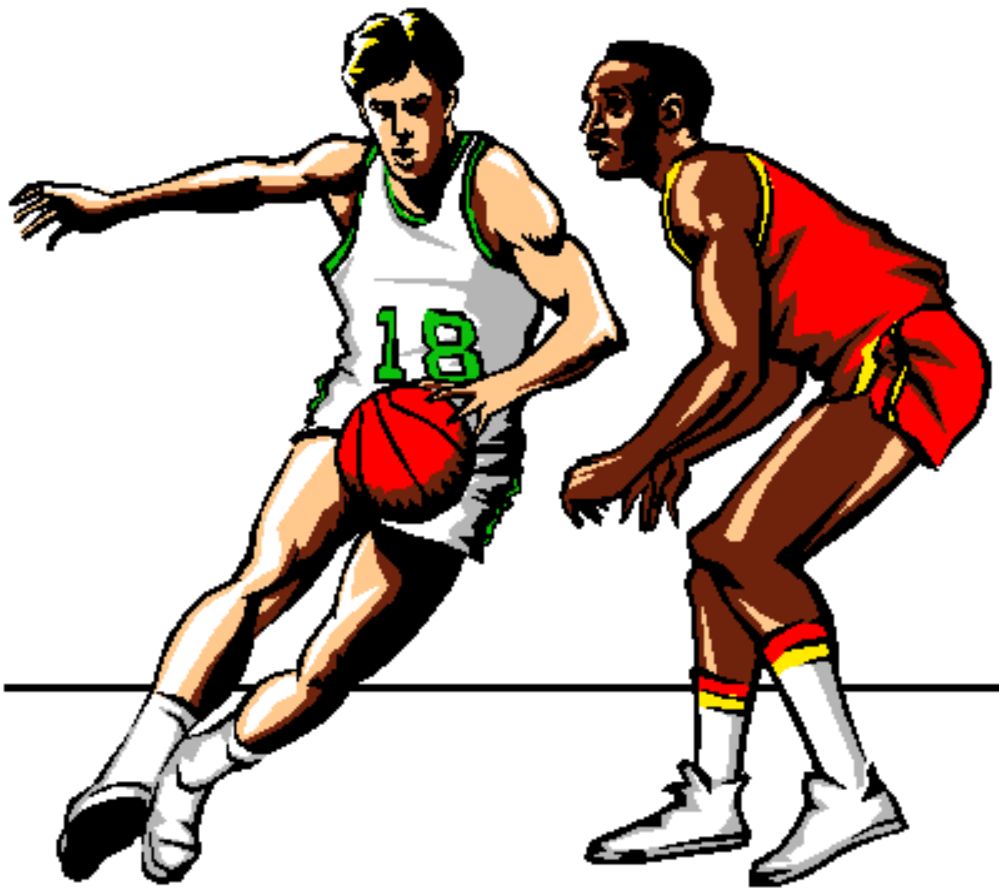




DRIBBLING



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DRIBBLING

INTRODUCTION: WHAT IS THE DRIBBLING?

