Footwork Drills

**Running**

**Agility**

**Change of Direction**

**Change of Pace**

**Stutter Step**

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**1 on 1 pivot**

That's a Foul, Oct. 2002

Players work in pairs. The defender is trying to steal the ball without fouling, the attacker can only pivot, no dribbling.

Options

- allow fouling (end of game situation), but by reaching in and making a play on the ball (teach how to foul)
- time limit.

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**Fullcourt pivoting**
From the baseline, players spin a self pass, cut to the ball, catch with a jump stop in triple threat, pivot 2-3 times on one foot (forward, reverse pivot), repeat to continue upcourt. Coming back, use the other foot as the pivot foot.

Stay low and balanced, see the floor, protect the ball.


Pivot to score

1 runs to the right elbow, jump stops, reverse pivots on the right foot, breaks to the wing, gets a pass from 2, front pivots on the right foot (open pivot), dribbles to score.
2 runs to the left elbow, jump stops, reverse pivots on the left foot, breaks to the left wing, gets a pass from 3, forward pivots on the left foot to dribble and score.

Next time 1 will go to the left wing, 2 to the right wing.

Self passes

Each player self passes, jump stops and catches the ball in triple threat position. Repeat.

Progressions:
- forward and reverse pivot on the permanent pivot foot (sweep and check the ball on a forward pivot)
- start on the baseline, go fullcourt
- hop pivot off the inside foot, land facing the basket
- dribble, jump stop, pivot
- dribble, hop pivot off the inside foot to jump stop facing the basket.

Stop-rip-pivot
Players must be able to stop then front or reverse pivot with either foot, and be ball tough.

1 and 2 pass to coaches in the corners, sprint to follow, get a pass, come to a jump stop (ball in the air, feet in the air), do the following pivots then go to the back of the other line:

- front pivot with left foot
- reverse pivot with left foot
- front pivot with right foot
- reverse pivot with right foot.

Sweep the ball below the knees, lead with the elbow, eyes up, exaggerate how low you are on the pivot.

Repeat at other spots on the floor.

(Variation - to avoid travelling, front and reverse pivot on only one foot, change the pivot foot next time)

**Stops & pivots**

On "go, players on the baseline run out, on "stop" they jump stop, on "go" they continue upcourt and the next group starts.

**Progressions**

a) use 1-2 stops (L-R and/or R-L)
b) set screens (jump stop or squeaky feet)
c) stop, pivot 360 degrees using four 90-degree reverse or forward pivot steps, start with the permanent pivot foot
d) stop, pivot using two 180-degree forward (swim) or reverse (leg whip) pivots.

breakthroughbasketball.com - 180 and 180 pivots, and if anyone travels they all start over.

Tony Bergeron - players hold a ball overhead, jump stop, make four 90-degree pivots (face each wall).

Ganon Baker - jump stop and leg whip (180-degree reverse pivot), also fake the go - two steps forward then back.

Ray Lokar
- hop stops (quick jump stops)
- hop stop, reverse pivot, forward pivot

**Options**
- coach uses a whistle instead of go and stop
- coach uses start-stop hand signals (hand closed, hand open)
- players stop at the near foul line, halfcourt, and far foul line, without signals.

**Red light, green light**

[Diagram]

Coach is at one end facing the wall, all players with balls are behind the other baseline, and start dribbling when coach shouts "green light". On "red light" they must jump stop their dribble and forward momentum and pick up the ball with both hands, otherwise if coach sees them they must return behind the baseline. The winner is the first player to touch the wall where coach is and shout "Finished".

**Variations**

- specify direct drive or crossover step
- begin by running without balls
- use 1-2 stops.

**Statue game**

[Diagram]

coachesclipboard.ca

Each player is dribbling forward, on coach's signal they must stop (specify jump or 1-2 stop) or lose a point if they don't.

**Variation** - use a visual signal to stop so players keep their heads up while dribbling.

**Dribble and pivot**
Each player has a ball on the baseline. Take two dribbles forward, jump stop, forward pivot 360 degrees on one foot, continue fullcourt. Change pivot foot, then do reverse pivots using both feet. Sweep and check when forward pivoting on the permanent pivot foot, or reverse pivoting on the other foot.

Variations
- specify direct drive or crossover step
- to begin, run forward without a ball, jump stop, pivot, continue.

