



# Footwork Skill Progression

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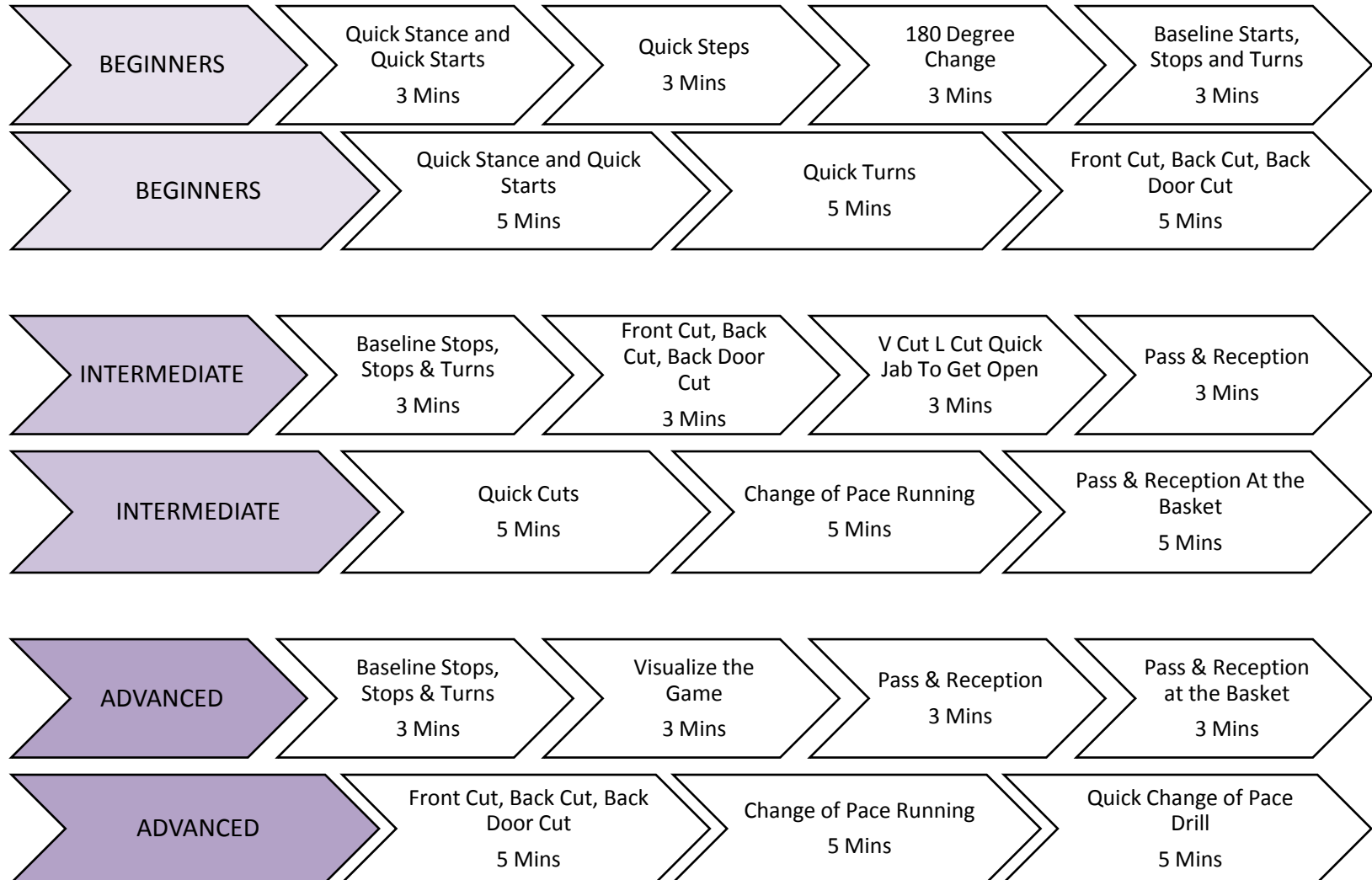
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# Footwork Skill Progressions

Match the following skill progressions to the experience level of your team. If you are working with multiple skill levels, separate the kids into groups and run stations. Each station uses the skill progression that best matches their ability. All drills are explained inside this document, and demonstrated on video inside Module 2 and Module 3 of Total Basketball Skill Development.



