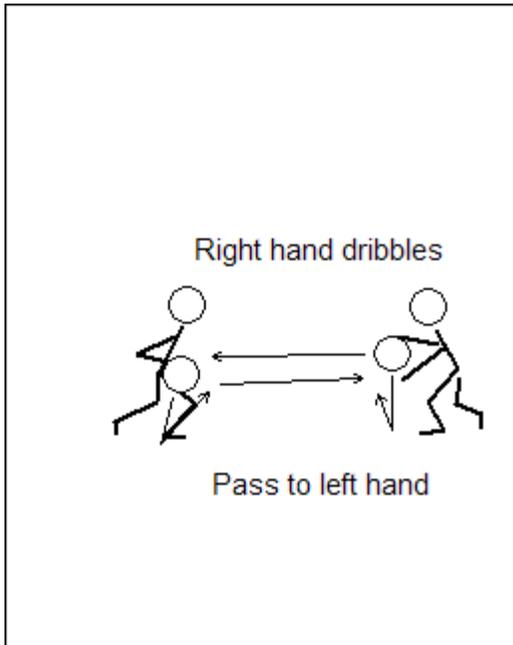




Mario DeSisti: Dribbling



1

Dribbling

Very important to teach dribbling by using guided defense. Players need to know the target as to where to dribble. Also players learn from their mistakes.

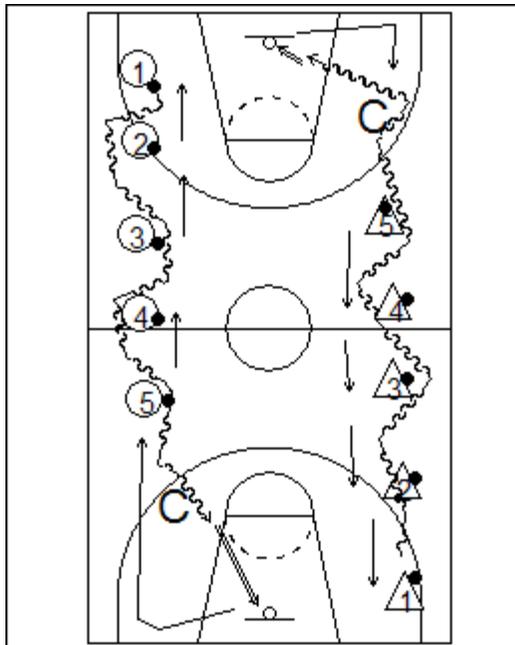
Closely related to passing. Learn to keep your head up and pass when your teammate is ready to receive the ball.

Drill

Both players dribble the ball in the right hand. They pass the ball at the same time to the left side. This is all done with one hand. Now the dribbles are with the left hand.

Progressions:

Side pass
Bounce pass
Short pass
Long pass
Move and pass



2

Full court dribbling through stationary defense

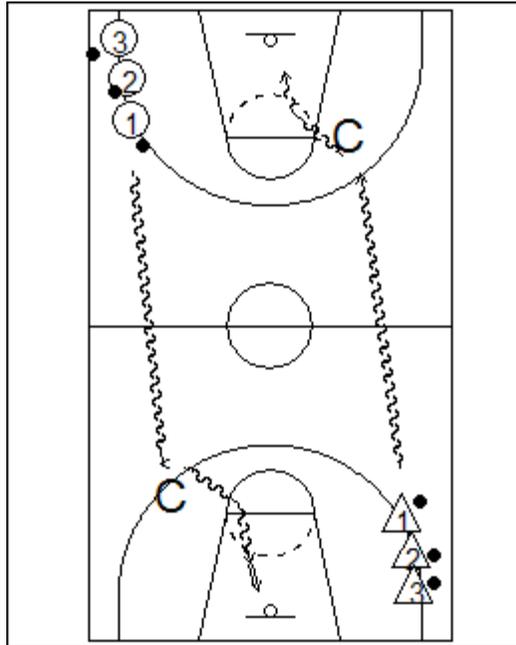
Each player dribbles through the other players doing a different move at each pylon.

- Cross over
- between the leg cross over
- behind back
- spin

When arriving at the coach hesitate and read the coaches arm. Go opposite the arm to score.

If you use a smaller space it makes the players go slower. No zigzags. Cut through the shoulder of the defense.

Each player moves up one space to rotate.