**Four square pivot**

Four players speed dribble to the foul circle, jump stop, forward pivot on the right foot, and pass to the next line on the right. Vary the pivot (reverse pivot on left foot), change directions and dribbling hand, use push and chest passes. Receivers catch the ball with the "ball in the air, feet in the air" technique and land with a two-foot stop. As the players pivot, have them take the ball aggressively below their knees (sweep) or over top of their head, leading with the elbow, never take the ball in front of their torso.

Options - change dribbling hand, change the passes.
Variation - to practice the footwork without a ball, run to the middle, jump stop, pivot, and run to the next line.

One ball per line. The player at the front of each line dribbles out, jump stops, and pivots on the permanent pivot foot (sweep and check with a forward pivot).
Then they step forward with the dominant foot and pass to the next player in line, who receives the ball with both feet in the air, lands with a jump stop in triple threat, then dribbles out to continue the drill. The passers go to the ends of their lines.

Options
- chest pass, bounce pass, push pass (both hands)
- dribble with both hands
- pivot on both feet
- pass and close out, and work in pairs (breakthroughbasketball.com).

Footwork
Pivot and score

Use all baskets. 1 starts under the basket in triple threat, dribbles to the foul line, jump stops, forward pivots on the permanent pivot foot (sweep and check), dribbles to the basket and shoots once, rebounds, dribbles back out to the foul line and continues for one minute (or 30 seconds). How many baskets can 1 score? 2 and 3 go next, then repeat using reverse pivots.

Option - make a putback on a miss.
Variation

Dribble to the right elbow with the left (outside) hand, jump stop, pivot on the permanent pivot, attack the basket with a blast step (direct drive), rebound, dribble to the left elbow with the right hand, repeat, continue...

For a right-hander, reverse pivot at the right elbow, forward pivot at the left elbow (sweep and check).

Variations

- attack the basket with a crossover step
- sell opposite with a shot fake, jab step, or sweep
- shoot from the elbow
- always forward pivot on the inside foot, reverse pivot on the outside foot, or reverse pivot on the inside foot (Paul Pierce drop step).

Bob Bigelow

When you have the ball you don't have your arms to help with balance, and the farther the ball is from your centre of gravity the harder it is to pivot, you need a wider base. A key is to bend your knees. A lot of players like to pivot on their non-dominant foot.

a) Jump stop - jog forward on "go", on "stop", jump stop with your dominant foot forward (with parallel feet your upper body keeps going). Be ready to catch a pass each time, and don't jump too high, the feet shouldn't be much off the floor. Continue.

b) Jump stop and pivot - run out, jump stop, pivot (forward pivot on the non-dominant foot), run back, repeat, then pivot the other way (forward pivot on the other foot).

c) Dribble, jump stop and pivot - with a ball, take 2-3 dribbles, jump stop, pivot, dribble back, continue.

d) Spin, catch and pivot - spin a backspin pass 6-7 feet in front of you, catch after one bounce in a jump stop, pivot, repeat.
Ian MacKinnon

1 passes to 2 who pivots 180 degrees and passes to 3 who pivots and passes to 4, who pivots, passes the ball off the side wall and catches the rebound.

Repeat going back the other way, the passing is 4 to 3 to 2 to 1 who self passes off the other side wall.

Coach can specify the pivots and/or passes to be used.

Option - use a coach at one end or both ends of the line, he doesn't need to pass off the wall.

Pass, catch and pivot
Groups of three players with one ball. 3 runs towards 1 for a pass and jump stop (ball in the air, feet in the air).

3 then front pivots, passes to 2 and runs to meet the ball when 2 passes back. Continue for 30-45 seconds.

Variations
- alternate the pivot foot
- reverse pivot.
Chaser 1 is on the foul line with his back to the basket, runner 2 is on the baseline under the basket. On the whistle 2 tries to run to the other end without being tagged. If tagged, the roles are reversed, and 2 tries to re-tag 1. Exchange positions for the next round, then change partners.

Variation - chasers start from midcourt.

Triangle

coachesclipboard.ca

Each player slides to the corner, plants the outside foot and sprints to the elbow, plants the inside foot and backpedals to the baseline. Keep the hips level when sliding and push off the trail leg. Move in a straight line from sliding to sprinting, don’t make a banana cut. Each player should do the circuit 3-5 times.

Option - players compete against each other.

See Defending - Nash triangle slides.
That's a Foul, Oct. 2002

Changes of direction:
- plant outside foot and cut
- stutter step, change direction
- stutter step, reverse pivot and spin.

Also use change of pace (accelerate out).

Ganon Baker fullcourt V drill

Ganon Baker

On "go", a player from each corner runs and v-cuts at the centre circle to the next corner on the right. Show a target hand. Continue, then switch directions.

