

Infinite Triple Threat: Pivot & Jab Series

Drill Tips: Get into triple threat position as soon as you catch the ball and stay low and athletic the entire time. Really work on the details of selling your move each time, visualize the defender in front of you when making the move, and keeping your elbows out. Make sure to practice jabbing in 2 different situations: **Short (5-8 inches attacking) & Long (9 in. & up in any direction)**. Keep this in mind as you get use to your body and know your limitations. Lastly and don't forget, **JAB WITH YOUR ELBOWS AND FOOT AT THE SAMETIME TO KEEP YOUR DEFENDER OFF OF YOU!!!!**

Jab series from 10-15 feet at the Top, Wings, Elbows, and Corners: Back to basket, spin ball to catch, reverse pivot (**Note: practice pivoting & jabbing L & R**)

- **Pivot, Rip Through Low:** pivot, sweep the ball low across the floor, explode towards the basket
 - 5 makes- lay ups to the right- 5 makes- lay ups to the left
 - 5 makes (each side)- 1 or 2 dribble pull ups
 - 5 makes- 1 dribble, crossover, through the legs, or behind the back, lay up (both sides)
 - 5 makes- No Dribble Shot
- **Pivot, Rip Through High:** pivot, sweep the ball high across your nose, explode towards the basket
 - 5 makes- lay ups both right and left
 - 5 makes- 1 or 2 dribble pull ups (both sides)
 - 5 makes- 1 dribble, crossover, through the legs, or behind the back, lay up (both sides)
 - 5 makes- No Dribble Shot
- **Pivot, Jab and Shoot:** Jab step, rip the ball through, and shoot.
 - 5 makes- Left hip then shoot
 - 5 makes- Right hip then shoot
 - 5 makes- Left Shoulder then shoot
 - 5 makes- Right Shoulder then shoot
- **Pivot, Jab and Go:** jab step, slight hesitation, ball on the outside knee, explode towards the basket
 - 5 makes- lay ups both right and left
 - 5 makes- 1 or 2 dribble pull ups (both sides)
 - 5 makes- 1 dribble, crossover, through the legs, or behind the back, lay up (both sides)
- **Pivot, Jab and Cross:** Jab step, cross your lead foot over, rip the ball through, and explode low past the defender.
 - 5 makes- lay ups both right and left
 - 5 makes- 1 or 2 dribble pull ups (both sides)
 - 5 makes- 1 dribble, crossover, through the legs, or behind the back, lay up (both sides)
- **Pivot, Jab and Spin:** jab step, slight hesitation, ball tight to your body, spin pivot (reverse pivot approx. 300 degrees), explode towards the basket

- 5 makes- lay ups both right and left
 - 5 makes- 1 or 2 dribble pull ups (both sides)
 - 5 makes- 1 dribble, crossover, through the legs, or behind the back, lay up (both sides)
- **Pivot, Jab, Shot Fake, & Go:** Jab step, pump fake (move the ball not your feet), attack the basket low
 - 5 makes- lay ups both right and left
 - 5 makes- 1 or 2 dribble pull ups (both sides)
 - 5 makes- 1 dribble, crossover, through the legs, or behind the back, lay up (both sides)
- **Pivot, Jab, Shot Fake, & Cross:** Jab step, pump fake (move the ball not your feet), cross your lead foot over, rip the ball through, and explode low past the defender.
 - 5 makes- lay ups both right and left
 - 5 makes- 1 or 2 dribble pull ups (both sides)
 - 5 makes- 1 dribble, crossover, through the legs, or behind the back, lay up (both sides)
- **Pivot, Jab, Shot Fake, & Spin:** Jab step, pump fake (move the ball not your feet), ball tight to your body, spin pivot low (reverse pivot approx. 300 degrees), explode towards the basket
 - 5 makes- lay ups both right and left
 - 5 makes- 1 or 2 dribble pull ups (both sides)
 - 5 makes- 1 dribble, crossover, through the legs, or behind the back, lay up (both sides)
- **Pivot, Jab, Shimmy** Jab step, ball tight to your body, quickly the ball back & forth across your waist line or near your nose, explode towards the basket
 - Regular
 - 5 makes- lay ups both right and left
 - 5 makes- 1 or 2 dribble pull ups (both sides)
 - 5 makes- 1 dribble, crossover, through the legs, or behind the back, lay up (both sides)
 - 5 makes- No dribble shot
 - Jab & Cross
 - 5 makes- lay ups both right and left
 - 5 makes- 1 or 2 dribble pull ups (both sides)
 - 5 makes- 1 dribble, crossover, through the legs, or behind the back, lay up (both sides)