

## PIVOTING

Pivoting is just moving side to side leaving one of your feet stationary while moving the other one.

The pivot is a fundamental skill that can get a player relief from pressure defense, and can be a great skill to have to begin an offensive move. To pivot, turn on the ball of your foot. Once you choose your pivot foot, it must maintain contact with the ground until you dribble, shoot or pass. (You can go airborne to shoot or pass) If your pivot foot moves and you do not dribble, shoot or pass, it is a violation called traveling, and the ball is awarded to the other team. A reverse or back pivot is when you turn backwards and when you turn forwards it is called a forward or front pivot. All players should know how to pivot 90 degrees and 180 degrees. Pivoting can be done with, or without, the ball.

### Examples of when to pivot:

- > A player who receives the ball while standing still may pivot.
- > A player who ends their dribble may pivot to get a better passing lane.
- > A player without the ball may use a pivot move to fake their opponent in the direction they plan on moving. Jab step or "V" cut.

### ***COACHING TIPS FOR PIVOTING:***

- You must keep your head up and alert.
- Begin in a triple threat position, knees bent a little.
- Establish a pivot foot, your pivot point must not change.
- Your pivot foot must not slide.
- Pivots should be made on the ball of your foot; therefore, lift up the heel of the pivot foot.
- Hang on firmly to ball while pivoting.
- If your defender is in your face you must "rip" (hang on firmly) the ball when pivoting.

Note left pivot foot above.

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