



LESSON #8

FUNDAMENTAL SKILL: Footwork (Pivoting)

LIFE SKILL: Focus and Determination

	Before the Players Arrive		After the Players Arrive
1	Arrive 15 min early	1	Greet parents and players as they arrive
2	Set up the equipment (balls, baskets)	2	Allow supervised free play
3	Perform a facility safety check	3	Blow the whistle and put players in teaching formation
4	Organize your teaching materials	4	Take attendance
5	Have a coaches meeting to review the days lesson	5	Review previous week's lesson

Warm Up Activity:

Foot Fire

- Players lined up in 3 horizontal lines in front of the coach
- On one whistle, all players jump into basketball stance and stutter-step as quickly as possible
- On two whistles, the players execute a quarter turn right or left depending on coach's command
- When coach points up, players jump up with hands in the air and yell "shot"
- Players immediately return to starting position and continue the stutter-step

Lesson #8 - Overview

- Introduce the life skill and fundamental skill of the day while the players stretch
- **Life Skill:** Discuss how players can stay focused and what it means to be determined
- **Fundamental Skill:** Footwork (Pivoting)
- **Goal:** Rotate body, without traveling, to protect ball

Teaching Progression: Pivoting

- Start in Triple Threat Position
- Back foot (pivot foot) in constant contact with floor
- Stay low
- To pivot, front foot leads body in 45 degree rotation
- Body can pivot backward (reverse pivot), or forward (front pivot)

Activity:

Pivot Drill

- Spread players along sideline in triple threat position without ball
- Players have one foot in front of line, other foot behind line
- Coach says "**Pivot!**" the players rotate front foot forward one step
- Coach says "**Return!**" the players return to triple threat position
- Coach says "**Pivot!**" the players rotate front foot forward a quarter turn
- Repeat several times monitoring players progress
- Next have players run on the spot
- On whistle, players jump stop into triple threat position and execute a front pivot
- Repeat using a jog, and then other movements



Protect the Ball - One Partner

- Players in partners, one ball
- Player with ball on a line, player without ball is arms length distance apart
- Player without ball cannot touch the player with the ball
- Player with ball in Triple Threat Position pivots to protect ball
- Player without ball tries to touch ball without touching player
- Repeat, switching player with ball
- Repeat, switching partners

Pivot Relay Race

- Put players in four equal lines on baseline, one ball each line
- First player dribbles to other end of court, jump stops, pivot around to face line and dribble back to line
- Next player in line repeats this sequence
- Continue until each player has gone, first line to finish wins
- Repeat, allowing players to shoot ball to self after pivoting

Introduce and Play Modified Game:

1	On whistle, balls away, players sit quietly
2	Coach calls out teams, players go to coach, set up game
3	Play the game

Wrap Up:

1	Review the fundamental skill and life skill
2	Make any announcements
3	End on a positive note (cheer), dismiss group

Post Lesson Tasks:

- Coaches debrief