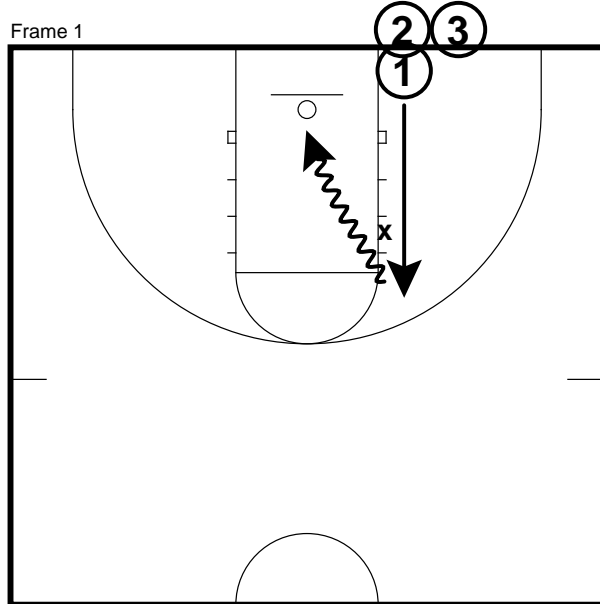


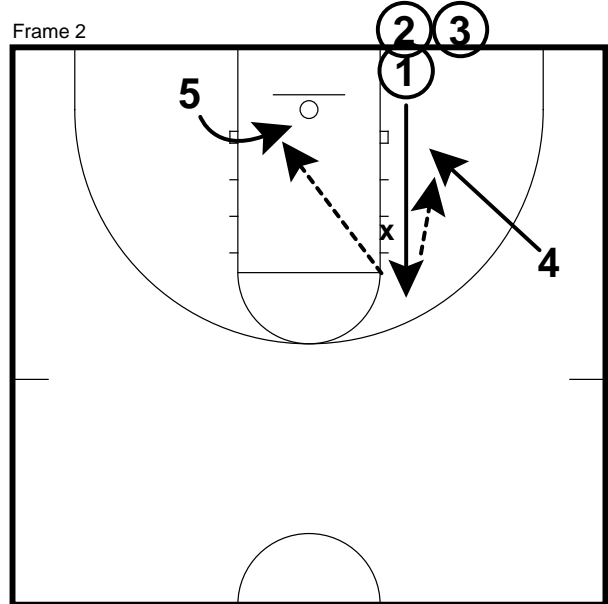
FSU Practice Drills

Elbow Reverse Pivots



Player 1 flips the ball out to themselves at the elbow. They jump stop and reverse pivot. On the coach's command, they attack right, left, or shot. Keys: 1) Balance; 2) Footwork; and 3) Explosion.

Elbow Reverse Pivots



Another variation is to add a pass. After the jump stop and reverse pivot, player 1 can either hit player 4 with a backdoor pass or hit player 5 on the duck-in.