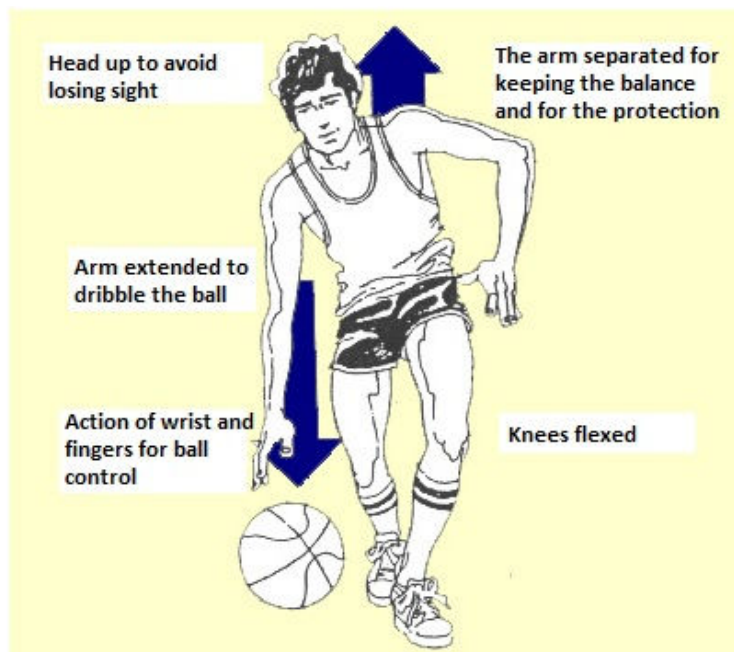
Dribbling is a touch skill used basically for advancing the ball up the court when a pass is not available. Players should learn to dribble up the court without watching the ball by focusing on the offensive basket (see the rim), looking over the whole court (using peripheral vision). Seeing the net in the backcourt allows the dribbler to see the whole court and open teammates. Seeing the rim in the frontcourt accomplishes the passing guide and gets players in the habit of looking for the shot every time they catch the ball (rim-post-action). The primary objective in the frontcourt is to create a move that allows a player to pass to a teammate for a score. When players are dribbling, this move might be a **live-ball move**, a basket **penetration move** past an opponent using the dribble drive to the basket, or ball movement by passing to **get a teammate open**. Dribbling is also an acceptable option to maneuver for a better position for a pass to a teammate, **executing an offensive play** or pattern, and getting out of heavy defensive traffic or a defensive trap situation (two defenders on the dribbler).

DRIBBLING TECHNIQUE:

Players should execute the dribble by first extending the elbow and flexing the wrist and fingers, dribbling with the wrist, hand, and a little forearm motion. The dribble is really a pass and a catch to the floor. The fingers and pads of the hand control the ball; the fingers are spread comfortably and should be cupped around the ball. Players should massage the ball, dribble it firmly, and stay low and sit into the game while dribbling. They should make the dribble a short pass for quickness.

Players should maintain maximum contact with the ball. The rules require the hand to stay on top of the ball: The dribble is legal as long as the hand does not leave its vertical position to get under and carry the ball or as long as the ball is not cupped by a large hand. The ball must leave the dribbler's hand before the pivot foot leaves the floor when starting a dribble on a live-ball move.

The position of the body during the dribbling must be like this:



It's strongly recommended that the quick stop be used to terminate the dribble. This is the best method of avoiding travelling violations and protecting the ball while conserving critical time and space for passing or shooting. In traffic, players should pick up the dribble, use a quick stop, and chin the ball.

When chinning the ball, players should get into a quick stance with the ball under the chin, with the fingers up and the elbow out and up (players make themselves big and protect their territory).



Players should learn to use either hand to dribble, developing the weak hand but using the preferred hand whenever possible. They should practice 2 or 3 times more with the nonpreferred hand. They always should use the dribbling hand away from the defender when closely hoarded and protect the ball with the body and the opposite hand (arm bar) when dribbling against a close defender. They should keep the ball low and to the side of the body and stay in a quick stance by sitting into their game.

COMMON ERRORS:

- Hit the ball.
- Dribbling too soft.
- Dribbling with the fingers closed.
- Dribbling too high
- Don't dominate the dribbling with both hands.
- Dribbling too much
- Focusing too much on the dribble just looking the ball and losing the sight of the court. You have to keep your head up to avoid losing the opportunity of pass.
- Dribbling too fast losing the ball's control.
- Dribble with the hand "inside", the hand closest to the defender.

DRIBBLING STRATEGIES:

The general dribbling rule is that, when the ball is put on the floor, the dribbler should always be moving purposefully. On drives to the basket, the dribbler goes past the defender. The objective is to use one dribble to score in the frontcourt; bouncing the ball once or dribbling while not changing floor position (dropping the ball) should be discouraged. A dribble penetration (penetrate and pitch) is best accomplished just after the player has received a pass, thus avoiding forcing the dribble into defenders who are prepared for the penetration.

A key guideline is for players to stay away from trouble while dribbling. Players should avoid dribbling into traffic (between 2 defenders); dribblers should keep alert for traps by watching for defenders and avoiding the corners of the court (3.15).

Players should keep the dribble under control and conclude a dribble with a pass or shot, preferably after a quick stop (step and pass with the feet on the floor). A dribbler should use the right move at the right time and see the whole court as well as teammates and defenders).