# QUICK STANCE & QUICK STARTS

## Purpose:

Players learn to get in the basketball-ready, or triple threat, position and also use quick starts/change of pace to get warmed up.

## Setup:

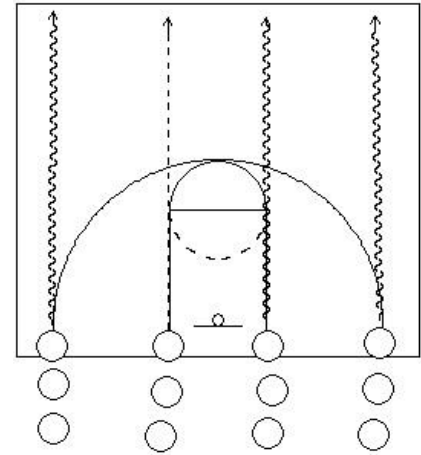
Four lines of players spaced about 12 to 15 feet apart (first at 3-point line left corner, second at lane's edge, third at other lane's edge, fourth at three point line right corner).

## Execution:

1. Coach says, "ready."
2. Players at front of each line get in quick stance.
3. Coach says, "go."
4. Players lead with front foot, take large step and then use change of pace and quick starts to move from baseline to half court where they do a quick turn and stop.
5. Once everyone has reach half court, players do the same thing back to the baseline.

## Coaching Tips:

- When player reaches free throw line extended, the next player goes.
- Watch for hands at chest level, all joints bent and alternating quick starts with slower footwork.



Players practice quick stance and quick starts in this half court drill.



Players get in the quick stance, or triple threat position, to begin the drill.

## QUICK STEPS

### Purpose:

Players learn proper footwork when making a 90-degree change of direction on the basketball court.

### Setup:

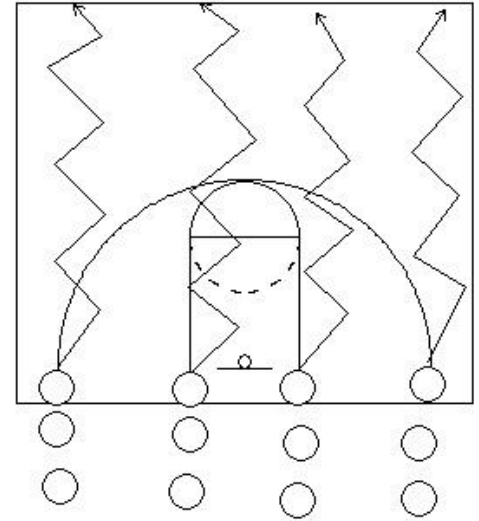
Four lines of players spaced about 12 to 15 feet apart (first at 3-point line left corner, second at lane's edge, third at other lane's edge, fourth at three point line right corner).

### Execution:

1. Coach says "ready."
2. Players get in quick stance position.
3. Coach says "go."
4. Players take 2 to 3 steps to the right, plant and cut back hard to the left. They repeat this process as they make their way to half court.
5. Next player goes when player ahead of him reach free throw line extended.
6. When all players reach half court, players do the same thing back to the baseline.
7. This drill should also be run with players going to the left and cutting back to the right.

### Coaching Tips

- Watch that players are planting their outside foot and getting their hips into the turn.
- Players should go into the turn slow and come out quick.
- Players should also bring their hands up and use them for momentum when coming out of the turn.



Players work on planting and making 90 degree turns.

# 180 DEGREE CHANGE

## Purpose:

Players learn to stop their forward momentum, reverse and go back the way they came. This skill is important when there is a sudden change of possession.

## Setup:

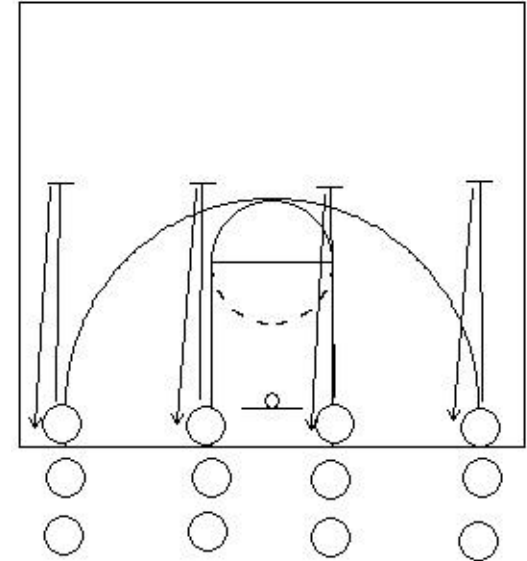
Four lines of players spaced about 12 to 15 feet apart (first at 3-point line left corner, second at lane's edge, third at other lane's edge, fourth at three point line right corner).

