

# Ball Handling 101!



***\*The less dribbles the faster you are!***

***\*\*More dribbles = More trouble!!\*\****

***ALWAYS have a purpose with the dribble!***

***Eliminate dribbles without purpose!!!***

**Dribbling** – “A skill that occurs when an offensive player in possession of the basketball bounces it to the floor continuously. An essential skill that must be mastered to be a good ball handler.”

**Nuts and bolts** – “Throw the ball through the floor!”

- Try to push the ball down hard – that allows the ball to stay in your hand as long as possible.
- Spread fingers and you should feel the ball being almost squeezed as you push it to ground.
- Your wrist should “snap” as you release the ball to floor.
- The longer the ball is in your hand the more control you have.
- The lower you are the more control you have. Wide feet and low backside the lower you are.
- It’s ok to stand and have narrow feet, but it must just be a quick change of pace / speed.

**4 Dribble Moves** – master these 4 and then putting combo moves together

- Every time you make a dribble move you should be changing speeds and directions / angles
- 1) Simple Crossover – just changing hands right to left or left to right.
  - 2) Behind the back
    - a. Wrap around – more of an open court / transition type move
    - b. Sit – jump stop behind the back – more of a change of speed move vs pressure
  - 3) Between the legs
    - a. Biggest part of this move is to make sure the dribble is going forward, not behind. Dribble on your heel then next dribble must be past defender!!!
  - 4) In / Out move
    - a. “Fake crossover” – great transition move that is set up with good footwork

**Skate / Float Dribbles** –

- Only move you’d need to go east and west – everything else is North / South!

- Goal of the skate dribble is to create momentum of the defense – get them leaning one way or other and take advantage of them leaning.

By changing the heights of dribbles you are changing the speed and cadence of the dribble.

## ***Ball Handling -***

You must be able to understand **Momentum** (your own momentum and your defenders) – Your goal is to get the defender’s momentum going opposite of your momentum (or at a different speed) ... I use my dribbling skills, jabs and fakes to create momentum for the defender.

### **Changing Speeds and Changing Directions!**

- The ability to change speeds is the most important thing when dealing with pressure. If you travel at the same speed the defense can read / predict where you are going. If you are constantly changing speeds, they cannot gauge what you are doing.

**Pivots** – Helps create spacing and eliminates walk / travel calls

- Front pivot –
- Reverse or Back pivots -

**Jab steps** – Extremely effective way to create space and relieve pressure

- Quick / violent steps or jabs to get the defense to react
  - Your goal is to create momentum for the defense – get them leaning one direction or the other. This will lessen pressure and stress.
- Direct jabs – jabbing straight towards goal
- Cross step jabs – Jabbing across your body

Having a **purpose** with your dribble –

- When you are dribbling you must have a purpose – WHY are you dribbling??
  - Are you attacking the rim?
  - Are you improving angle to throw to post or a cutter?
  - Escaping pressure / trouble
- Don’t dribble to dribble! The more you dribble the more mistakes the best players in the world make!
- In the ½ court, if you have dribbled more than 3 or 4 dribbles, you probably have dribbled too much!

**Contested Dribbles** – When a defender is tight, close, touching, etc...

- You must be able to create space.
  - Create space by changing speeds and creating different angles.
  - Be the first to make contact and then “get away”
    - Step across and get away..
    - “swim” with inside hand and sweep and get away...
- Use your jabs and ball toughness skills to create space
- We learned “veer” dribbles – once you get in front of defender and you cut off the defender by stepping across and sealing him behind you.
- We learned about a “step across” move to create space. Simply take leg that is closest to defender and step across their feet (no push off) – and then separate from them with a quick dribble away from them

**Passing / Receiving** – This is a huge component with Ball Handling.

- Catch with 2 hands – do not push ball down with 1 hand. You must catch with 2
- Passing the ball – try to hit teammates in chin – they’ll catch it coming at their face – also shot pocket!
- Meeting passes – always step towards your passer – close the gap to the pass!
  
- “Stampede” catch / dribble – Sprinting to ball and quickly putting it down in stride with your run. The thought is that is a different angle of momentum for the defender.
  - “Run through the catch!”