TYPES OF DRIBBLING:

There are 3 basic types of dribbling:

1. **Low Dribble:** Is the control dribble and the first and easiest dribble to teach players. They should use a staggered stance-bent knees with the

ball-side foot back. The opposite hand (arm bar) is used only to protect the ball from the defender, not to push the defender back or hook him. Players protect the ball by dribbling on the side of the body away from the defender, keeping the ball low and dribbling hard and fast near the back foot. The ball is dribbled below the knee.

2. **Medium Dribble:** The ball is dribbled below the waist. Players protect the ball by dribbling on the side of the body away from the defender, keeping the ball low and dribbling hard and fast near the back foot.
3. **High Dribble:** Is the speed dribble. The ball is dribbled below the shoulders.

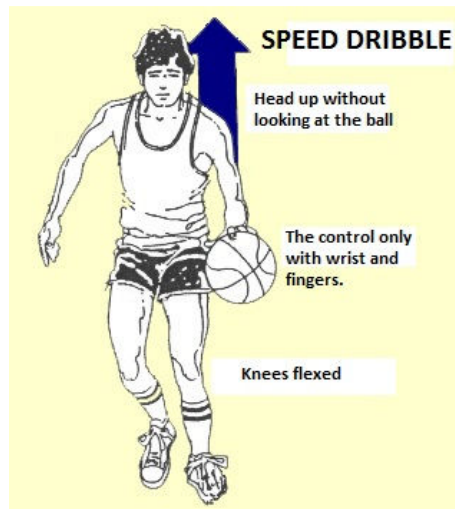
The right type of dribble should be used at the right time, at the right situation. A low or control dribble should be used around defenders when the dribble is closely guarded, and a high or speed dribble should be used in the open court when a player is advancing the ball. All dribble moves should change directions at sharp angles.

1. **Power Dribble:** Is an advanced version of the low dribble and is used into trouble, traffic or a trap. Is executed by using a sliding foot (step and slide or push-step) motion and low dribble so that the ball is protected by the front leg and the hip and front arm bar. The ball is dribbled below the knee, high near the back leg, as far away from the defender as possible. The dribbler advances up the court with push-step moves. As the player goes forward, the ball is near or in front of the back foot; as the player goes backward, the ball is near or behind the back foot. Players should maintain vision up the floor over the lead shoulder: see the net in the backcourt or see the rim in the frontcourt, which allows the dribbler to see the whole floor.



2. **Speed Dribble:** For a speed or high dribble, players should push the ball out in front and run after it, keeping it ahead of them. The ball can be dribbled higher-near waist level- to attain more speed. The faster the

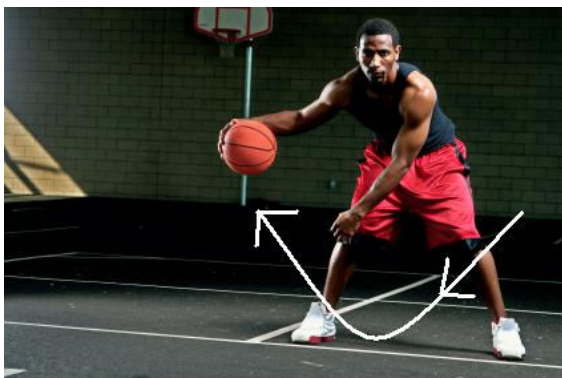
movement is the farther out in front and the higher the player should dribble the ball.



- 3. Change-of-Pace Dribble:** or dribble hesitation is accomplished by changing speeds from a low or control dribble in a stop-and-start motion. When slowing or stopping, dribblers should straighten up slightly to relax the defender. This move should be used to move past defenders who take the slow pace or stop fake. This is another slow-to-fast move to get dribblers in the clear and to keep them open.

In this type of dribble, players can make it look like they are going to shoot or pass as they straighten up or hesitate. If players are within shooting range, they can fake pulling up for a jump shot; if out of shooting range, they should look to the other side of the court as if they are rising up to pass to that side.

