



## PIVOT AND THE JUMP STOP

### PIVOT

Pivoting is one of the most important basic basketball skills a player must master. Pivoting occurs when a player rotates his/her body position, maintaining balance with one foot in constant contact with the floor.

A player can use pivots to:

- Protect the ball from defensive player
- Improve view of court while in possession of ball
- Square up to the basket
- Improve passing or driving lane
- Beat a defensive player by pivoting around him/her

Once a pivot foot is established, it may not be changed. A player must visualise that their pivot foot is stuck to the ground, until they dribble or pass the ball. When a player catches the ball or stops dribbling the ball, the first foot to hit the floor is the pivot foot. Therefore, it is a good idea to have a player come to a jump stop on two feet, so that their pivot foot is not pre-determined. Once this occurs, it is up to the player to choose a pivot foot based on the situation.

***When pivoting, emphasise the following:***

- Keep the pivot foot in constant contact with floor
- Stay low
- Pivot quickly and aggressively
- Lead with elbows
- Stay in triple threat stance

There are two types of pivots:

- **Front Pivot**—in the front pivot, a player turns forward while pivoting on one foot. That player does not lose sight of the basket and remains in a triple threat position throughout the movement
- **Reverse Pivot**—In the reverse pivot, the player turns their back, away from where they were. Again, the player must remain in a triple threat stance so that they protect the ball.

### JUMP STOP

Jump stops are used at the end of a dribble or when receiving a pass, to prevent a travelling violation after speed dribble, and to establish the pivot foot.

- As a player picks up dribble, he/she will land on both feet simultaneously
- The landing should be soft and on balance
- After the jump stop, player should be in the triple threat position
- After a jump stop occurs, a player is able to use either foot as the pivot foot.