Pairs v-cuts
2 cuts away from the ball then makes a sharp cut back to the ball and jump stops to catch the pass from 1, who v-cuts while 2 is an active passer, pivoting and keeping the ball out of the forbidden zone in front of his torso. Use a change of pace - slow then fast - and mostly one-hand push passes with either hand.

Paul Hewitt

a) Pass, take your man away, make a hard v-cut and come right back to the ball, not laterally. Catch in triple threat with a 1-2 stop, be active with the ball, ball rip, shot fake, pivot while partner is going away and coming back.

b) Catch, shot fake, take two hard dribbles, pick it up, be ball active, pass.

Defensive Footwork

2-ball dance

1 is in a defensive stance 4-6 feet away from coach (or another player) who has a tennis ball in each hand and alternately tosses a ball to the left or right. 1 slides to catch each ball before the second bounce, tosses it back to coach, and slides back to his starting position. Coach should vary the distance, direction and speed of each toss, not leave time for rest in between, and not always alternately toss left then right. Go for 8-12 seconds, 3-4 sets with 40-60 seconds between sets.

See Defending - Ball drop.
Quickness is a priority in basketball, not top speed. Drive your arms, drive your knees to 90 degrees. Stop in two steps (1-2).

a) Stand tall fall - standing up, get high on your toes, tip your body forward, land in a fall (sprint) position, one foot moves forward to land, the ankle, knee, hip and shoulder are in a straight line. Then take one stride after falling (stand tall fall stride).

b) From the baseline, sprint to the foul line, slow down to halfcourt.

c) Sprint out, 1-2 stop in a low ready position.
d) Out, back and go
Sprint out to the second cone, put the brakes on, back pedal, stab step, sprint to the far cone.
Progression - coach points left or right, break 45 degrees to finish.
Option - while dribbling.

d) Defensive slides (sprint, slide, sprint)
- Lateral
- Diagonal
Go both ways. Don't round cuts, drive off the outside foot.

5star plyometrics
Pete McLean

a) Jump and stop - jump forward off one foot, land on two. Progressions
- jump, land, explode into a jump stop
- jump, land, jump, jump, hold

b) Double jump lateral off two feet (jump, jump).

c) Using cones
- forward two-foot jumps (pull knees into chest)
- lateral two-foot jumps
- while moving forward, lateral jump side to side over the wall of cones (shown).

d) Graduated cones, 1-2-3-4 yards apart - forward two-foot jumps.

Impact time should be short, for quick feet.

5star workout
Mike Moreau

An individual defensive workout for any player. For the complete 5star workout, also use 5star dribbling and shooting workouts, and 5star Score 24shooting.

a) Figure-8

Facing halfcourt, use defensive slides around two chairs (or cones), go 2-4 times (or 15-30 seconds).

b) Line shuffles

Facing a line on the floor with feet wide, shuffle your feet back and forth across the line for 30-50 hits (or X seconds).

Ball drop

coachesclipboard.ca

O1 can bounce a ball off the floor in front of defender X1, toss it to the side, or throw it over X1’s head. X1, who is in a defensive stance, must let the ball bounce once but not twice.

Allen Stein - O1 alternates tossing two tennis balls.

Alex Daniltchev - O1 alternate dropping two basketballs while both players move upcourt, then lobs passes.

See 2-ball dance.
Doc Sadler  
FIBA Assist issue 29

Players 1 and 2 start in the lane facing the baseline, slide out, sprint back to middle, touch hands, slide out again.

(Option - use cones in the middle)

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Duke agility

Coach K

a) Shuttle

Two players start on the centreline, sprint to touch cones on one three-point line with their hand, sprint to touch cones on the other arc, then sprint back across the centreline.

Progression - backpedal around the cones, turn and sprint.

coachesclipboard.ca - 2 or 3 players go.
b) Parapet

Run forward across the court, slide laterally. Vary the cone distances (the lateral distance is about 3 feet). Repeat coming back.

Have a group at each end.

c) Barbell

Start at cone 1, always sprint between cones 2 and 3, otherwise defensive footwork.

Duke form slides
Coach K

1 and 2, facing each other, slide at 50% speed from arc to arc, the next pair starts before they are finished. Come back the other way, then increase speed.

Duke hip exercises

Coach K

Backward hip skips (shown)
Pick up one knee, skip backwards on the other foot carrying the knee under the armpit while turning 90 degrees, repeat with the other knee, squat on the third time, continue across the court.

Hip rotational pull-through
Squat parallel to a wall with the inside hand on it, rotate the inside knee up and towards the wall with both hands on the wall, return to the squat position, repeat.

