

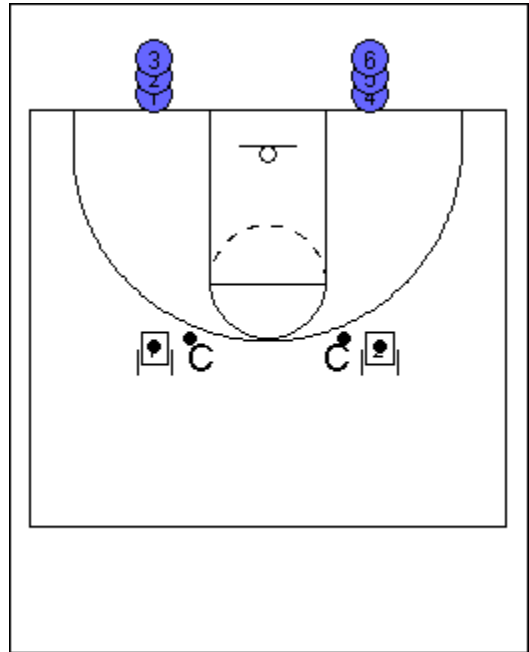
FUN Basketball Drill: Pivot 21

Drill Purpose

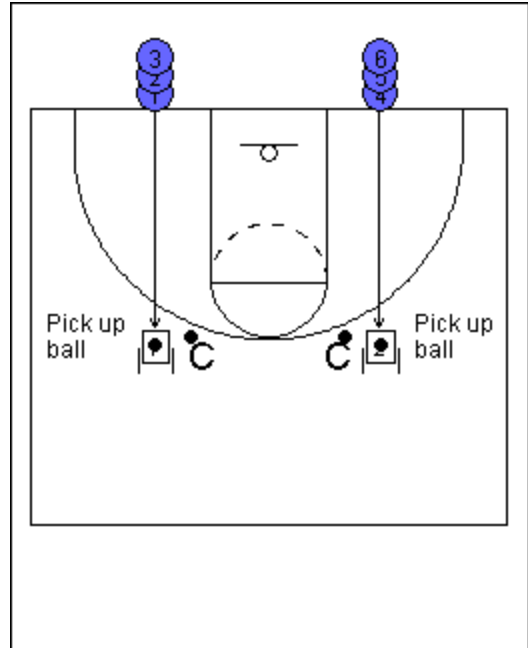
This is a really fun drill that improves footwork, pivoting, ball handling, and lay ups. It's fun because the drill acts as a game and it's fast paced. The players will really get into it!

Instructions

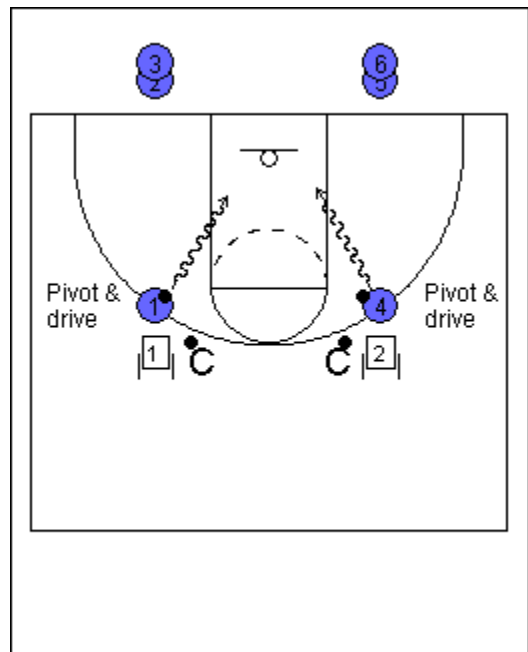
1. The goal of the game is to make 21 lay ups before the other team.
2. You'll divide your players into two equal teams. Each team should get in their own line on either side of the basket.
3. You'll need two chairs positioned just past the three point line. Place a ball on both chairs.
4. You'll need two coaches or players to replace balls. Each coach should have a ball. So you'll have a total of four balls for this drill.



