 all out ahead sprint or backwards. Stress technique. Always face centre line.

**Half Court Movement**

At each circle the players will execute reverse, crossover, behind the back or hesitation footwork as if dribbling the ball. At the end of one side switch sides and repeat.

**Option:** can add basketballs.

**Zig-Zag To Centre**

Each player will assume good defensive position to begin and pretend to defend an offensive dribbler up the court. At centre switch sides and repeat back to baseline.
Circle Work

Objectives

- To reduce travels to a minimum
- To teach push passing technique with the “outside” hand away from the defense
- To encourage ball rips
- To teach players to look on and reverse the ball
- To teach playing without the dribble.

A:
- 2 balls
- follow pass

B:
- 1 dribble pass
- follow pass

With passes going anti-clockwise receive ball on left foot, pass off right foot. When passes are going clockwise, receive pass on right foot, pass off left foot. **Follow pass.**

Coaching Points

- all passes firm / hard
- all receivers hands up & meet the ball
- all footwork is “meet the ball with on-side foot, then step and pass with the other foot”.
- “soft passes get stolen”!
- Bent knees – down in the stance.

Player 1 starts from out of bounds, and passes to 2, who moves to meet the pass, rips ball through and passes to 3 who meets pass, rips through and continues to do a lay up. At the same time player 4 starts a the other end. Once player has passed they go the next spot. Reverse and do the same going the other direction.

Next add one dribble before pass.

Once players get used to drill add defense against player who is to shoot the lay up.