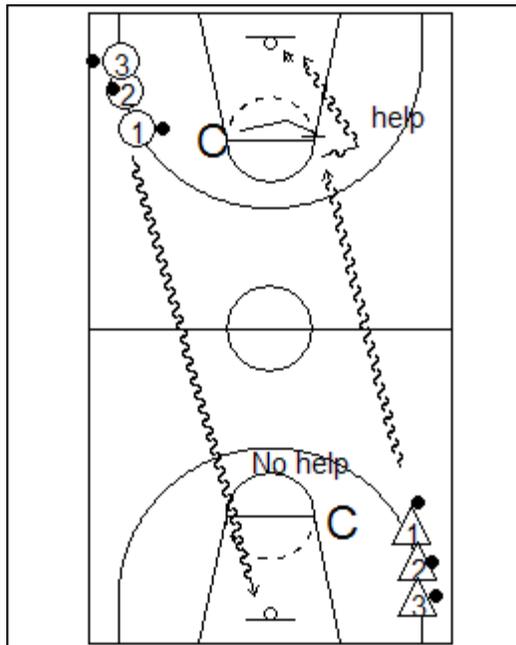
3

Full court dribbling

Dribble hard at the coach
 Stutter, read the defense, go
 opposite the arm
 If coach steps back shot.
 Rise your body on hesitation

Go in both directions

Note; coaches must learn to make
 corrections "on the fly". Do not stop
 the drill.

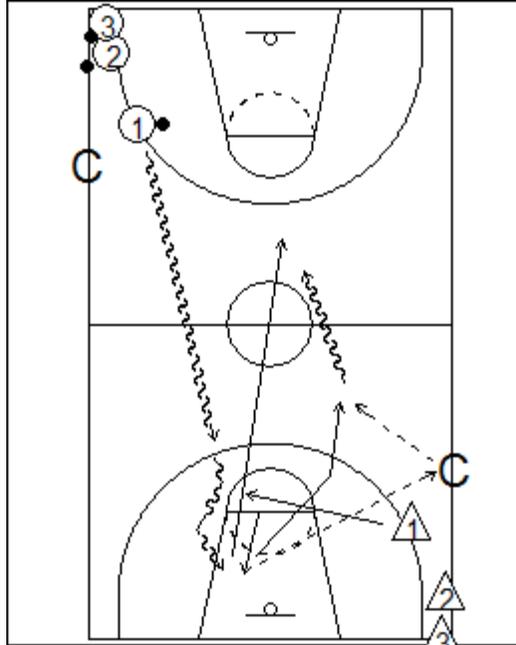


4

Full court dribble read the help

Players come from the far foul line
 pushing the ball in as few as
 dribbles as possible. Come under
 control and read the coach.

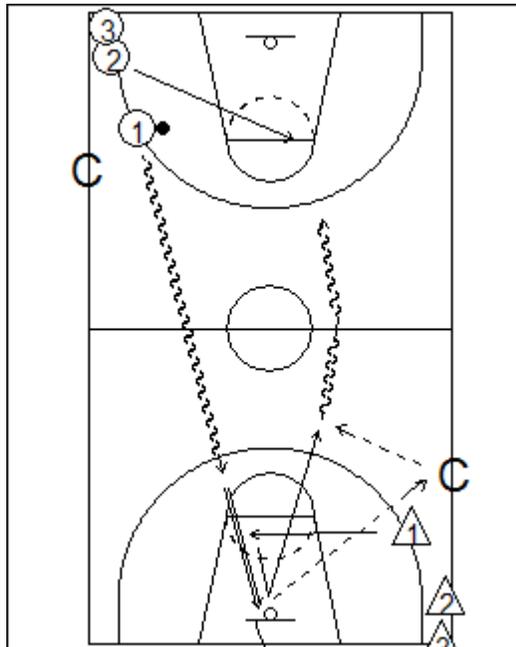
- a) no help - lay up
- b) help - hesitate, beat the coach
- c) sag help - shot



5

Full court with transition

All drills can be turned into transition. When X1 get the steal, rebound or made basket he/she outlets the ball to the coach, receives a return pass and now attacks on offense. #1 becomes a defender. If above the foul line she goes back for balance. If below she rebounds first then looks to jam before returning.

