

# Partner Dribble, Pass, Pivot, Pass Drill

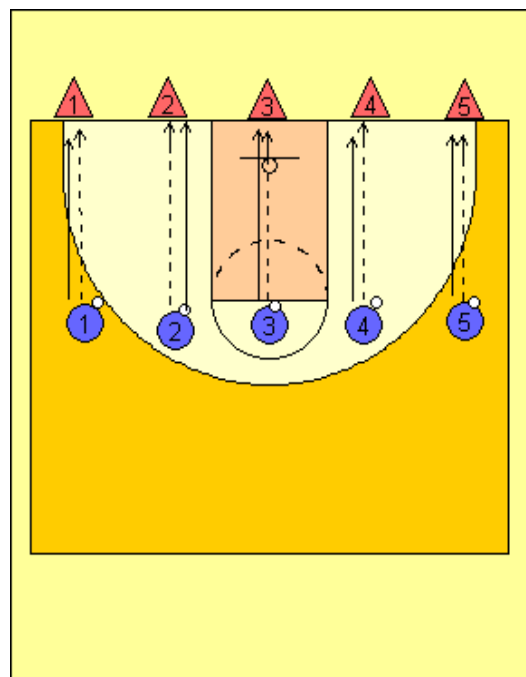
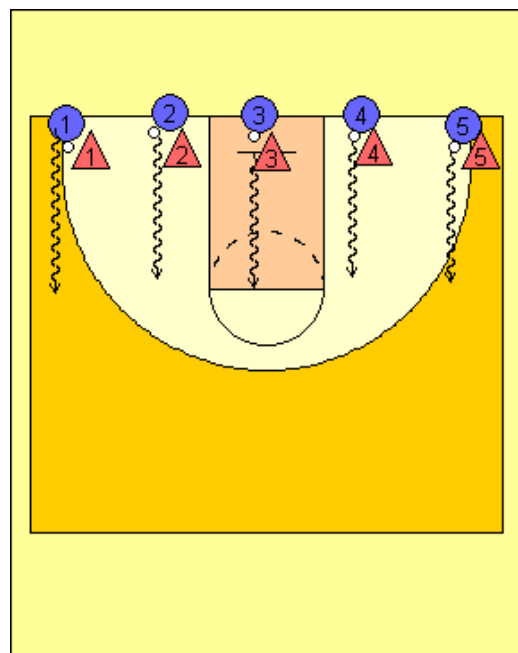
(Age Level – Elementary 1 +)

## Drill Purpose

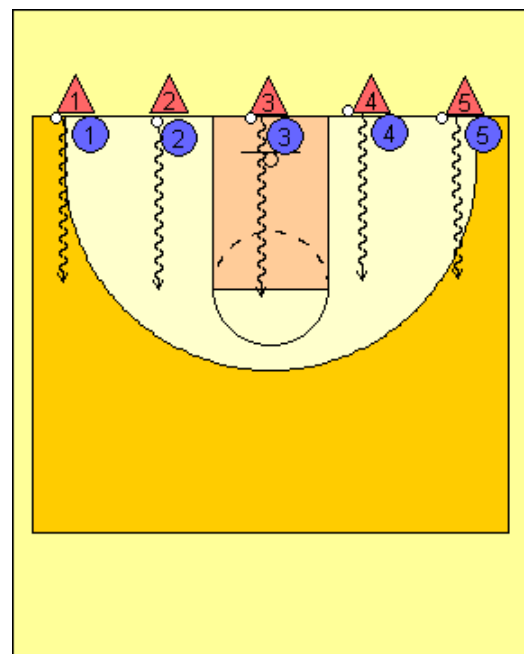
This is one of the best youth basketball fundamental drills around. It's great, because the player can get many repetitions in a short amount of time and they work on many of the most important basketball fundamentals at once: dribbling, passing, pivoting, ball swings, jump-stops, and the triple threat. If done correctly, it can also improve their explosiveness tremendously.

## Instructions

1. Player starts out with ball on baseline with partner facing him in a good defensive stance.
2. Player takes two to three explosive dribbles with either hand.
3. Player comes to a Jump-stop. (Over exaggerate Jump-stop)
4. Pivots 180 degrees. As he pivots, he should swing the ball into a triple threat position while leading with his elbow (this is referred to as a ball swing). This will keep the defensive players from smothering the offensive player.
5. Next, he should throw a crisp pass to his partner.
6. Next, the player should sprint and follow his pass and get in a good defensive stance as if he were guarding his partner.



7. Next player repeats the process



## Points of Emphasis

Continually tell your players to...

- The player's first step should be long and explosive past the defender. (Focus on long, explosive strides for every step)
- If he's dribbling with his right-hand, his first stride should be with his left foot. (Left hand - right foot)
- Player should explode by defender shoulder-to-shoulder. This makes it much more difficult for the defender to recover on defense.
- Make sure player takes two to three hard dribbles fast and under control.
- The jump stop should be exaggerated.
- Make sure keeps good balance while performing this drill and pivots into a good triple-threat position before passing.
- Most importantly, everything should be quick and crisp. The player should appear as if he is on the attack at all times.

## Motivation / Teaching Tips

**Tip #1** – If the player loses balance, travels, or loses the ball - make them start over.

**Tip #2** – Have them do 5 repetitions with each hand.

**Tip #3** – Instead of trying to have them perform all the pivots during this drill. You dedicate one practice to front pivots and another day to reverse pivots. If you have enough time, you could perform both front and reverse pivots.

**Tip #4** – If they travel or lose their balance, make sure they start over and do it until they complete the drill correctly.

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**Tip #5** – It's best to perform this drill with a partner and have them spread across the baseline with their partner. This enables them to do many repetitions rather than waiting 30 seconds in between repetitions if you were only going to have a two lines.



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