## Execution:

1. Coach says, "ready."
2. Players at front of each line get in quick stance.
3. Coach says, "go."
4. Players run to top of three point, stop, reverse direction and head back to the line they came from.
5. When player reaches line, next player goes.

## Coaching Tips:

- Players should sit back on their heels, get down low and change direction in a straight line.



Basketball players need to be able to change directions on a dime – and that's exactly what they learn to do in this drill.

# FRONT CUT

## Purpose:

In this drill, players simulate making a pass, stepping away and then cutting to the basket.

## Setup:

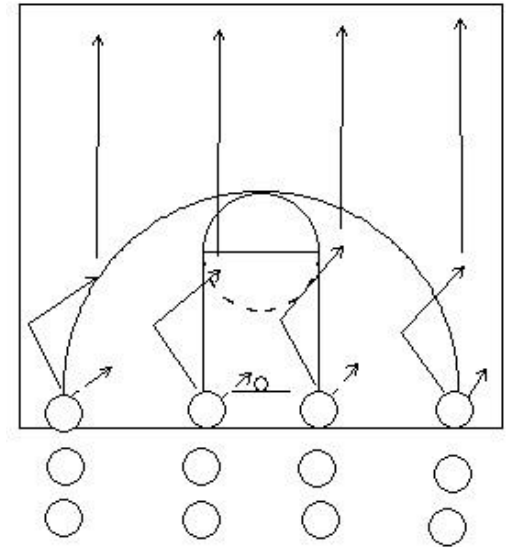
Four lines of players spaced about 12 to 15 feet apart (first at 3-point line left corner, second at lane's edge, third at other lane's edge, fourth at three point line right corner).

## Execution:

1. Coach says, "ready."
2. Players at front of each line get in quick stance.
3. Coach says, "go."
4. Players simulate a pass to the left and take 2 to 3 steps away, then cut back hard to the make-believe basket with hands up ready to receive the ball.
5. Players go to half court, then come back running the drill the opposite way.

## Coaching Tips:

- Look for good hard cuts and that players are staying balanced when cutting.



Players simulate the pass, step away and then cut hard to the basket.



# BACK CUT

## Purpose:

In this drill, players simulate making a pass, then cut behind an imaginary defender who is overplaying them.

## Setup:

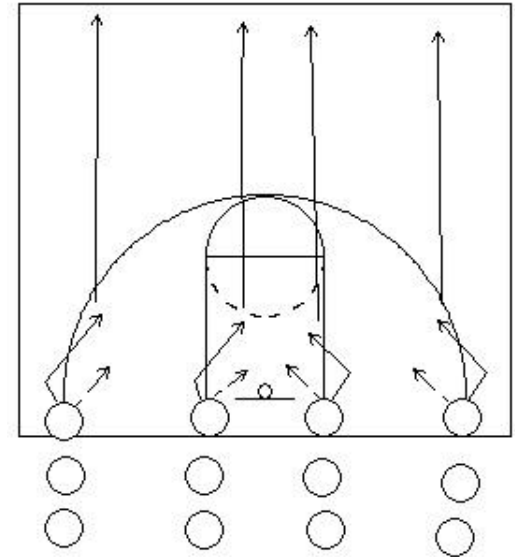
Four lines of players spaced about 12 to 15 feet apart (first at 3-point line left corner, second at lane's edge, third at other lane's edge, fourth at three point line right corner).

## Execution:

1. Coach says, "ready."
2. Players at front of each line get in quick stance.
3. Coach says, "go."
4. Players simulate a pass to the middle, take one short step away and then cut hard behind the imaginary defender who is overplaying them.
5. Players go to half court, then come back running the drill the opposite way.

## Coaching Tips:

- Look for good hard cuts and that players are staying balanced when cutting.



Players work on their back cuts.

# BACK DOOR CUT

## Purpose:

Players work on making back door cuts.

