

“The Attack and Counter System – How to Rapidly Improve Basketball Footwork”

- **Skill Development should be simple and deliberate, not spectacular and broad.**
 - 3 pivots, 3 counters, 100 different ways to use and combine them.
- **3 keys to effective footwork:**
 1. Length = deliberate foot placement aimed at attacking the rim.
 2. Angles (Your toes) = Toes dictate direction / Toes dictate inertia.
 3. Simplicity = 3 pivots, 3 counters. That's all you need.
- **Your feet HAVE to have a purpose. Every step matters, every angle is critical. What you do with your feet separates the best from the rest.**
- **Footwork isn't a skill, it's a mentality**
 - If you're good with your feet in one situation, you're good with your feet in all situations.
 - Drop Step in the post is the same as a defensive drop step / backdoor cut.
 - Drop Step = defensive drop step / back door cut.
 - Front Pivot = curl / 1-2 step
 - Back Pivot = box out / spin move
 - Step Through = fight over / under screens / defensive slide / basket cut
- **Players like to do shooting drills - we do footwork drills with a shooting component to it. They get up shots, you get to improve their footwork.**
- Great workout for 1-4 players – less players = more reps / more intensity.
- Not a post workout. We start close to the basket because that's where players experience the most success.
- Use Chairs = predictable passers.
- Don't stop the drills to make corrections. – **force them to power through their fear of failure.**
- Eliminate thinking from footwork. A thinking player is a standing player.
- Confidence in footwork comes from repetition, not perfection.
- Wrong rep **does not** always equal bad rep.
- Terminology is key to effective instruction. Effective instruction = faster results.
- **The Three Pivots**
 1. Drop Step.
 2. Front Pivot.
 3. Back Pivot (Reverse Pivot / Inside Pivot)
- **The Three Counters**
 1. Drop Step → Back Pivot
 2. Front Pivot → Step Through
 3. Back Pivot → Sweep / Step Through

Ido Singer

Head Women's Basketball Coach, Fisher College

isinger@fisher.edu

O: 617-670-4438 / C: 347-446-9033

