

P7R Penetration

7 Letter P's & 1 Letter R = P7R

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)

Attacking the Rim is most successful when done in a Double Gap (Double Gap Action)

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. Power Finish (P7R Footwork)

Pivot foot is closest to defender

Land in the key with a two-foot jump stop

Land in a ***Shoulder-Shoulder-Rim*** alignment

1. Rip Through;
2. Drop Step;
3. Fake the Drop Step, Pivot Back & Shoot;
4. Fake the Drop Step, Fake the Shot & Step Through (Up & Under)

7. Pivot & Pass | Pivot out of Pressure | Look for an open 3-point shooter
- R. Rondo Pivot (change the pivot foot – furthest foot from Defender)
 1. Step Fake, Pivot Back & Shoot
 2. Step Fake, Pivot Back, Fake the Shot & Step Through (Up & Under)

P7R Footwork is a great warm-up activity in A Phase followed by 1v1 Live (C Phase).