## Setup:

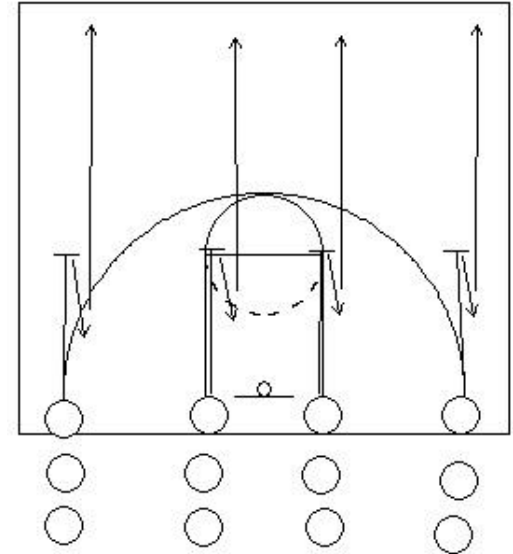
Four lines of players spaced about 12 to 15 feet apart (first at 3-point line left corner, second at lane's edge, third at other lane's edge, fourth at three point line right corner).

## Execution:

1. Coach says, "ready."
2. Players at front of each line get in quick stance.
3. Coach says, "go."
4. Players run to the free throw line extended, come back toward the line they were in, then make a back door cut and head toward half court.

## Coaching Tips:

- In this drill, players make three movements – out, in, out. Look for good hard cuts and good speed out of the cut.



Players run to the free throw line extended area, come back toward their line and then make a hard back door cut.

# QUICK TURNS

## Purpose:

Players learn to stop under control and make either a front or back turn using proper footwork.

## Setup:

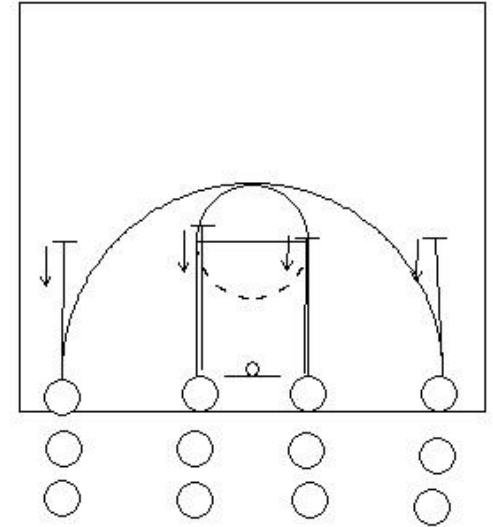
Four lines of players spaced about 12 to 15 feet apart (first at 3-point line left corner, second at lane's edge, third at other lane's edge, fourth at three point line right corner).

## Execution:

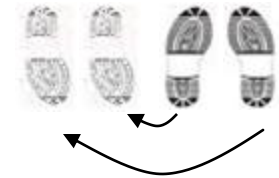
1. Coach says, "ready."
2. Players at front of each line get in quick stance.
3. Coach says, "go."
4. Players run to the free throw line extended and come to a quick stop. They then make either a front turn or a rear turn according to what the coach has instructed.

## Coaching Tips:

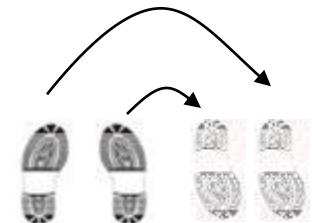
- As the drill progresses you can call out different combinations for the players to do – for example, "left pivot foot, front turn," "right pivot foot, rear turn" etc.



Players make front and rear turns in this drill.



Above, rear turn with left foot as pivot foot or turning foot. Below, front turn with right foot as pivot foot.



# CHANGE OF PACE RUNNING

## Purpose:

Players improve their footwork and get warmed up.

## Setup:

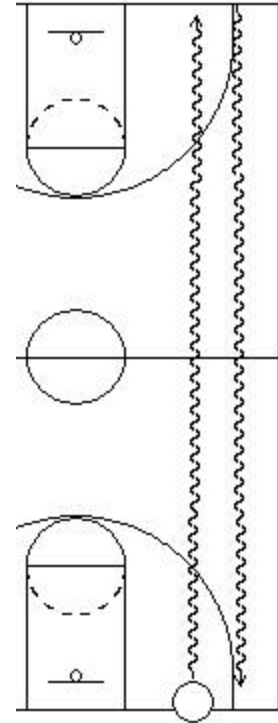
Players line up along baseline and proceed down the court and then come back to the starting position. No basketballs are used.

