

Dribbling

You must realize that the dribble is one of the most important skills to master but should be the last skill to be used in offence. Dribbling is one of the most time consuming skills in basketball. Dribbling rather than passing always gives the defensive players time to get into position for help defence thereby negating any pass or shot opportunity that you may have had. You must always dribble with a purpose.

The Purpose may be to :

- Gain Distance
- Improve angles
- Establish correct position on the floor to initiate a play
- To create outnumbering situations with a fast break
- To draw a defender through penetration to open up a team-mate

When Dribbling :

- Stay Low
- Keep your head up
- See your defence
- Keep your hand cupped and not stiff
- Never throw the ball out and then chase it
- Work your wrist and fingers
- keep your palm off the ball

Remember that :

- Whenever you dribble, you dribble under control, no matter what movement you attempt to make.
- Keep the triple threat alive as long as possible. Do not get into the one bounce habit.
- You should always keep your body between the ball and your opponent. This means your body, arm and leg is always between the ball and the defence.
- To work on proper dribbling techniques, incorporate a change of pace and change of direction by using cones as defenders.