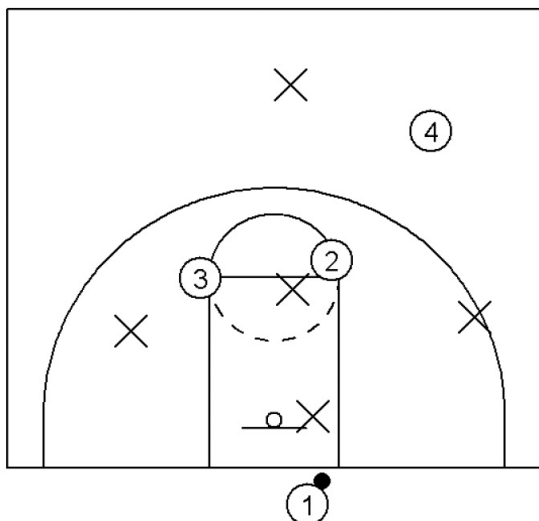


THE REVERSE PIVOT

FIVE ON FOUR CONTINUOUS DRILL

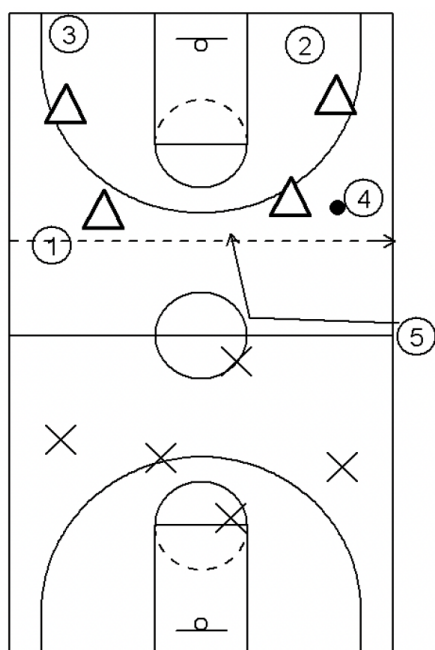
Defence



Procedure:

Divide your squad into teams of five. You can have five teams per court.

Four offensive players inbound the ball against five defenders. If the defence steal the ball or force a turnover, they attempt to score and press on the made basket or defensive rebound. (The steal should be the norm not the exception!)



Once the four offensive players advance the ball over half court, their fifth offensive teammate sprints to the centre circle and joins the offense against four waiting defenders:

Emphasis:

Defence: Ball pressure, communication, rotation, rebounding.

Offense: Passing to a moving target under pressure. Cutting into open space and catching on the move. Shooting accurately when uncontested. Low post efficiency.

Sequence:

1. Offense gets no dribbles to designated score at time
2. Offense allowed 2 dribbles per reception per player.
3. Offense allowed unlimited dribbles.