## Execution:

1. Coach says "go."
2. Players go slow, then fast, exploding forward with their hands chest high and calling for the ball.
3. Players use this pattern – slow ,then fast – all the way down the court and back.

## Coaching Tips:

- When players go fast, make sure they bring their hands to their chest in a ready-to-receive the pass position.
- You can also have players call for the ball by saying "open" or calling a player on the team's name.



Player goes slow then fast as he makes his way down the court and back.



Player puts his hands up and calls for ball during the Change of Pace Running Drill.

# QUICK CHANGE OF PACE

## Purpose:

Players practice making quick changes of pace. Another great warm-up drill.

## Setup:

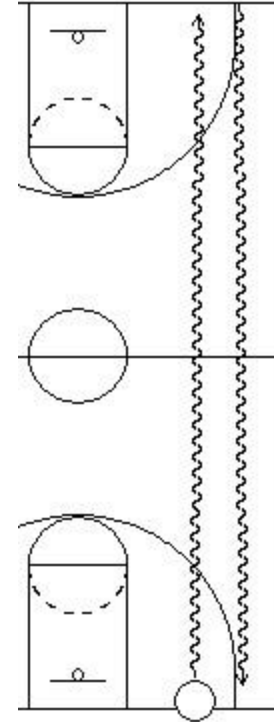
Players line up along baseline and proceed down the court and then come back to the starting position. No basketballs are used. Coach needs a whistle for this drill.

## Execution:

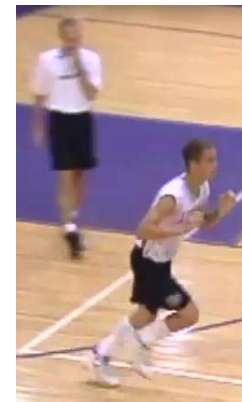
1. Coach blows whistle.
2. Players proceed down court according to the number of whistle blows from the coach.
3. One whistle players go full speed.
4. Two whistles players go at about two-thirds speed.
5. Three whistles players walk with their hands up.
6. Coach blows whistle at various points as players go down the court and back.

## Coaching Tips:

- When players go fast, make sure they bring their hands to their chest in a ready-to-receive the pass position.
- Look for quick changes of pace – from slow to fast as fast as possible.



In this drill, players go from one baseline to the other and then back to the starting position.



At left, coach blows the whistle and player reacts accordingly.

# QUICK CUTS

## Purpose:

Players practice making two different types of quick cuts as they go down the court and back. This is also a great conditioning drill.

## Setup:

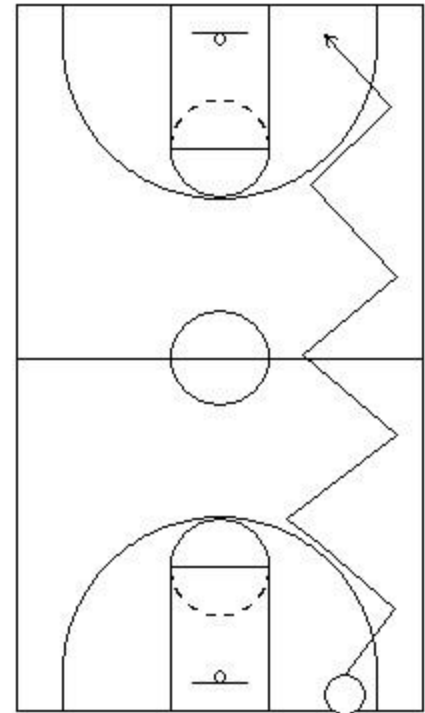
Players line up along baseline and proceed down the court and then come back to the starting position. No basketballs are used.

## Execution:

1. Coach says “go” or blows whistle.
2. Players proceed down court making two different cuts.
3. First cut is slow into the cut, then hard out with hands up, ready to receive ball.
4. Second cut is hard into the cut and hard out of the cut with hands up, ready to receive ball.
5. Players should alternate the cuts as they go down the court and back.

## Coaching Tips:

- Players should not put their weight on the outside foot that they are jabbing with. Instead players should keep weight low and inside and sink their hips as they make the cut.



Players practice making quick cuts down the court and back in this drill.

## VISUALIZE THE GAME

### Purpose:

Players practice both mental and physical aspects of the game of basketball in this drill.

### Setup:

Player sets up in an offensive position in the half court. No basketballs are used.

