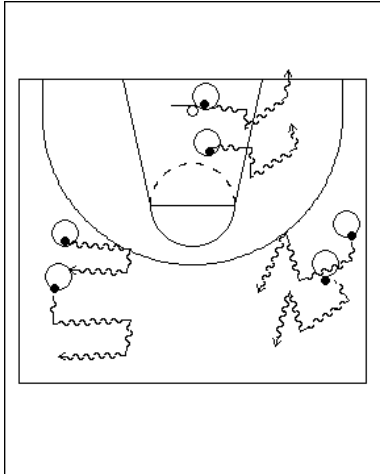


# DRIBBLING

## BALL HANDLING WITH A PARTNER

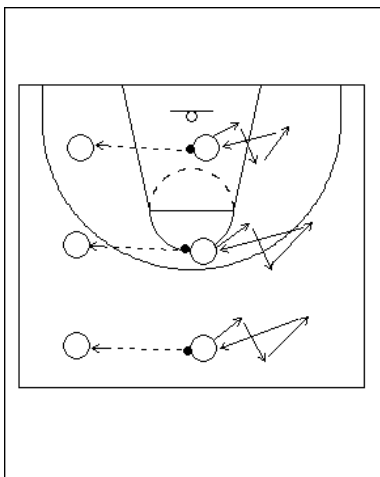


### Partner Mirror Dribble

Each player has a ball and a partner of similar ability. One player leads by dribbling and the other player follows behind mirroring the actions of the leader. When the coach calls “change,” the two turn around and exchange roles.

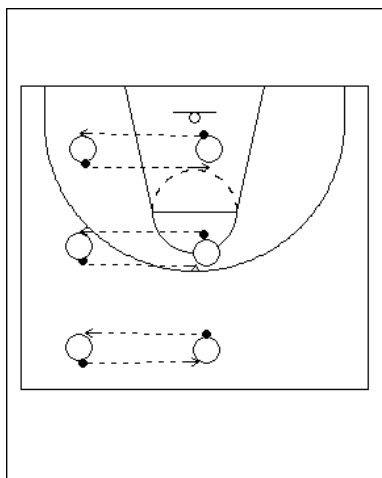
### Key Points of Emphasis:

- Move in broken lines. Basketball players need to learn move with sharp changes of direction and speed. It is important for players to not move around in circles.
- Use both hands.
- Use all available space. They must be aware of the other groups that are performing the drill. Find open space.



### Three Slides

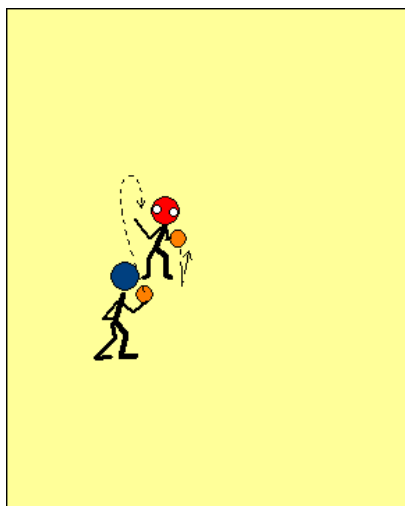
Each pair has one basketball and an abundance of open space behind them. The partner without the ball shows hands (10 fingers); this is the indication for the player with the ball to pass. After passing, the player performs two defensive slides to the right, hip turns, two defensive slides to the left, hip turns and a final two slides to the right. Upon completion of the slides, the player cuts back to their partner and show hands. The player with the ball passes and does the set of three defensive slides. While the player without the ball is doing defensive slides, the player with the ball is working on ball handling, performing various Maravich-type drills, constantly scanning their partner so the pass can be made when the hands are shown.



### Partner One Dribble Pass

Each player has a ball and faces each other about two metres away. The balls are in the same hands. Each player bounces the ball at the same time with one dribble. The ball is immediately passed with one hand to the open hand of their partner. Both passes happen at the same time. The players alternate back and forth, one dribble pass. As the players improve the speed and height of the dribbles should improve. The passes will become crisper and more on a straight line rather than a soft pass with a high arc.

Load the drill by having the players move and make the passes.



