

FDBA Domestic Coaches Drill Book: Multi Skill Drills

Name: 4 Corner Dribble, Pivot & Pass Drill No: G1

Diagram A.

Description:

Split the group into four corners with a ball in each corner.

Players dribble to the cone in front, jump stop, pivot (to a pre-determined direction), pass then join the line you passed to.

Variations:

Change distance of lines and pass types.
Change directions and types of pivots

Points of Emphasis:

1. Vision while dribbling
2. Jump stop on balance in basketball stance
3. Point ten toes before passing and finish with ten finger pointing to partner after passing

