



YouthFirst

Parents Learning
about Youth Sports

Grades 5th & 6th
Volume 1, Series 2

The Sports Education
and Leadership Program
at UNLV

Practice #2

Basketball (dribbling)

The most important thing to remember to do when playing sports is to always have fun. The best way to make sure that you have fun while playing sports is to bring as many of your friends as you can. The most important thing to think about is your improvement as an athlete. It does not matter if you win or lose; the most important thing is that you know your improving and having a lot of fun.

Now when we to remember that dribbling is like candy. To much dribbling will cause turnovers, but just enough will

help you to become a better player.

Now we are going to go over nine types of dribbling skills that you can practice at your own home or at the gym:

1. Speed Dribble- with this drill you dribble the ball down the court as fast as you can away from the defense without losing control of the ball. Try to keep the ball in front of you and at the same level as your waist.
2. Cross Over Dribble- this drill is really exciting it allows you to fly past your defender at the last second leaving him confused.



First you dribble the ball close to you without letting the defender steal the ball. At the last second before he goes to steal it, you push the ball to your other hand and start dribbling toward the basket, leaving the defender behind.

3. Hesitation Dribble- this drill helps you practice keeping control of the ball and keeping the ball away from the defender. It is a fast pace stop and go drill. You dribble the ball while running fast and then come to a stop. While you are stopped you continue to dribble the ball, and then you go run fast and then stop. Keep doing this until you can safely pass the ball to one of your teammates.

4. Whirl Dribble- this is a drill that is almost like doing a complete spin in a circle in front of the person defending you. You dribble up to the person, and once you get in front of them you turn to where your back is in their face bounce the ball once with the hand your dribbling with and then start dribbling the ball with your other hand towards the basketball hoop. Switching hands allows you to move a lot faster.

5. Thru The Leg Dribble- this drill is fun, it allows you to move past your defender or move away from your defender. As you get close to the

defender pass the ball between your legs and dribble with the other hand.

6. Stutter Dribble- This move will help you fake out your defenders easily. You want to stutter your feet in an open stance facing the defender, while making quick dribbles. This makes it look like you are challenging the defender to try and take the ball away from you, which will favor you when they try to go for the steal. When the timing is right you can now use any other of the dribbling skills you have learned and go by the defender (Kobe Bryant likes to use this move).

Stay low and only bring your bent arm and close your fist when near a defender. Toe pivot foot as shown and remember you may not pick up pivot foot the ball hits the ground.

7. **Backward Dribble-** This one is an easy one to do. When you are dribbling forward and a defender starts to guard you, simple move your hand to the front of the ball and pulling your dribble back toward your side and keeping it away.
8. **In and out Dribble-** This dribble is sort of like the cross over but a little different. You first start with the ball in either hand and close to you, when a defender comes you push the ball to the inside of your body to make it look like you are going to cross over, but at the last second you pull the ball back and continue forward on the side you started with.
9. **Push Thru Dribble-** This drill is a bit difficult, you will need a couple of people to do this with. This dribble is mostly used on the pick and roll, as the defender playing the screener jumps out to defend the dribbler, you push back around the screener to push through towards the basket, its sort of like a cross over.

Now that you have some dribbles to practices with, here are a couple of games you can use to help you.

This one is fun to do with some of your friends. Line up some chairs on the court and start about 5 yards away from each chair and do each dribble drill at a different chair.

Another drill that you can do, is to start at the end of the court and dribble to the line in front of you and jump stop into the triple threat position with the power foot a little bit in front of the other foot. Always remember your legs should not be wider than your shoulders. Do this at every line with different dribbles along the way. Very important, use both of your hands to get them both strong and you can go left or right.

Keep ball outside of your body and out front with other arm bent and fist closed for protection. If you are coming off a square up, make to extend your first step by the defender with the ball out in front, elbow and fist ready.