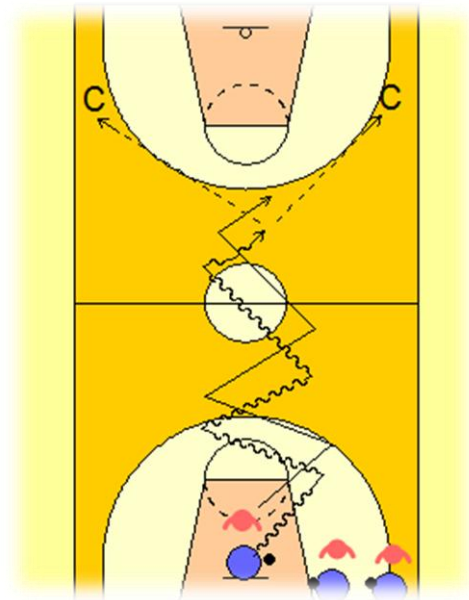
### Left Hand Dribble/Catch

Each partner has a ball. While one player dribbles with the left hand the other partner tosses the second ball with a high soft arc so the dribbler can catch the ball with one hand. This forces the dribbler to keep the eyes up and focus on the ball being caught, not the ball being dribbled.

At this stage, the players should be using low hard dribble with their eyes up. To load the drill, have the players move as they toss, dribble and catch.

Never say “keep the head high while dribbling” as it’s difficult to run like this. Keep eyes up.

- Ball handling exercise with two balls (dribble high, dribble down, around the body, etc...)
- Ball handling with the indication of the coach (side dribble drive, back dribble drive, change of hand and direction) to teach to the players the position of the hand on the ball.
- Every player with the ball: “the hunter and the hares” (protection of the ball).
- Drills with the cones (with change of hand, change of speed and direction).
- The execution of the exercise has to be 60 percent with the weak-side hand (both shooting and dribbling). Bilateral exercise with two balls. As soon as a player improves the weak hand they automatically improve the strong one.
- Teach dribbling under pressure (full-court one-on-one with two receivers). The ball-handler has to pass only to the receiver that shows their hands. Five seconds to pass the half-court line (**Diagram. 5**). Do not abuse the dribble. Avoid useless dribble.



**Diagram 5**

## **Dribbling Versus Pressure**

Many players have developed the ability to do many tricks and stunts while dribbling the ball. These skills build the ball-handler's confidence, but often do not carry over to being able to handle the ball under the pressures of the game and a real defender. What follows is a progression that can be used to help the players build towards being able to handle the ball against an aggressive defender. They also show how to make use of TLC. (Teaching, learning and competing drills or games).



### **Wobble Stage**

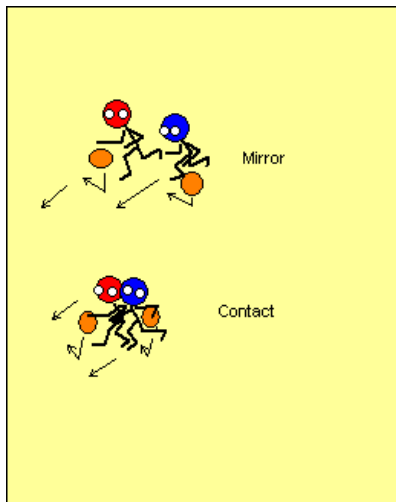
Players need to learn new skills in isolation and at their own pace. It is like a baby learning to walk. Give players the opportunity to dribble on their own in a stationary manner.

Key points:

- Be in an athletic stance – the knees and hips are bent
- Dribble the ball at knee height just outside the foot
- The ball is pushed and absorbed not slapped
- The eyes are up scanning the surroundings

### **Loading the drill**

- Have a defender do a grizzly bear stare. This adds pressure to keeps the eyes up. It also makes the dribbler comfortable with someone in their personal space (both players can be dribbling at the same time)
- Move the ball with different dribbles; front-to-back, side-to-side, crossover



### **Mirror**

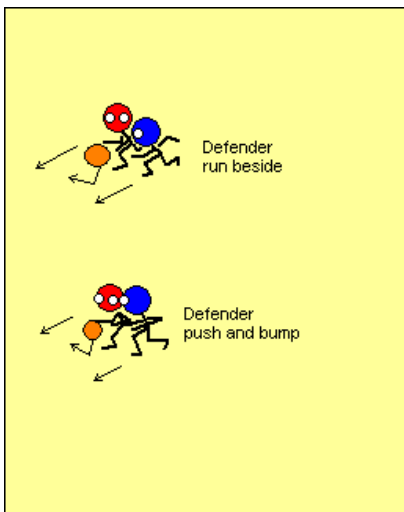
One player is the leader. The other player must mirror the leader's movements. This can be done in a confined space and usually while facing each other. Also have the players do it while moving forward. The dribble uses hesitations and changes of speed. The closer the players can be to one another, the better it is for feeling comfortable dribbling in a confined space.

