

## MASS DRILL FOR TEACHING STOPPING AND CHANGE OF DIRECTION

With the coach giving the commands of "forward, backward, right, and left" the players spring from both feet into these positions. The commands are given rapidly to serve as a coordination drill also.

The drill may also be used very effectively with the commands of "Forward, right, and left." In this manner the players run forward and receive the command of stop, right or stop, left. The player observes all of the fundamentals of the stop and uses the pivot to the direction commanded. They advance

to the end of the floor, about face and continue in the opposite direction with the drill.

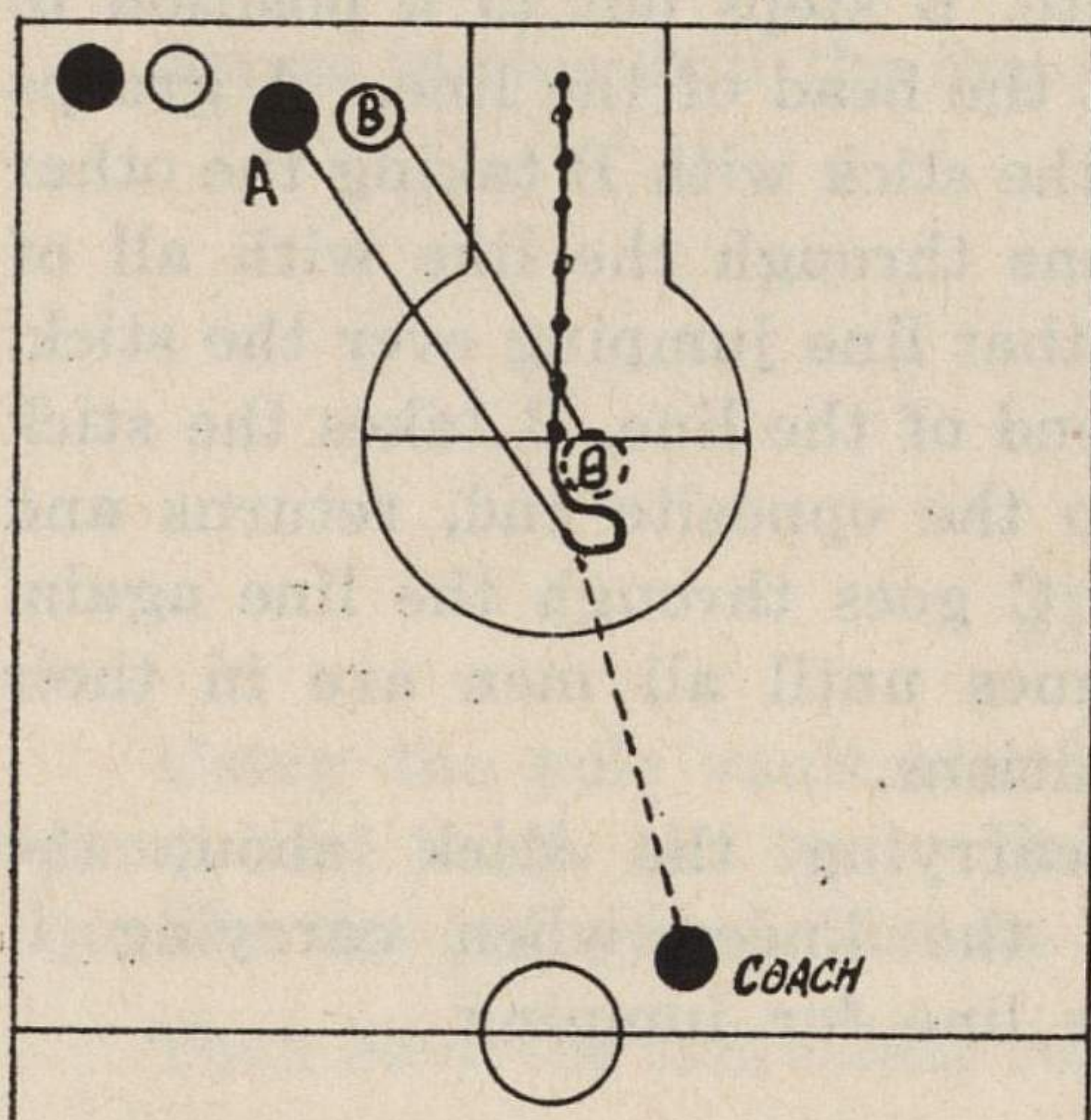
This drill is of great value where a large squad is being cared for by a small staff. It is also useful for knowledge teaching and drill for gymnasium classes.

## FIVE-MAN PASS AND PIVOT

In this drill, five offensive men are placed in the offensive sector. They may pass, pivot and cut, but are not allowed to shoot. This is a good warm-up drill prior to games or scrimmages.

Hard cutting, pivots at full speed, and well led passes are to be given the emphasis.

## MEET PASS—FOOTWORK DRILL



In this drill A breaks out to meet a pass from the coach. The coach keeps B the defensive player in the proper guarding position by having the offensive man break in fast and feinting a pass to him, letting him turn back and go under for a float pass or feint back and then break out, gaining a position with the defensive man at his rear. When he receives the ball, he must practice his various fundamentals of footwork such as the forward pivot, the reverse turn, and the reverse and cross over to elude the guard. If possible, he attempts to score a basket either from the field or from underneath.