

Catching, Pivoting and Faking Skills

Introduction

The fundamental skills of catching, pivoting, and faking are amongst the most overlooked and under taught skills in the game of basketball today and the players inability to catch, pivot or make an effective fake are key ingredients to a players success.

Catching

There are five simple principles which players must observe when practising catching the ball:

- 1) Always practice moving to the ball with both hands up.
- 2) Always run through the ball when catching a pass.
- 3) Catch the ball with your thumbs pointed upwards and towards the eyes, collapsing the arms to absorb (decelerate) the force of the arriving ball.
- 4) Always catch the ball near the basket from a one contact (two-foot) jump stop (ready to shoot)
5. On receipt of the ball the player must immediately bring the ball to the triple threat position.

Pivoting

Pivoting is an undeveloped skill in basketball. Pivoting is a part of almost every skill that players undertake in the game

Players need to:

- 1) Always have their balance before they pivot.
- 2) When they pivot, the hip of the pivoting leg should be pulled through on a straight line to the new position.
- 3) When pivoting lower the centre of gravity. (bend the knees)
- 4) Decrease the radius of the pivot as they turn. (short sharp pivot steps)
- 5) Keep their upper body as straight and vertical as possible when pivoting.
- 6) Always pivot on the ball of their pivot foot.
- 7) Always pivot into their defender when squaring up to the basket.
- 8) To avoid pressure on the ball when pivoting the ball should be tucked under the chin – elbows out.

Faking

The best fake is the movement that most resembles the first 2/10th of a second of a players normally executed basketball skill:

Players need to:

- 1) By being in the triple threat position, the player can gain an advantage by encouraging the defender to go in one direction (up or down, or right or left).
- 2) Always begin the fake away from the ball or where you want to receive the ball.
- 3) The players must move enough to get their defender to move or significantly break their balance (this is at a minimum two hard sprint steps). .
- 4) Always cut in a straight line toward and through the ball.
- 5) If the defender is playing between you and the ball, run directly at the defender, and make a cut 90 degrees from their direct path.
- 6) A good offensive player will attempt to get behind the eyes of a defender and make them turn their heads.

If you want to be a better basketball player, you will practice catching, pivoting and faking skills and make them a significant part of your daily practice routines.

IF IT'S TO BE – ITS UP TO ME