### **Contact**

This can take two forms;

- Dribble while staying in contact with each other.
- Dribble in a straight line and then coordinated bumping each other after a certain number of dribbles.

It is important that players learn to handle little bumps that occur when dribbling. Ideally they should have the weight on the outside foot when the contact occurs. They are able to absorb the contact by bracing themselves and pushing back.

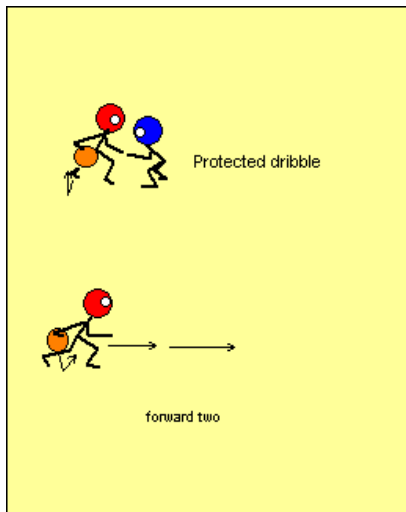


### **Defender Run Beside**

The ball-handler dribbles in a straight line while a defender runs beside as close as possible. Be sure that the dribbler is keeping the eyes up. Using 10 fingers for passing is one way to ensure that scanning is occurring. Often the ball-handler will want to start to slide instead of run. The ball-handler should be able to go at various speeds and eventually lean into the defender.

### **Defender Pushing and Bumping**

When the ball-handler is ready more contact can be added. Next, the defender can apply a steady push or random bumps. The ball-handler does not want to get pushed off the line. Stay low and lean into the defender by getting the head and shoulder in front of the defender's chest. These are fouls that often do not get called.

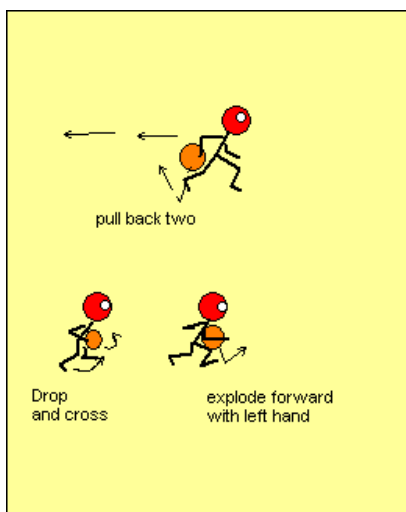


### Protected Dribble

Eventually the ball-handler must learn when to get into a protected or crab dribble stance. Here the ball-handler is perpendicular to the defender. The ball is dribbled by the back foot to keep it protected. The other arm is up to prevent the reach. If the reach occurs do not extend the arm, this will often lead to an offensive foul call. It is much more effective to turn the shoulder.

### Pullback Crossover (Two Forward)

Against tough defence all ball-handlers need a pullback dribble. Practice in isolation first by moving forward with two dribbles from the crab dribble stance.



### Two Back

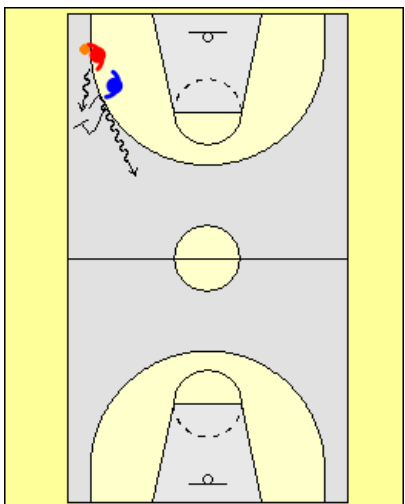
Then go back for two dribbles with the ball in the same hand. The ball is by the back foot the whole time to keep it protected.

### Back Pivot to a Backward Crossover

The key move is to back pivot and cross the ball backward at the same time. This way the ball is protected from the defence.

### Explode Forward with Other Hand

The dribbler should explode past the defender moving forward. Go through any arms.