- 4. Crossover Dribble:** Is used in the open court when there is sufficient room between the dribble and defender and the dribbler has momentum



to move by the defender. Players should never cross over the ball in front of the legs on a stationary defender. They should attack one side of the defender and use the crossover dribble when the defender has stopped the initial attack. In this dribble, the ball is pushed low

and quickly across the body. The proper technique is to push the ball from right to left (or vice versa) as a zigzag move or a V-cut. This move is used when the defender overplays the path of the dribbler on the ball side.

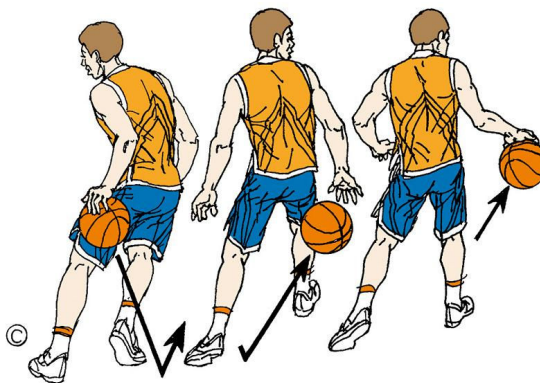
Teach players to make the move before a defender gets too close and to explode past the defender as the move is made.

- 5. Spin Dribble:** is used for maximum ball protection when the ballhandler is closely guarded. During this move, the body is kept between the ball and defender. Spin dribble footwork uses quick-stop, rear-turn pivot, and sharp-angled zigzag moves from right to left (or vice versa). As the 270-degree rear turn is made on the left (right) foot, the right (left) hand pulls the ball with the pivot until the turn is completed, and the first step is made with the right (left) foot. The ball is kept close to the body. Have players pull the ball and keep it tight near the hip and leg to avoid the defenders' reach around moves. After the rear turn is completed, the ball is switched to the opposite hand and full court vision is regained. This move changes direction from an angle that is forward right to forward left (or vice versa) as the ball is changed from the right hand to the left hand (or vice versa).



- 6. Back Dribble:** is used to back away from trouble, defensive traffic or trap. When dribbling with the right (left) hand, players should be in a low control/power-dribble position with the left (right) foot forward into trouble and the explode back (out move) in a sliding power-dribble movement to create space and get away from the defense. After players have reestablished a gap on the defense, any dribble move may be used to penetrate or go by the defender.
- 7. Pull-Back Crossover:** The combination of the power dribble, followed by the back dribble, and then the crossover dribble between the legs and advancing past one defender is an important advanced dribble move (3.22). This move has the advantage of allowing the dribbler to meet defensive challenges successfully while seeing the whole floor. It also allows a less athletic ballhandler to compete well against aggressive, quicker defender.
- 8. Behind-the-Back Dribble:** Is used to change hands and go past a defender who is overplaying on the right (left). This is done by changing

direction slightly to the left (right). Plant the inside foot and step past the defender with the outside leg. As the left (right) foot is moved forward, the ball is moved from right to left (or vice versa) behind the back, coming up under the left (right) hand for a continuation of the dribble. Players can learn the coordination of the dribble and footwork by a stationary position side yo-yo V dribble.



9. **Between-the-Legs Dribble:** Is used to avoid overplay and to change the ball from one side (hand) to the other. When the ball is being dribbled with the right hand, it can be changed to the left hand between the legs when the left or right foot is forward (best with the right foot forward). The ball is kept low and crossed over between the legs with a quick, hard push across. Players can learn the coordination of the dribble and the footwork by walking forward slowly as the ball is crossed over between the legs during each step. This type of dribble is the best move to combat pressure, see the whole court, and move by a defender.



After this, we can conclude how to dribble the ball, emphasizing these points:

- Keep the head up. See the net and the whole court or the rim and the half court.
- Control the ball with the fingers and the pads of the hands.
- Massage the ball and dribble firmly; pass and catch to the floor.
- Around or close to defenders, stay low and protect the ball (sit into the game, keep tension on the legs, use arm bar).

- Use a quick stop and chin the ball when ending the dribble or pit and protect the ball, and be ready to pass after the quick stop.
- Pass first; dribble last.

🚩 LEARNING METHODOLOGY:

It takes a lot of practice and a lot of patience to get you comfortable with handling the ball. These five drills will greatly improve your players dribbling abilities. Remember, practice is the only sure way to teach you how to dribble well.