Duke mirror
Coach K

1 moves back and forth for 12-15 seconds, trying to lose X1, who uses defensive slides to keep 1 in front of him.

beone.basketball.ca - the two cones are about 2 metres apart, 1 tries to beat X1 and get across the line.

Ray Lokar - mirror from the elbows to the baseline, when coach throws a ball to halfcourt, it’s 1 on 1 to the other basket.

Duke reaction drills

Coach K

a) Defensive slides

Coach points left or right, players facing coach slide in that direction, when coach stops pointing, players slide to return to their starting positions (use flat cones to mark them). Go for 15 seconds, then the next group comes on.

Lee Taft - only 8 seconds for speed training.
b) Hip rotation

Same set-up, but when coach points right or left, the players instantly rotate their hips and feet 90 degrees in that direction then rotate back, but always keep their shoulders square to coach.

See Defending - Footfire, Hip turns.

b) Changes of direction

Players simply change direction (e.g., crossover step) and sprint, they are not doing defensive slides. Players backpedal if coach points away.

Lee Taft - only 8 seconds for speed training.
Coach K

a) Speed skate across the court, drive laterally off the outside foot, load the support leg and explode back, swing the arms.

b) Sprints

Facing up the sideline, speed skate left then right then sprint across the court. Repeat coming back (speed skate right then left)

Lane slides
a) On a signal, slide back and forth between the sides of the lane (or lines on the floor) in a defensive stance for 5-15 seconds.

Larry Shyatt - using a North American lane, slide back and forth for 30 seconds, with both feet outside on each side, make 10 trips (20 lane lines), 9 and a half for bigs.

Bob Hurley - slide across coming to a jump stop outside the lane, goal is 20 in a minute.

Lee Taft - Speed training

Use all baskets,

a) lane slides at 100% effort for 5 seconds, outside foot crosses the line, recover for 40 seconds (shoot foul shots), do five sets

b) crossover step and run side to side for 6 seconds, both feet outside, 40-second recovery, 5 sets.

Compared with conditioning, the goal for speed training is short bursts (7-10 seconds) and longer recovery.

b) Complete Conditioning for Basketball (Human Kinetics)

Facing the court, slide left, slide right back to the start, sprint to the foul line, slide left, slide right, backpedal to the start.
c)

Complete Conditioning for Basketball

Go around four cones. From the foul line, sprint to the baseline, slide right, backpedal, slide left and touch a change of direction line.

Then slide right, sprint baseline, slide left, backpedal through the starting point.

This can be a timed agility test starting on your first movement. Go twice, take the fastest time, start over on a foul (e.g., cutting a corner).

See Nash triangle slides.
d) NBA pre-draft agility test (timed)
goxavier.com

Start on the baseline, run up one side of the lane, slide across the foul line, backpedal down the other side, slide back to the start.

Pass and slide

coches clipboard.ca

1 and 2 pass the ball back and forth while sliding across the court and back.

Variations
- race against other pairs
- each player has a ball, one player bounces passes, the other chest passes, or each player makes a push pass to partner's left hand

Push-point slides
The Drill, April 2006

Defenders should be able to make three defensive slides to keep the ball in front of them, and influence the ball to "push points".

a) from the middle of the floor, get as close to the sideline as possible in 3 slides

b) slide from the wing to the short corner (facing the sideline)
c) wing denial - in a closed stance, deny from the block to the sideline in 3 slides

Option - then slide back to the block in denial stance.

Keep the baseline foot (insurance foot) below the line of the cutting player to defend movement towards the basket, "head snap" only if the defender gets an advantage.

Variation - with coach out top, deny a wing attacker out and back

Recovery

Starting from the baseline, 1 and 2 run out to the elbows, turn to the face the basket, and pitter-patter (machine-gun feet) on the spot.
On the next whistle they drop step, take two diagonal slides steps, a crossover step, sprint, make two final slide steps to the sideline at midcourt, and pitter-patter. At the same time 3 and 4 run out to the elbows, turn and pitter-patter. Continue the pattern to the far elbows and corners then off for all players.

**Short stop**

1 rolls a ball from block to block, 2 slides back and forth to pick it up and pass it back. Rotate after 30 seconds - 1 minute.

Winning Hoops - use two balls to increase the speed of the drill, 2 makes a specified pass back to 1.
huffle and pass

Frankston Blues

1 and 2 are three-four steps apart. 1 passes to 3 who passes back to 1 then defensive shuffles (big to bigger) in front of 2 who passes to 3 and gets a return pass. Continue for a set time (e.g. one minute) then rotate players.

