

FOOTWORK DRILLS – RCR

Four Corners – Footwork Drill



Overview:

This is a great drill for working on jump stops, pivoting, and passing.

It will allow the coach to teach the different kinds of pivots and is a drill the players enjoy doing.

Setup:

The coach must first create a large square in the half-court by placing four cones an even distance apart. There must also be another cone or D-man in the exact middle of the square. You can see where I recommend placing these cones in the diagram.

Split your team up into four groups and send each group to a cone. The cones will be the starting position for each line.

The person at the front of each line has a basketball.

How it Works:

The first thing the coach must do is tell the players which way they'll be passing (either right or left) and which kind of pivot they should use.

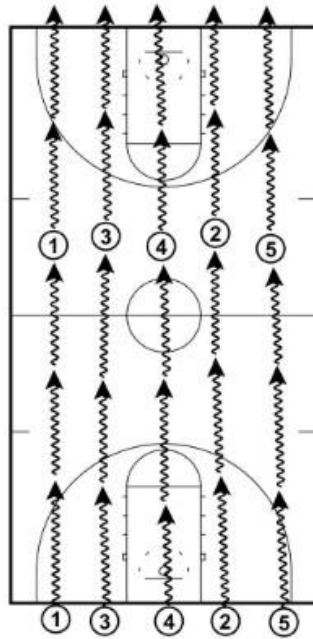
When the coach calls out 'go', each player with a basketball dribbles in towards the middle cone, performs a jump stop a couple of feet away, pivots, and then passes to the next line before joining the end of it.

The next player in the that catches the basketball does not start until the coach has called out 'go' again.

Coaching Points:

- Each player must be pivoting the same direction so that two balls don't end up being passed to one line. Do make sure to reverse the direction half way through the drill.
- Use front and reverse pivots and make sure players aren't traveling.
- Explain to the players it's better to jump stop with a small hop. The higher they jump, the more off-balance they'll be when they land.

Red Light, Green Light – Footwork Drill



Overview:

This is a simple but effective drill that will improve and allow you to teach jump stops and pivoting.

I have used this drill with every single youth team I've coached.

Setup:

The drill starts with every player line up along the baseline holding a basketball.

If you have more than 10 players, I recommend creating two lines.

How it Works:

Everyone starts on the baseline in triple threat position.

The coach will then lead the players up the court by calling out 'go' and 'stop'. On go, the players begin dribbling at a comfortable pace towards the opposite end of the court. When the coach says stop, the players must immediately perform a jump stop.

This continues until the players reach the other end of the court.

Once your players are comfortable with the jump stops and are performing them correctly, you can make the drill more advanced by adding pivots.

You can either say 'pivot' and allow them to pivot either way. Or you can be specific and say 'right foot pivot' or 'left foot pivot'.

Coaching Points:

- Players must not jump too high on the jump stops.
- Make sure players in good stance when they land after the jump stop. Knees bent and head up.
- If adding pivots, make sure players don't raise out of their stance when pivoting.

Explode, Pivot, Pass – Footwork Drill



Overview:

This drill focuses on basic footwork fundamentals. It's a really quick and simple drill to run. Your team can get a lot of benefit out of it even if it's only run for 5 minutes.

Setup:

Players get into groups of 2 or more. I prefer 3 players in each group if possible.

Each group has one basketball and should start in a straight line behind either the sideline or the baseline.

How it Works:

The player starting with the basketball must begin the drill behind the line in triple threat stance.

Their first action is to take two explosive dribbles out from the line and then perform a controlled jump stop.

After the jump stop, the player pivots 180 degrees until they're facing their group and makes a strong chest pass to the next person in line. They then jog to the end of the line.

The three main things coaches are looking at are:

1. No traveling when exploding off the dribble.
2. A controlled jump stop.
3. A controlled pivot.

This process continues for a set amount of time.

Coaching Points:

- The player receiving the basketball should be starting in a low stance and showing target hands.
- Players must explode out with the dribble. Don't allow them to go half-speed.
- Switch up which kind of pivot the players use. It can be forward or reverse, and with their left or right foot.