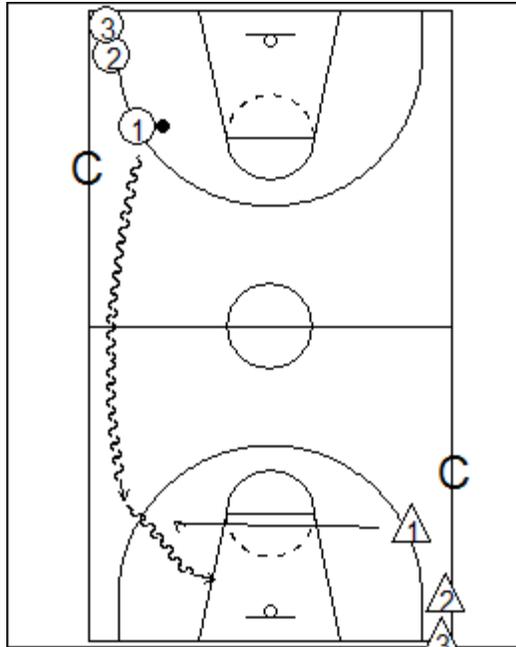


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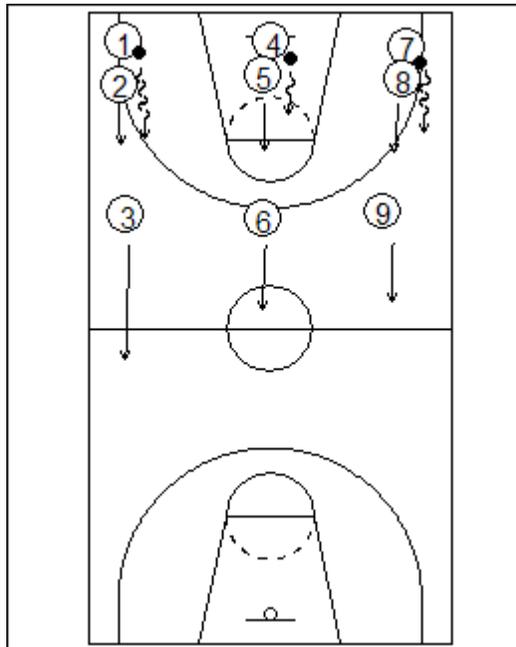
Full court with offensive transition

In this version of the drill the defender becomes offense after outletting the ball to the coach. The new defender comes in from the other end.

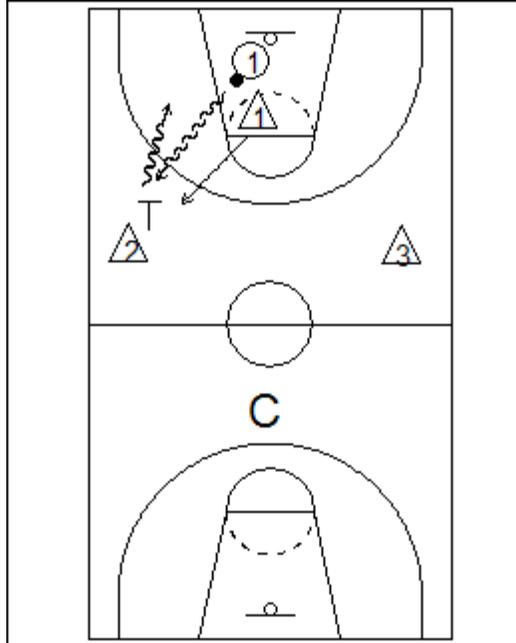
Remember to switch sides of the floor to work both hands. Guide the defense into playing different ways.



7
Change up the angles at which the drill is done. In this version the players dribble down the sideline.



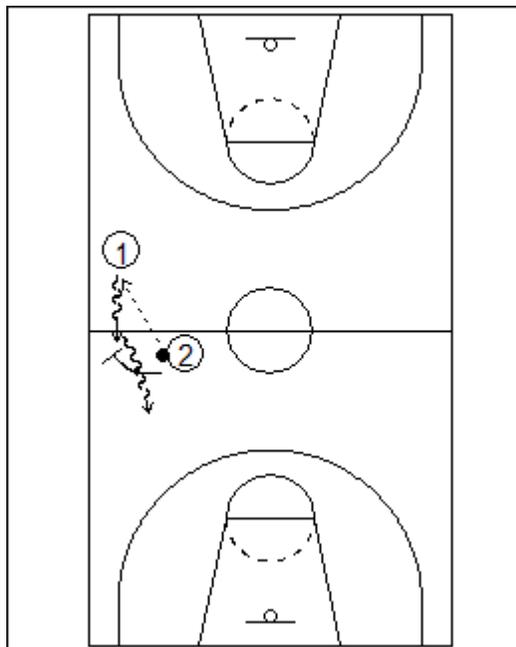
8
Head up dribbling
The ball handler has a live defender applying guided defense. The third player runs backward displaying a certain number of fingers that the offense must call out. If the third player puts both hands up the ball handler must pass the ball.



9

Attacking pressure

This is an excellent drill for the ball handler to learn to keep his/her head up. As he/she attacks the defense they attempt to trap. Pull back and cross over and attack the other side. The coach displays fingers to force the guard to keep his/her head up. If the coach puts both hands up he/she must pass.