- **Standard right hand and left hand dribble.** Properly dribbling the ball is simple. Teach you players how to dribble a basketball with their fingertips. Not the palms of their hands, which is a common mistake made by younger players. Dribbling with your finger tips provides more control over the ball. The ball shouldn't bounce higher than your player's waists. Have them practice equally with both hands.
- **Walking with the ball.** Have them practice dribbling the ball while walking forward. Practice with both hands equally. It's important that you instill in your players early, that they need to keep their heads up while dribbling. They need to get comfortable enough with the ball to realize that it will return to their hands without them having to watch every bounce.
- **Jogging with the ball.** Once your players become comfortable walking the ball. Have them speed up a little. Over time, they will naturally figure out that the ball needs to be pushed out in front of them as they go from a walk to a jog to an all out run.
- **Standard right to left dribble.** Once your ball players become comfortable dribbling with both hands, it's time to teach them to dribble a basketball back and forth from left to right. The same mechanics apply. Dribble with your fingertips and keep the ball at waist height at the peak of the bounce.
- **Walking and jogging with the ball.** The same as before. Teach your players to dribble a basketball from their left to right hands while walking. Once their comfortable teach them to jog with the ball, the finally up their speeds to an all out run with the ball.

TWO-BALL DRIBBLE IMPROVING DRILLS

The best way to improve dribbling skills is to practice dribbling with two basketballs. This section will discuss six two-ball dribbling drills.

1. **The Dribbling two balls while standing in one place drill:** Each player has two balls. Begin the drill by having the player dribble the two balls simultaneously. You must make sure that the player's eyes are up, that his knees are flexed, and that the balls don't come higher than his hips.
2. **The two-ball alternate dribble drill:** The players should stand in place, but instead of having both balls hit the ground at the time like the previous drill, they will alternate them. All the dribbling fundamentals are the same: eyes up, keep the ball below hips, knees flexed, and the balls on the pads of the fingers. Also, make sure that players lower their hips for the smaller margin for error.
3. **The two-ball simultaneous speed- dribble drill:** Have five groups of two players on the baseline. The players must two-ball dribble simultaneously as fast as they can to the free-throw line and back. When they reach the baseline, have the players give the balls to the next person in line. If they're having no problems with this task, make them go at angles or backwards.
4. **Two-Ball alternate speed- dribble drill:** Have five groups of two players on the baseline. The players must alternate two-ball dribble simultaneously as fast as they can to the free-throw line and back. When they reach the baseline, have the players give the balls to the next person in line. If they're having no problems with this task, make them go at angles or backwards.
5. **Two-Ball spin-moves drill:** Have five groups of two players on the baseline. The players must two-ball dribble to the half of the court line. However, in this drill the players will not dribble in straight lines. Instead, they will dribble at angles. When a player changes directions he is to execute a spin move. The ball must be low on the spin. Have the players exchange basketballs when they return to the baseline. Also, make sure that on the spin move the ball handlers

snap their head in the direction that they are executing the spin move.

6. **Two-Ball spin-moves against-a- defender drill:** This drill requires two lines on the baseline. The players will dribble two basketballs for the length of the court, but this time they will be going against a defender. The defender's job is to make player change direction and thereby use the spin move. When all players have gone to the length of the court, have the players switch offense to defense and dribble back to the original baseline.

DRIBBLE IMPROVING GAMES

These games will, not only improve fundamentals, but will provide variety and change for practice. Variety will keep the players interested and energetic and will make for a more productive practice.

1. **Full-Court Dribble Relays:** Players are broken up into even teams. The players should then one-ball dribble or two-ball dribble the length of the court. Determine if the players can alternate dribble or simultaneous dribble. The team that has everyone in his line go up and back first wins. You can also make the game more interesting by adding different moves in the relay, like spin moves, crossover, around the back etc.
2. **Dribble Knockout:** All the players have a ball and are placed in a confined area, i.e., on one-half of the court, inside the three-point line, etc. The purpose of the game is to have the players dribble and try to knock one of their teammate's basketballs out of the confined area. As the group of ball handlers becomes smaller and smaller, move them to a smaller area, i.e., the jump circle or the key area. Make sure the game fundamentals are not violated.