

Change of direction and  
pace of movement  
during basketball game



The player changes the direction and pace of movement to achieve the advantage over a defender.

It can be done with a ball or without a ball.

**Without a ball** - is used when a player wants to make an advantage for receiving the ball.

**With a ball** - is used when a player wants to get in the best possible situation for shot (score) or pass....



## **Changes of direction and pace of movement:**

### **1. Sharp change of direction and pace of movement:**

- front / basic (crossover),
- through the legs,
- behind the back

### **2. Spin change of direction and pace of movement:**

- with changing hands during spin move
- without changing hands during spin move (rolling)

## Sharp change of direction and pace of movement

- the player runs straight and when he wants to change the direction of a movement (under a sharp angle) he has to lower his *GCG* and rotate „outside“ foot in the new direction of movement,
- not passing the entire body weight on the „outside“ foot,
- followed by a rapid and long step with another („inside“) foot in the desired, new direction of movement.

- the second step is longer and more explosive in order to achieve an advantage over an opponent,

With a ball can be:

- front/basic (crossover),
- through the legs,
- behind the back



## front / basic (crossover)



- switch dribbling from one hand to the other, by bouncing the ball in front of you,
- the other hand picks up the ball and you are now dribbling with the opposite hand,
- you can use this dribble to quickly change your direction on the court,

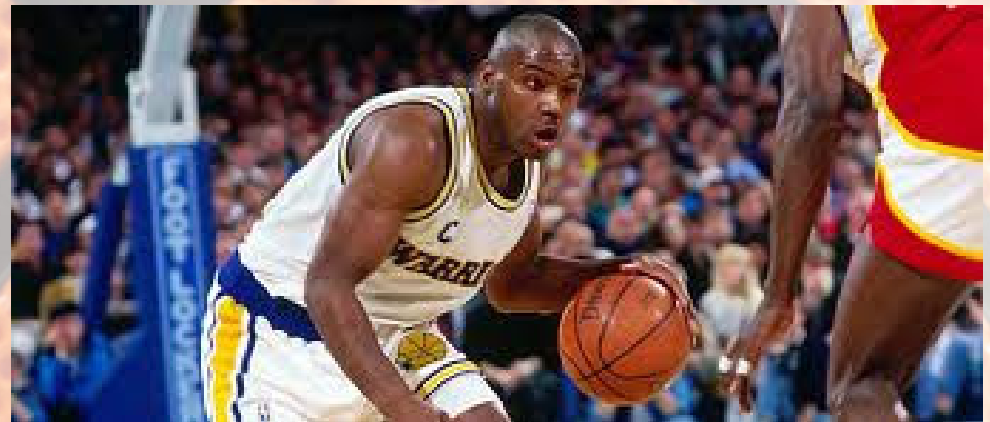
## front / basic (crossover)

- a player dribbles a ball with a further hand from defender position,
- depending on the position of defense and speed of movement, player shifts the ball in front of and close to the body (height of the knee and lower if the defense is close),



## front / basic (crossover)

- during ball shifting to other hand, a ball describes the letter "V",
- the head is raised and the view is directed forward



## front / basic (crossover)

The most common errors that can occur during motor learning:

- toes of the outside leg aren't in a new direction of movement,
- high position of the *GCG*,
- during ball shifting to other hand, a ball is not describes the letter "V",
- etc...



## Behind the Back Dribble, Through the Legs Dribble

- these moves are very useful,
- a good use for these dribbles is in the open court, such as a guard bringing the ball down the floor against pressure from a defender,
- as you are dribbling right with your right hand, the defender gets position and over-plays you to the right,
- quickly, you do a behind the back, or between the legs dribble to crossover to the other hand, and change your direction to the left, leaving your defender.

## Behind the Back Dribble, Through the Legs Dribble

### *Why not just do an easier crossover dribble?*

- because the defender is right in front of you and could steal the crossover.
- By going behind the back, or through the legs, you can better protect the ball by keeping your body between the ball and the defender.

## Spin change of direction and pace of movement:

- with changing hands during spin move
  - without changing hands during spin move (rolling)
- the spin move is an excellent move to get around a defender in the open court,
- but be careful of a defender stealing the ball from behind, on your "blind side" as you make the spin,



- when making the spin, reverse pivot (spin) on your front foot, pull the ball hard and quickly around your body,
- don't let your hand get under the ball (a "carrying" violation).

Then continue the dribble with the opposite hand.



- the player moves straight,
- if he decide to change the direction of a movement to the left, he step out with left foot forward and right and shifts body weight on that leg,
- at this point the body is in a side position with his back to the new desired direction of movement, as well as a defensive player,
- a player lower his *GCG* and he makes a pivot with his right foot in the desired direction,

## The most common errors that can occur during motor learning:

- high position of the *GCG*,
- pivoting over the entire foot of the „outside“ leg,
- hand under the ball during dribbling (a "carrying" violation),
- etc...



### Note:

The angle of rotation in a new direction?

**Offensive foul !!!!**