

PIVOT

An outside pivot continues the natural body movement after a player receives a ball at full stretch.

TEACHING POINTS

Pivoting must always be on the landing foot

- Bring weight over grounded foot
- Bend knees slightly
- Turn on ball of the pivot foot, pushing off with the other foot to provide direction and balance
- Players must be able to turn quickly after receiving a pass and face the play down court
- Keep ball close to body and positioned ready to throw

Remember:

- When leading to the right, land on the right foot and pivot to the right
- When leading to the left, land on the left foot and pivot to the left
- When leading straight, balance and pivot on the first landed foot away from the defended side

COMMON ERRORS

- Landing on incorrect foot
- Pivoting before the ball is securely caught
- Pivoting into opponent
- Dragging the pivoting foot on the pivot action
- Pivoting with the leg straight
- Weight not over grounded foot
- Grounded foot is lifted and re-grounded during pivot
- Weight of grounded foot is moved from heel to toe during pivot
- Ball not brought into body after catch

CHANGE IT

Pivot Ball

- Group of players in a line three metres apart
- Players jump as catch ball, land on two feet, pivot, and pass to next player in line
- Reverse direction back to start, change positions and repeat



Variation:

- Beat the Ball – Add a runner who runs a loop around group (or markers) and attempts to beat ball as it is passed along line and back to start; thrower calls stop once ball is caught whilst runner attempts to beat ball
- Type of pass

Two Foot Land and Pivot

- Pass ball to thrower (T)
- Run 2 metres towards (T), catch and land on two feet, select a pivot foot and pivot to turn and pass ball back to line



One Foot Land and Pivot Drill

- Pass ball to thrower (T), make straight lead to left or right at 45 degree angle
- Land on outside foot, pivot and pass to X2
- Return to end of line



Pivot Pass

- Straight lead to left or right at 45-degree angle
- Land on outside foot, pivot and pass to other thrower (T2)
- Continue to pivot and pass
- Reverse direction so land on other foot



Variation:

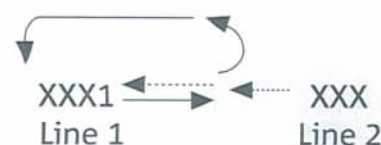
- Add preliminary move, e.g. dodge before lead
- An easier option is to add pivot to one foot land drill using hoops

CHANGE IT

X

Shuttle Ball

- Two lines facing each other
- Worker (X1) leads forward from line 1 and receives pass from line 2
- X1 lands on two feet, pivots and passes back to their line and returns to end of own line
- Sequence continues with alternate leads from line 1 then line 2



Variation:

- Type of pass
- Distance between lines

- Add second ball
- First person in line (X1) leads to left, once thrower (T) passes ball to X1, second person in line (X2) passes ball to T and leads to right
- Xs then alternate leading to left and right

Option 2:

- Could use Shuttle Ball in Two-Foot Land & Pivot Skill but change straight lead to angled lead