



# DEFOREST LADY NORSKIES

## “BOX DRILLS”

### 6 Basketball Footwork Drills

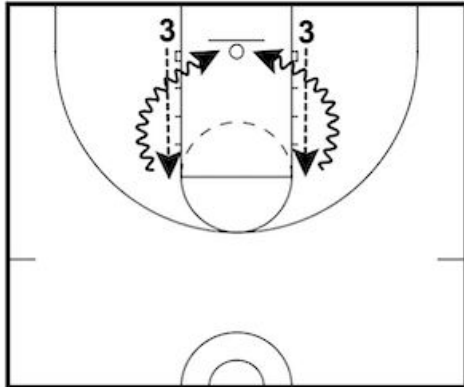


Every one of the following basketball footwork drills starts with the offensive player on the low block with their back towards the baseline.

From there, they must spin the basketball back to themselves and catch the ball using a jump stop on the high post / elbow.

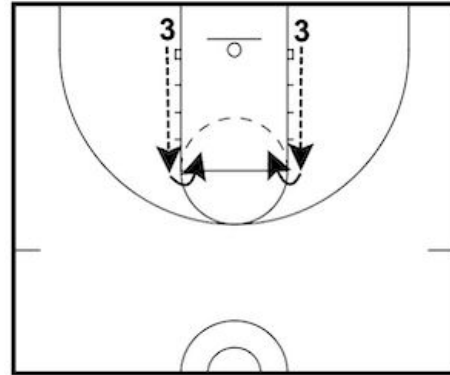
Then execute the following footwork drills...

#### 1. Drop Step, Layup



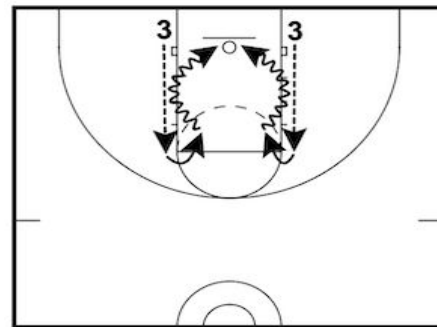
1. Two-foot jump stop
2. Drop step with outside leg
3. One dribble
4. Layup

#### 2. Inside Pivot, Jump Shot



1. Two-foot jump stop
2. Fake drop step
3. Forward pivot on inside foot
4. Jump shot

#### 3. Inside Pivot, Shot Fake, Crossover Step, Layup



1. Two-foot jump stop
2. Fake drop step
3. Forward pivot on inside foot
4. Shot fake
5. Crossover step
6. One dribble
7. Layup



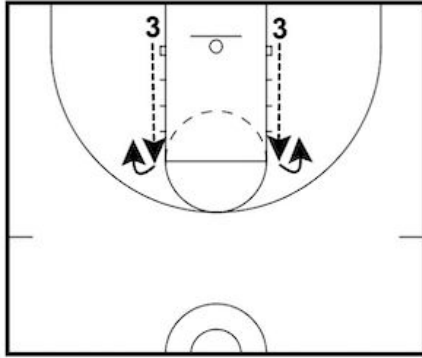
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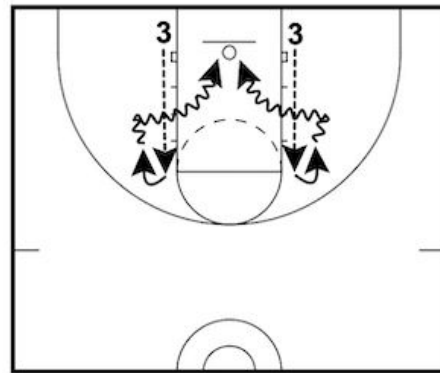


### 4. Reverse Pivot, Jump Shot



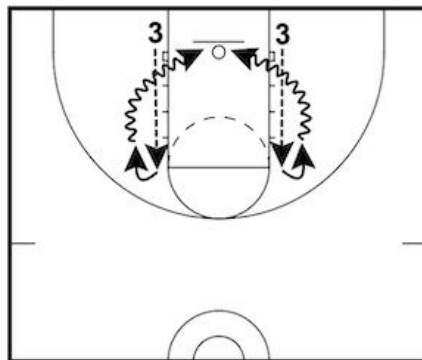
1. Two-foot jump stop
2. Reverse pivot on outside foot
3. Jump shot

### 6. Reverse Pivot, Fake Rip, Crossover Step, Layup



1. Two-foot jump stop
2. Reverse pivot on outside foot
3. Fake rip to outside
4. Crossover step
5. One dribble
6. Layup

### 5. Reverse Pivot, Rip, Layup



1. Two-foot jump stop
2. Reverse pivot on outside foot
3. Rip to outside
4. One dribble
5. Layup