

EMPIRE VIRTUAL TRAINING WORKOUT - PIVOT



OPEN YOUR CAMERA APP AND POINT IT AT EACH QR CODE TO WATCH COACH KLEIN'S EXAMPLES!

1. Jab with Ball at Hip



Jab with your **dominant** foot forward towards your "**defender**". The basketball will stay at your **hip** and your dominant foot will go forward to fake out your defender.

Righty Players: right foot jabs forward. Left foot stays down on the ground.
Lefty Players: left foot jabs forward. Right foot stays down on the ground.

Tip: Use this to gain space from your defender for a shot !

Duration: 10 reps each side!

2. Jab Forward with Ball



Jab with your **dominant** foot forward to make your defender back up, for this one, you are also bringing the **basketball** forward to fake your defender out and to make them think you are about to dribble or drive.

Righty Players: right foot jabs, left foot stays down, basketball comes forward to your right side to fake a driving motion

Lefty Players: left foot jabs, right foot stays down, basketball comes forward to your left side to fake a driving motion.

Tip: This one will also help you gain space from your defender for an open jump shot or just to create space !

Duration: 10 reps each side!

EMPIRE VIRTUAL TRAINING WORKOUT - PIVOT

3. Over-the-Top Jab



Jab forward with your **dominant** foot and bring the basketball over the "defender's" arm. Use your imagination and pretend the defender has their hand out guarding you. Bring the basketball over their hand and jab at the same time. This will make the defender back up.

Righty Players: jab with right foot, rip over the top to the right side.

Lefty Players: jab with left foot, rip over the top to the left side.

Tip: Remember to jab and rip the basketball hard!

Duration: 10 reps each side!

4. Jab to Side, Over the Top



Jab to the side with your **dominant foot**, then jab **over the top** to the opposite side bringing your dominant foot over, naturally this should turn your shoulders into a driving/attack motion.

Tip: Remember to rip hard and over the top! The side jab is to set your defender up, then you rip opposite in an attacking motion!

Duration: 10 reps each side!

5. Rip, Jab opposite, over the top



For this jab, you are bringing your **dominant** foot over to the opposite side of your body. Turn your shoulders and protect the ball. This is used to create/gain space from a "defender" who is guarding you tightly.

Tip: Remember to jab across and rip the basketball strong to protect the ball and keep your eyes up!

Duration: 10 reps each side!

EYA



EMPIRE VIRTUAL TRAINING WORKOUT - PIVOT