Variations

- specify the passes
- most passes completed.
Wootten Triangle

Morgan Wootten

Players face coach with their left foot forward in a defensive stance. On a signal they take 2 retreat steps, a swing step, 3 slide steps left, and 2 advance steps so that the right foot is forward.
Immediately continue with 2 retreat steps, a swing step, 3 slide steps to the right, and 2 advance steps to finish as they started.

Repeat the sequence 3 times.

**star pairs jab vs close-out**

Tony Bergeron

1 chest passes to 2 and closes out. 2 catches in triple threat, shot fakes after the close-out, rips thru right (direct drive for a right-hander), dribbles to replace 1.
Repeat with 2 passing to 1 and closing out.

Progression
- shot fake, rip thru left (crossover step)
- shot fake, jab step, rip thru.

In the jab series, shot fake first to get a defender out of stance, rip thru left or right. If he stays in stance, jab directly at him, back him up to get off a shot, or if he overplays with one foot too high, attack the lead foot.

Bill Pangos - Corkscrew - players are about 15 feet apart, pass to partner and follow the pass, partner drives, stops using a technique specified by coach, pivots and passes. Variation - the dribbler makes a crossover dribble as they are moving towards each other.

**Live-ball moves**

Groups of three or more players with one ball per group. 1 starts in triple-threat, makes a live-ball move, takes one or two dribbles, jump stops, passes to 2, and follows the pass to go behind. 2 catches the ball with both feet in the air, jump stops into triple threat, and repeats coming back with 3. Coach specifies the move, e.g., blast step ("C" with the ball for a right-hander; long, low and strong), jab-go, shot fake-go, crossover ("J" with the ball), jab-crossover.

Progression - 1 follows the pass to be a dummy defender that 2 goes by, arms out in an "airplane" stance.

See Dave Smart first step, Static pivoting and moves.

**Pasquali pivoting**
Renato Pasquali via Andy Sparks

See 1 on 1 - Pasquali progressions, also Footwork - Jay Wright jab-swing series.

1)

Players spin a pass, jump stop, pivot 180 degrees ripping the ball overhead into triple threat, repeat for five times, then repeat five times sweeping the ball below the knees. Check the ball back into the triple-threat pocket as needed, e.g., ripping or sweeping from right to left for a right-hander.

Progression - pivot then small jab step, pull it back, shot fake.

2)

Facing away from the basket on the attacking right wing, spin a pass, catch and pivot on the left foot, jab step right, pull it back, make a direct-drive layup.

Dribble out to the left wing, pass, catch, pivot on the left foot, jab step right, pull it back, make a crossover drive layup.
3) Your pivot foot should be away from your defender.

From the baseline, pass to coach and run for an outside handback,

- forward pivot on the inside foot to rip the ball and attack baseline, shown for 1, left pivot foot (his defender would be high, taking away middle)

- use the outside foot as the pivot foot to attack middle over top of coach, shown for 2, left pivot foot (his defender would be low, taking away baseline).

Start with just the footwork, then progress to power layups, the release point should be away from the defender.

Mike MacKay

Depending on the how coach holds the ball the player takes the ball baseline or middle. The coach controls the move, mix it up. If coach holds the ball out to the side the player rips the ball and goes baseline. It is important to work on proper footwork to prevent traveling. A little skier hip turn puts the player in a strong athletic position before the dribble. If coach holds the ball behind him/her the offensive player curls, takes the ball for a middle dribble jump shot. Try to take the ball from the coach with the outside foot down. This allows for a stronger and tighter curl. If the inside foot is used the next step will lead to wide turn since it is with the outside foot.

The power lay-up is a very important skill for players to learn who are driving into traffic. The footwork is the same as the regular lay-up starting with the outside foot followed quickly by the inside foot. The only difference is that the player does not continue to drive the outside foot up, he/she takes off on both feet. If trouble occurs the player can use the outside foot to pivot away. As they become more adept they can also develop a little baby hook from this position. If the defence moves up the player can step through by continuing to pivot. Throughout the whole process the player stays strong and on balance.

Why the outside pivot foot?
- It allows the players to carry a little more speed. A straight two foot jump stop requires a lot of strength to come to a complete balanced stop.
- The player is stepping into the contact. If a bump occurs they can push into it. If the inside foot is used they often have to step back to gain their
balance and power. This puts them in a weaker position.
- They can KOB (keep on back) the defender by cutting him/her off on the second step.