

P7R Penetration

Good Things Happen When You **Attack the Rim!** Top Priority Scoring Area!

Players must be willing to play 1-on-1 for their **Team** to be successful! (B1)

If a player does not have a good shot, they must then pass to a teammate! (E2)

Players are to always see their four teammates! (C4)

Two (2) **Levels of Vision**: 1. See your Teammates 2. See the Defence

Players are to look for their ROB Shot: in Range, Open and Balanced

Penetration—Attack the Rim—P7R

1. Paint – get into the key | Hunt the Paint
2. Pull-up Jump Shot
3. Power Lay-up – usually going baseline
4. Peek at the Rim – ‘look’ to score
5. Patience – 3 seconds is a long time
6. Purposeful Finish **or** Power Finish
P7R Footwork: Land in the key with a two-foot jump stop in a Shoulder-Shoulder-Rim alignment (pivot foot is closest to defender)
 1. Rip Through
 2. Drop Step
 3. Fake the Drop Step, Pivot Back & Shoot
 4. Fake the Drop Step, Pivot Back & Fake the Shot, Step Through
7. Pivot & Pass | Pivot out of Pressure
- R. Rondo Pivot/Footwork (change the pivot foot – furthest foot from Defender)
 1. Land with a 1-2 step (now called a 0-1 step)
 2. Outside or Top foot first followed by Inside or Bottom foot
 3. Fake the Drive, Pivot Back & Shoot
 4. Fake the Drive, Pivot Back & Fake the Shot, Step Through

P7R = 7 Concepts that start with the Letter P + the Rondo footwork