### Execution:

1. Coach says “go” or blows whistle.
2. Player imagines five offensive players and five defensive players on court and proceeds to set screens and make second cuts, receive screens and make cuts, catch the ball and square, make passes and cuts, dribble the ball, take a shot, get the rebound, etc.
3. Drill continues until coach says “stop” or blows whistle.

### Coaching Tips:

- This drill requires creativity and an understanding of the game of basketball to be effective. If players struggle with the creative aspect, have them run through plays in their head.
- Players should be verbal during the drill, communicating with the imaginary players.



Players visualize the game and make basketball moves based on what they imagine is happening on the court.

# BASELINE STARTS, STOPS & TURNS

## Purpose:

Players practice making quick starts, stops and turns – all essential basketball moves – in this drill.

## Setup:

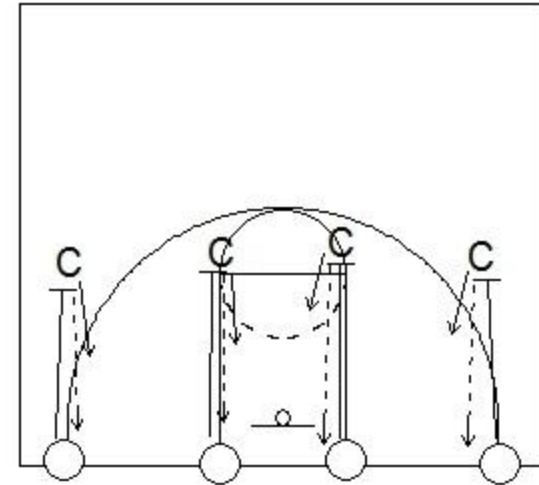
Four lines of players spaced about 12 to 15 feet apart (first at 3-point line left corner, second at lane's edge, third at other lane's edge, fourth at three point line right corner). First player in each line has a ball.

## Execution:

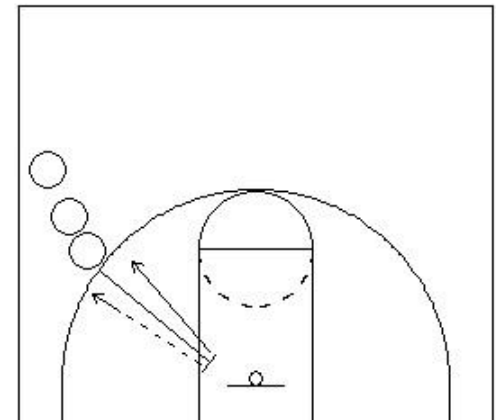
1. Coach says “go” or blows whistle.
2. Player make either a direct drive or a crossover drive, dribble to free throw line extended and make a quick stop and quick rear turn.
3. They then pass the ball back to the next person in line and use change of pace to go to the end of the line.
4. Drill can be run with coaches at free throw line extended to harass ball handlers and force the quick turn.

## Coaching Tips:

- Stress to players LBBOS – Low, Body Balanced, Base of Support.
- Players should lift heel of pivot foot when making a turn. Players should also make a quick stop not a jump stop, which requires a larger jump into the stop.
- Also, stress quick, efficient turns to your players.



Players work on quick starts, quick stops and quick turns all in this one drill.



Here the drill is run from the wing. Player drives down, makes a quick stop and quick turn and passes the ball back out to the next player in line.



## V CUT/L CUT – QUICK JAB TO GET OPEN

### Purpose:

Players work on receiving a pass. Players use a V Cut or L Cut along with a quick jab and change of pace to get open and receive the ball.

### Setup:

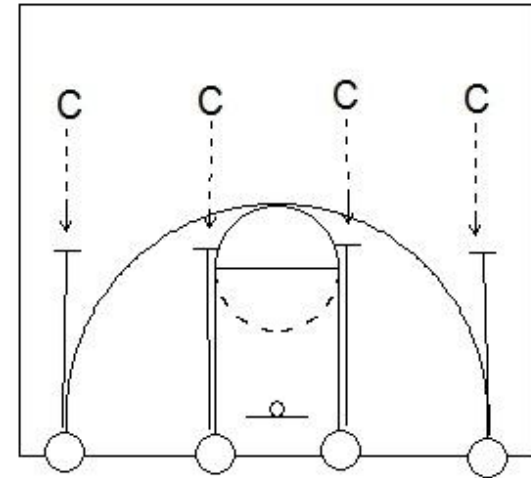
Four lines of players spaced about 12 to 15 feet apart along the baseline (first at 3-point line left corner, second at lane's edge, third at other lane's edge, fourth at three point line right corner). Four coaches or players line up in the area between half court and the top of the three point line. They each have a basketball.