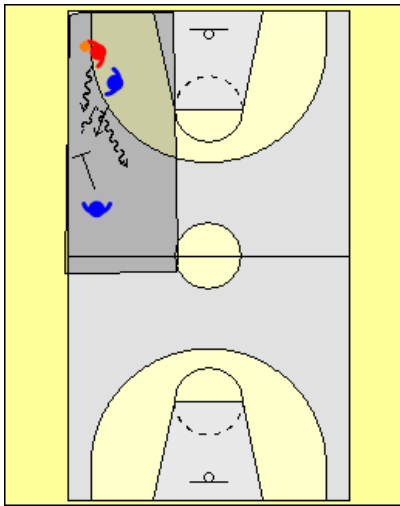


### Add Guided Defence

After the players have practiced in isolation they need to go against a guided defender. This helps them polish the key components and work on the decision making of when to use the move.

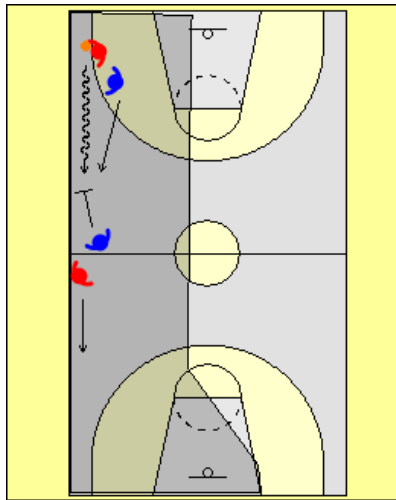
The defender runs beside the dribbler. If the defender:

- Places their chest in front of the ball-handler; or,
- Angles the ball-handler dangerously close to the sideline; they must pull-back and crossover to get to the middle of the floor. The players can work in pairs spread out around the gym. Be sure to work on going right and left.



### **1vs2**

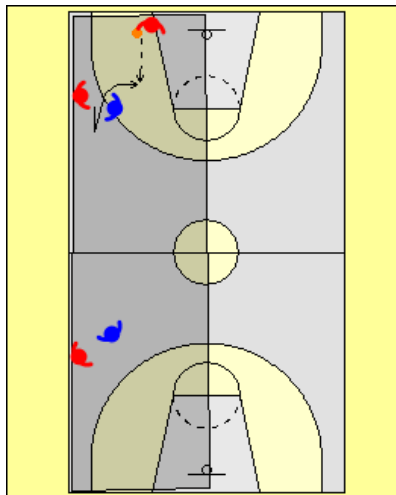
Another time to use this dribble is when faced with a double team. The ball-handler is working to get the ball over the half-court line versus two defenders. This can be used as a teaching or learning drill.



### **Two-on-two**

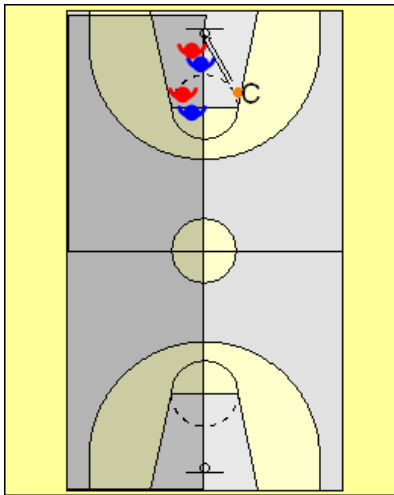
By making it two-on-two the ball-handler must decide when to pass and when to dribble. The defenders are working on directing the ball into the trap and the timing of when to get a good trap.

This is an excellent learning drill. Players need to learn to play through the mistakes.



### **Competing**

Here the players compete in a two-on-two game with an in-bounder. By restricting the size of the court the challenge becomes more difficult for the offence.



### **Competing Off the Rebound**

Another way to start the game is to have the player box out on a shot attempt. If the ball goes in, it must be inbounded. On a miss, an outlet pass or break out dribble is used.

What type of listener are you?

Just waiting for the pause so you can tell the story?

Looking for the points you disagree with?

Interested in learning from the other person?

Coach Pasquali

Players in every position will have to be able to dribble the ball. Similar to layups, players must master a number of different dribbles. The coach must take each dribble through the four phases of teaching. Players need the following dribbles:

- Speed dribble (open court)
- Control dribble (in traffic)
- Change of pace
- Change of direction (crossover, spin, behind the back, between the legs)
- Fakes (inside/out, fake spin, hesitate and go)
- Positional players at this stage need to be able to beat defenders with the dribble. The guard has to be able to beat the defender at the top in transition. A wing player, who can beat their defender off the dribble from the side, can create problems. Finally post players need to learn the dribble series to the middle when catching the ball in the post.

All dribbles must be executed with the eyes scanning the floor. Going too fast with the head down is an accident looking to happen.