

Pivot Shooting Series

The aim of these drills is to work on your:

- Inside and outside foot pivoting (left and right sides of your body)
- Squaring up to the basket in a shooting position
- Jump and stride stops, timing and rhythm
- Shooting after catching and pivoting
- Shooting after catching, using "fakes" and also dribble moves

Skills Video 4	Day	Day	Day	Day	Day
Pivot shooting	1	2	3	4	5
Forward pivot					
Reverse pivot					
Forward pivot, shot fake and side step					
Reverse pivot, shot fake and side step					
Jab step, side side step					
Shot fake, rip through and side step					
Punch, inverted drag, sidestep, hesi and finish					

Shooting tips after pivoting

- Knees remain bent, hips stay down and feet maintain hip width
- Have shoulders slightly ahead of your toes
- Slightly lift your heels off the ground, lean forwards
- Gather ball quickly, ready to shoot once pivot is completed



Spider skills at home
Hornsby Spiders Basketball