### Execution:

1. Coach says “go” or blows whistle.
2. Player makes an L Cut or V Cut with a quick jab, goes up court and receives pass.
3. Upon catching ball, players makes a quick turn and then passes the ball back to the coach and goes to the end of the line.
4. Drill is run until coach says “stop” or blows the whistle.

### Coaching Tips:

- Players should also be using change of pace and change of direction to get open. They should also throw their hands out and up, past the imaginary defender as they make their cut.
- To make the drill tougher, put a coach or player at the cut position to hit the player with a pad as he jabs to get open.



Players jab to get open, receive the ball and make a quick turn.

## PASS & RECEPTION

### Purpose:

Players work on both passing the ball and catching it.

### Setup:

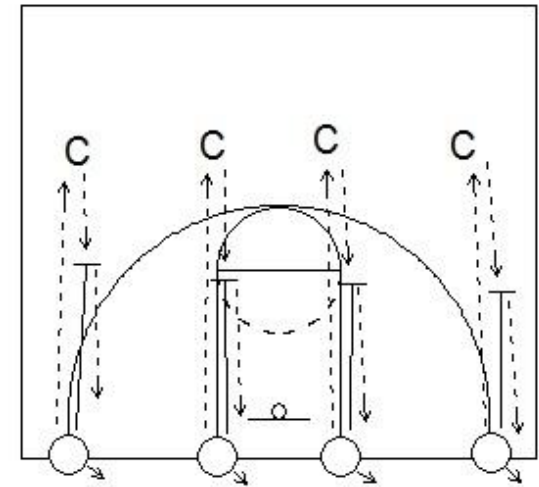
Four lines of players spaced about 12 to 15 feet apart along the baseline (first at 3-point line left corner, second at lane's edge, third at other lane's edge, fourth at three point line right corner). First player in each line has a ball. One coach or player for each line, lines up in the area between the half court line and the top of the 3-point line.

### Execution:

1. Players line up facing either right or left
2. Coach says, "go" or blows the whistle.
3. Players fake a pass away from the court and then throws a skip pass out to a player or coach lined up in the area between the half court and the top of the 3-point line.
4. After making the pass, player "goes and gets the ball," running up court to receive the pass back from the coach.
5. Player catches the ball, does a quick stop and quick turn and throws the ball to the next person in line.

### Coaching Tips:

- Players should be making tight cuts. Stress "get close to get open" – meaning players should try to get close to the imaginary defender and then make the cut to get open.



Players make the pass, then cut and receive a return pass.

## PASS & RECEPTION AT BASKET

### Purpose:

Takes what players have learned from the baseline and puts it at the basket so players better understand offensive spacing.

### Setup:

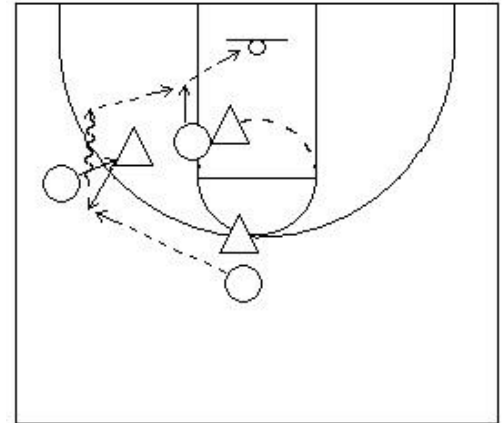
You need a player in the post with a defender, a player on the wing with a defender and a player at the point with a defender.

### Execution:

1. Coach says, "go" or blows the whistle.
2. Player on wing goes into the defender and makes a cut to get open.
3. Player at point passes ball to wing.
4. Player on wing takes a dribble or two toward baseline and hits the post man rolling to the basket.
5. Post player catches the ball and makes the basket.
6. Players rotate one position and drill continues.
7. Drill ends when coach blows whistle.

### Coaching Tips:

- Look for proper spacing and good fundamentals both passing and catching the ball.
- As players get used to the drill, you can change elements such as having the defender front the post or running the drill from a different court position.



Players put the skills they learned in baseline drills to work in a more game-type situation.

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