

FOOTWORK DRILLS

In all offensive systems footwork or pivots, stops and turns are the medium offensive players use to elude the defensive men. Players must be able to stop and start rapidly; they must be able to change their direction and pace suddenly to throw their defensive men off guard; they must be equipped with some of the standard footwork or pivots, such as the forward pivot, the reverse pivot, and the stride stop; and they must have the knowledge of when to use this footwork and the habit drill or practice that makes the execution automatic. Players will practice shooting and passing for long periods of their own volition, but the practice of footwork occupies a similar position to the practice of bodily contact work in football. There is a lot of drudgery connected with the practice of footwork, but interest may be injected by using different drills from time to time and in mixing the drills on footwork with drills on other fundamentals.



THE CHAIR DRILL

Place a chair or other obstacle on the floor. Have the men dribble to this obstacle and execute the various footwork of stops and turns.

The drill is recommended in early season work where the various steps in the fundamentals are being stressed. The value of the drill decreases as the routine of the fundamental is less stressed and more importance is placed on speed and utility of the footwork.



SINGLE LINE PIVOT AND RETURN PASS

The player dribbles straight down the floor, executes the pivot to be used and passes back to the next man in line who continues the drill.

The coach should insist on the players keeping far enough away from the sidelines that the footwork involved will not carry them out of bounds.