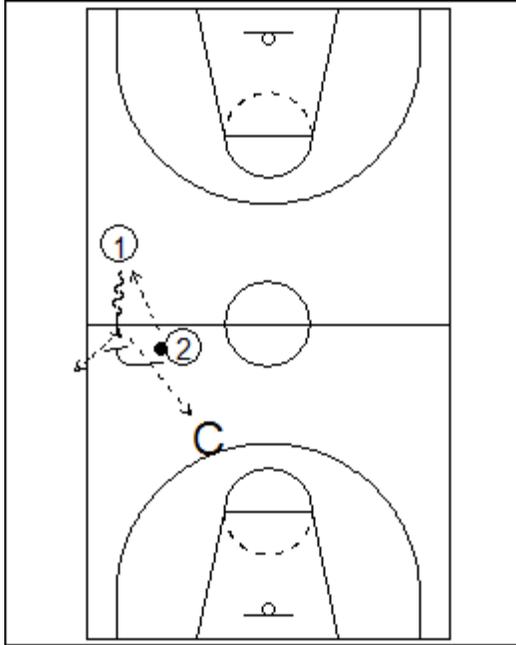
10

Crossing half court at the sideline

#2 passes the ball to #1 who dribbles across half. #2 runs to get in front and cuts off #1. Use a behind the back dribble to avoid the charge.

A reverse pivot leads to a blind trap. A pull back is not able to be used because of the centre line. Go to score.

This can be done full court by having the two continue to the other side. Work on controlled defense at first.



11

Drill progression

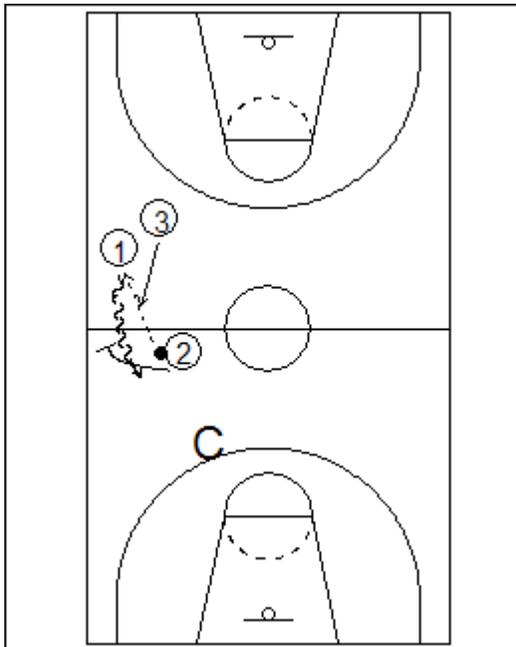
#1 picks up the ball and practices throwing the ball off the leg of the defender.

If the coach raises her hands the player passes to the coach.

Reads

- a) behind the back dribble
- b) pass to coach
- c) throw off the leg

The coach can give a visual signal 1, 2, 3



12

2 on 1

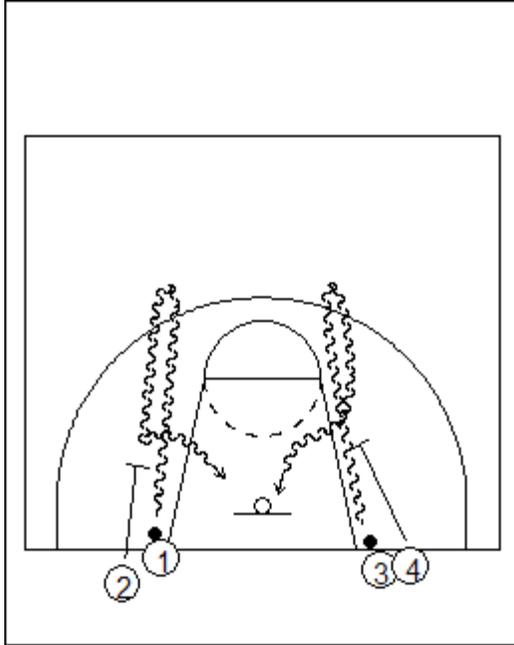
Same drill only a second defender is coming to trap. (You can use an assistant coach).

The player must decide what option to use.

NOTE: When players are subs on the sideline they can always be practicing ball handling and other individual skills. Especially teams that have limited gym time. Make use of this valuable time to practice.

Spin dribbles

The players dribble off the baseline with their inside hands. Do drop pivots spin at the top and return to down the foul lane with the ball in the outside hand. The second player in line is now the defender. She attacks the ball hard forcing a spin to score. Reach to steal the ball.



Reads

- attack hard in ball line - spin
- stay inside - power lay up
- sag - shot

If players have trouble spinning "coach on the fly". Send the player to the wall and spin and pass the ball off the wall. Lots of zip.