

OFFENSIVE FOOTWORK

BASIC STANCE - FOOTWORK - ACTIONS & STOPS NECESSARY TO BE FUNCTIONAL

VIDEO TIME STAMPS

Start	End	
0:00	1:05	Ready Position: Wide base - Heels UP - this forces knees to bend and places weight on balls of your feet - You will sprint-jump-glide-stop or pivot better from this position
1:10	3:15	Jump Steps: From the Ready position jump as far and explosively as you can off one leg landing on the other - Then alternate - Repeat this jumping laterally as well (when jumping left jump off right foot and vice versa) This is key to moving explosively and changing directions
3:20	5:30	Tripod Lunge Step: Critical for development of shooting proper lay-up especially with weak hand. Place the ball on a chair just outside of the low block. When approaching the basket, take as long of a stride as possible with your outside leg and grab the ball with both hands...thus the outside leg and two outstretched hands are the three points of the tripod. Bring the ball under chin to protect while taking a lunge step with inside foot and exploding up towards the rim... outside knee should have as much upward explosive thrust as possible
5:40	8:40	Front & Reverse Pivots: Plus sign pivot drill is the best way to develop this skill - Put tape on the floor in the shape of a giant (how big) plus sign - Place left foot at the center of the plus sign - Get in Ready stance and move right foot forward to same horizontal line the left foot is on - Continue to the other three lines in same direction - Then Reverse the same process to work on Reverse pivoting - Ultimately change feet and repeat the process - Increase number from 50 touches to 300 and take your game to another level!
8:45	10:30	Straight Line Pivots: Again from the Ready position while sweeping the ball high or ripping the ball low pivot 180 degrees both front and back again using both legs - This will be invaluable to set up perimeter moves or to attack traps
10:35	13:55	Jab Step: Two types: Kobe Jab which is directly at the defender - 6 inch quick and powerful jab to create space and back the defender up - The Iverson Jab is directly horizontal to move the defender sideways - You must protect the ball at all times when using either jab
13:55	15:20	Crossover Rip Through Step: From low Ready position Sweep the ball over your head while simultaneously bringing the opposite shoulder, hip and foot across the defender and REACH by him with long explosive dribble
15:25	19:15	Jump Stop: Like the Ready position this is critical to being able to function at a high level. Get airborne...no need to get high and land on two feet simultaneously...ONE NOISE. This allows one to gain, reestablish and maintain balance. Allows use of either foot as pivot.
19:20	21:00	1-2 Stop: Most effective way to shoot when possible. Must be heel of inside foot and toe of outside or trail foot. RH shooters should always step Left-Right when facing the basket and LH shooters Right-Left. The exception is if coming to the ball and not facing the basket it is inside foot first.

WATCH VIDEO

