

FDBA Domestic Coaches Drill Book: Body Movement & Control

Name: UCLA Series

Drill No: J1

Description:

Players line up in four lines at baseline

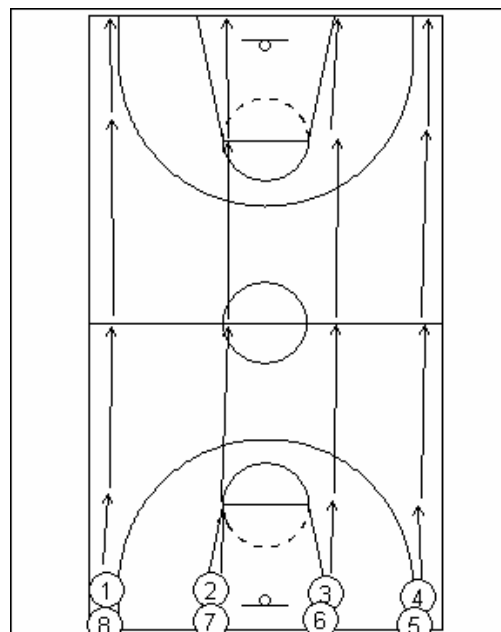
Players run down the court, and at designated spots (e.g. free-throw line extended, centre line), or on whistle, make a jump stop or stride stop.

After mastering the jump stop and/or stride stop player can they progress to pivoting.

1. Right foot planted forward pivot
2. Left foot planted forward pivot
3. Right foot planted reverse pivot
4. Left foot planted reverse pivot

Progress to zigzag running with players changing direction

Diagram A.



Variations:

Follow the leader - all players follow moves of designated player—using peripheral vision, player must stay in line with each other

Points of Emphasis:

1. Head up - see the court.
2. Stop in basketball stance
3. Stay in stance through pivot
4. Explosive change of direction - plant the foot and push off.