

Dribble/Pivot/Pass

Coach Jim Davis

Purpose

To teach fundamental dribbling, reverse pivots, and chest passing.

Organization

Four lines along baseline; each player in front has a ball.

Procedure

1. The first player in each line executes a big explosive first step and dribbles hard to the free throw line.
2. The player picks up her dribble at the free throw line and tucks it under her chin with her elbows out to protect the ball.
3. The player makes a pivot, steps toward the baseline, and passes to the next player in line.
4. The player follows her pass and returns to the end of the same line.

Coaching Points

- Emphasize taking a strong first step.
- Go down, pick up the dribble, and jump stop on balance.
- Establish and maintain the pivot foot on the reverse pivot and pass.

Variations

- Right front pivot
- Left front pivot
- Right reverse pivot
- Left reverse pivot

