



FIBA

We Are Basketball



by Jay Hernandez

THE POUND-PIVOT

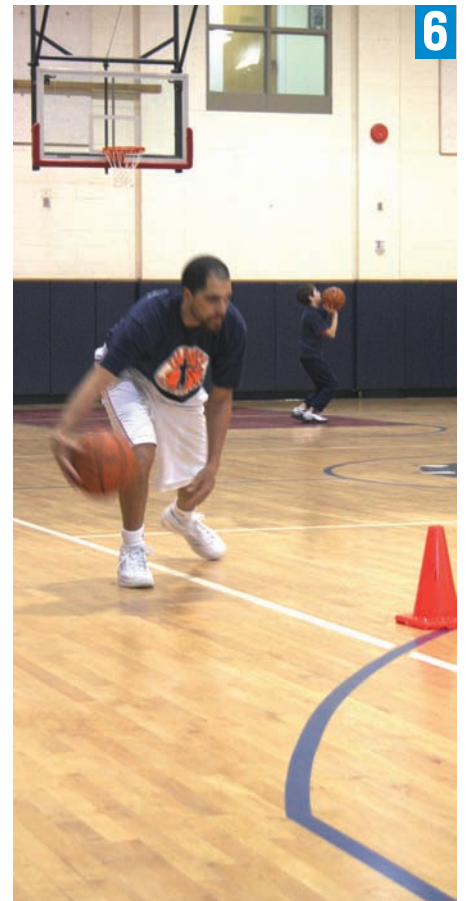
Jay Hernandez is the founder of Pro Hoops Inc. which is a basketball training company based out of New York. Pro Hoops is considered to be one of the best in preparing players to be Professionals. Pro Hoops has worked and continues to work with players like **Wally Szczerbiak (Cleveland Cavaliers), Raja Bell (Phoenix Suns), Jameer Nelson (Orlando Magic)** and more. Jay also has a shooting workout on DVD with **Wally Szczerbiak** and a new set of DVDs that are out on **Hoopsking.com** that feature **Scoring Moves, Point Guard Skills, Heavy Ball Training, Freeze Pull ups** and

more. Jay is known for his innovative and fundamental techniques that help players improve at a faster rate and with lasting results (www.prohoops.net).

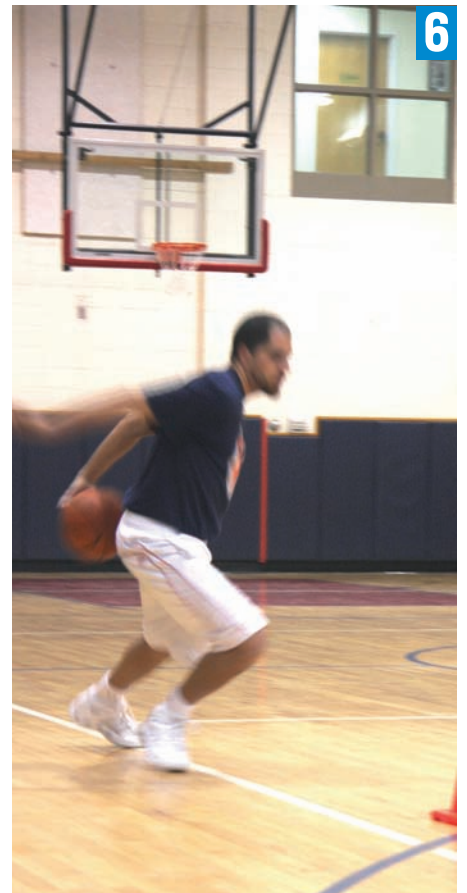
At Pro Hoops Inc. we focus on naming and grouping skill sets to make it easier for players to learn more effectively and to utilize the moves more efficiently in game situations. One of our most popular skill sets that we teach are the Pound-Pivots. The Pound-Pivot is a great technique that is being utilized by the top players in the world. These moves are based on creating separation from



POUND PIVOT CROSSOVER



POUND PIVOT BEHIND THE BACK





an option to make a move for a score these moves will be made approaching the 3 point line.

As you are moving quickly with your right hand you can put on the breaks with your left foot and keep your back foot (your right foot) planted. The key is to dribble at the same time as you break with the left foot.

You will take another dribble where the ball will be going in the direction of the back leg and start to pivot on your right leg. You will pick up the ball with your left hand about 3 quarters of the way around on the pivot and then you will be able to face up without carrying the ball.

Once the Pound-Pivot has been utilized and you have separation you can now look to make a move.

A player is more likely to get beat when they try to recover because their momentum is coming towards you while your momentum is going towards them, making it much more difficult to keep you in front.

There are many options after you have done the pound pivot. The two we will show in picture format are the cross-over and the behind the back.

This pound-pivot will help players out at all positions get separation and be able to attack again, pass or wait for a play to develop.

tough defenders to score, pass or have time to let a play develop from the point guard position.

The Pound-Pivot, if done properly, can give players a couple of feet of breathing room from defenders that like to be

right on top of you and make things difficult. The key is to go hard in one direction and get a defender to start to back pedal, run or get them moving at a fast pace to keep you in front of them. This is the set up for the pound pivot. For the purposes of being a threat and having

