



Pivot Shooting

Shooting drill perfect for a warm up and to develop form shooting close to the basket.

Split into two even lines on the baseline.

- First player in each line spins the ball out to themselves.
- Shooters catch with a jump stop then use inside foot pivot to square up and shoot the ball.
- Rebound own ball and go to the back of opposite line.
- Make 30 as a team.
- Repeat using outside pivot foot and reverse pivot foot (to sideline).

POE: Shoulders square to basket, balance, correct shooting technique

Total makes 90 (30 x inside pivot / 30 x outside pivot / 30 x reverse pivot)

