



Coaches' GAME PLAN



Skills

Pivots



01



Get into ready position with basketball.



02



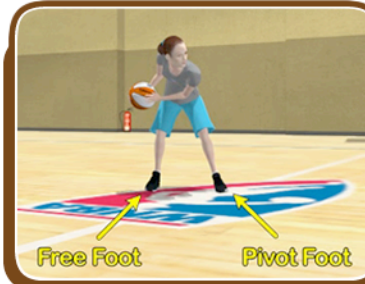
Have secure grasp on ball with head up and weight on balls of feet.



03



Have players visualize that pivot foot is glued to the floor.



04



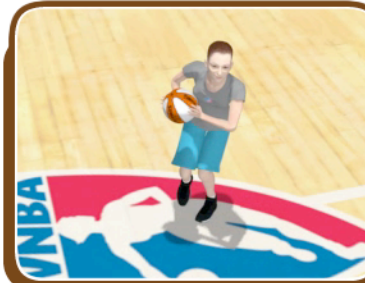
Once in balanced position, rotate free foot and body forward and backward.



05



While executing pivots, stay balanced, protect the ball with head up.



06



Pivot lets players maneuver and see court before or after the dribble.

Notes: