

# THE REVERSE PIVOT

## The Six Essentials to a Good Drill

### **1. Explain why the drill is important.**

Why is the skill important, how does it apply in games?

### **2. Demonstrate what you want.**

Players walk through the procedure of the drill. Demonstrate correct fundamental. Correct errors in procedure and/or fundamental.

### **3. Introduce a challenge.**

For example: multiple fundamentals within the drill, offense and defense, a specified number or correct attempts within a specified amount of time.

### **4. Time, Score and Personal Best.**

All drills are competitive. Coach and players should be aware of specific personal best goal in all timed drills.

### **5. Correct on the Run.**

Provide individual instruction during rest between repetitions without stopping the entire group.

### **6. Repetition is lord and master.**

Seven repetitions should result in a minimum of one new fundamental executed correctly. More complex skills, like reading the second line of the defense for example, require regular repetition.