



## **DRIBBLING**

### **DRIBBLING CONCEPTS**

Dribbling is the act of bouncing the ball against the floor with one hand while running, walking, or standing. The purpose of dribbling is to enable players to move the ball at varying speeds.

When practicing dribbling, emphasise the following:

- Start in triple threat position
- Keep centre of gravity low, body compact and moving together
- Keep head up and never watch the ball; maintain court awareness
- Push the ball down with fingertips; don't slap at ball
- Keep dribble low; less chance of defender deflecting it
- Protect the ball with body, outside leg, and non-dribbling arm against defensive pressure or in congested areas
- Learn to use both hands effectively

The following actions violate the rules governing dribbling:

- Bouncing the ball with two hands at the same time
- Having the pivot foot leave the floor before releasing the ball from the hand to initiate the dribble/pass/shot
- Letting the ball come to rest in the hand while continuing to move; known as carrying or palming the ball
- Dribbling, stopping, and starting again in a single possession

### **TYPES OF DRIBBLING**

#### **STATIC/STATIONARY DRIBBLING**

In the static dribble, player dribbles the ball under control and in a stationary, protected position.

#### **DRIBBLING WITH MOVEMENT**

When dribbling while moving, player should push the ball ahead in the direction they are going. The control dribble is a low, controlled, protected dribble that players use while moving at medium-slow speed. Players use this dribble to improve a passing angle, move the ball away from defensive pressure in congested areas, or move the ball up the court toward the basket when closely guarded. Players use the speed dribble when they are running near top speed and are in an uncontested area with little defensive pressure; for example, on a fast break or breakaway.

## **DRIBBLE SKILL GUIDE**

### **CHANGE-OF-DIRECTION DRIBBLE**

When changing direction while dribbling, player plants foot in one direction, changes dribbling hands, then pushes the ball in the opposite direction.

#### ***Dribbling Tips:***

Dribble with a purpose, don't over dribble, and don't forget there are four other players on your team on the court

- Dribble the ball up the court with your off or weaker hand so that when the defense pressures you or overplays you, you can go to your strong hand
- Show the defender different moves to keep him/her guessing
- Don't waste your dribble
- Don't pull up your dribble without the intention of passing or shooting; this invites overplay, denial and trapping
- When dribbling on the fast break, push the ball in the front to cover more distance

## **DRIBBLING DRILLS**

### **DRIBBLE LINE DRILLS**

This drill should be done in the driveway, or a place that has room for the player to run. Player executes the designated dribble move at an agreed upon mark. Use these various types of dribbling: right-hand, left-hand, alternating hand (cross over, more advanced—behind the back, between the legs), protection dribble, high dribble, low dribble, retreat dribble (dribble two steps backwards) and go, retreat dribble and crossover and go, protection dribble (turn sideways to protect the ball) and go, and protection dribble and crossover and go, and have player use opposite hand for coming back.

### **SEATED DRIBBLING**

Player should be seated on floor while performing one-hand dribble. Player must alternate and change hands so they get used to dribbling with the left hand and right also. Start by rolling ball around self. Finger dribble. Lay down and dribble. Write name with ball dribble. Turn on side and dribble. Dribble high while seated.

### **WALKING FIGURE EIGHT DRIBBLE**

Same as above but players dribble the figure eight.

### **TOM TOM DRIBBLE**

Spread feet wide. Dribble ball with right hand passing it to the left hand. Dribble ball with left hand between legs and to the right hand. Dribble ball with right hand now behind to the left hand that should also be behind. Then dribble the ball back to the right hand now in front of the body, repeat.

### **DRUM DRIBBLE**

Either standing or on one knee have player dribble ball, changing hands with each touch. Start with a steady dribble then work down to super fast low dribbles. Then have them dribble with one finger on each hand and with their balled up fist.