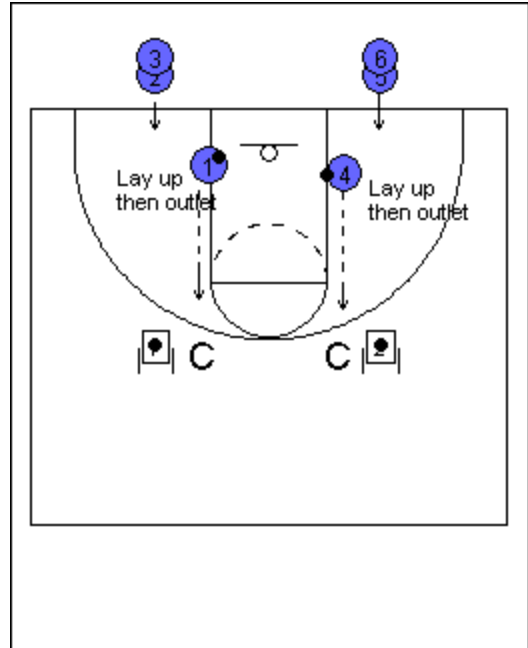
- On the coach's command, the first player in each line will sprint to the chair and pick up the ball.



- After picking up the ball, they should pivot, dribble to the basket, and shoot a lay up. (Even though it's a race, make sure they use good pivoting footwork and lay up form.)
- The coach should replace the ball as it's removed from the chair.



8. The next player in line can start running to the chair as soon as the first player shoots their lay up.
9. After the player shoots the lay up, they get their own rebound and immediately pass the ball to their coach.



10. After passing the outlet to the coach, the player should get back in line and be ready to go again.

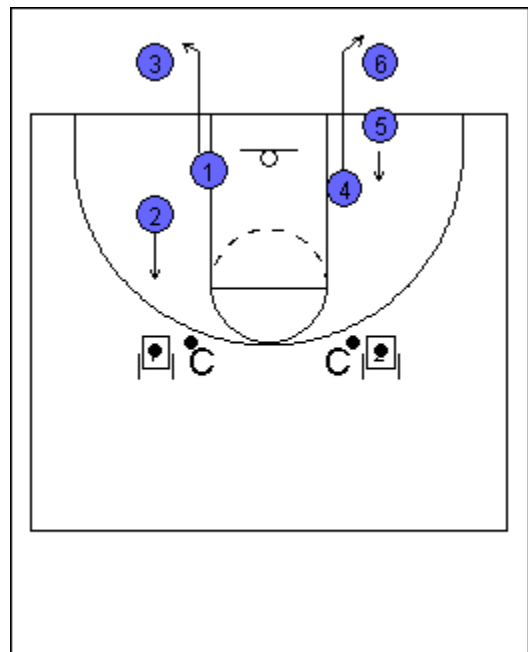
The goal is to make 21 baskets before the other team. Whoever reaches 21 first, wins! You can reward the winner with Gatorades or just about anything they will enjoy.

The drill can get chaotic at times, but it's fun!

When running this drill, you'll want to make sure the kids are using proper pivots and proper form shooting lay ups. They will want to go as fast as possible, but don't let them make bad pivots.

You should also specify which pivot they'll use for the drill. (Front pivot with left foot, back pivot with right foot, etc.)

And you'll want to make sure they dribble with the appropriate hand (use left hand of left side of the basket and vice versa).



Variations

- If you're feeling brave, you can add a little twist and allow your players to start running as soon as the other player picks up the ball. This makes it even more fast paced (but a little more out of control).

- Vary the pivots to work on different footwork (front pivots, back pivots, etc).
- Move the chairs farther back so they have to run and dribble farther.

Points of Emphasis

- Stay low when picking up the ball and make a nice pivot that squares your feet to the basket.
- Make sure they shoot good lay ups, no outside shots.
- Dribble with the correct hand.
- Have fun!!