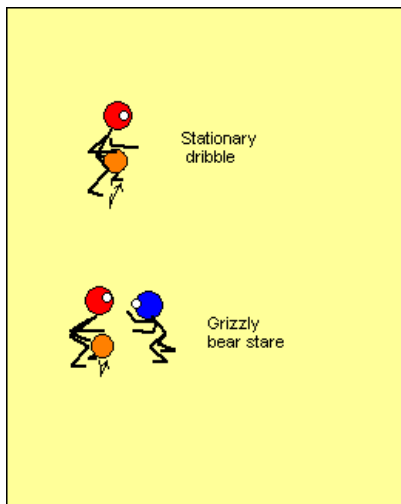


## Dribbling vs. Pressure

Many players have developed the ability to do many tricks and stunts while dribbling the ball. These skills build the ball handler's confidence, but often do not carry over to being able to handle the ball under the pressures of the game and a real defender. What follows is a progression that can be used to help the players build towards being able to handle the ball against an aggressive defender. They also show how to make use of **TLC**. (Teaching, learning and competing drills or games).



### Wobble stage

Players need to learn new skills in isolation and at their own pace. It is like a baby learning to walk. Give players the opportunity to dribble on their own in a stationary manner.

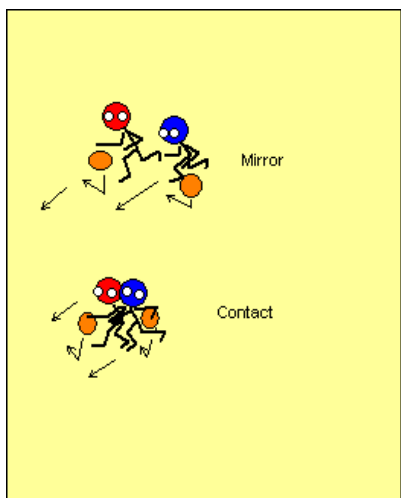
Key points:

- Be in an athletic stance – the knees and hips are bent
- Dribble the ball at knee height just outside the foot
- The ball is pushed and absorbed not slapped
- The eyes are up scanning the surroundings

Load

- Have a defender do a grizzly bear stare. This adds pressure to keep the eyes up. It also makes the dribbler comfortable with someone in his/her personal space. (you can have both players dribbling at the same time)

- Move the ball with different dribbles; front to back, side to side, cross over



### Mirror

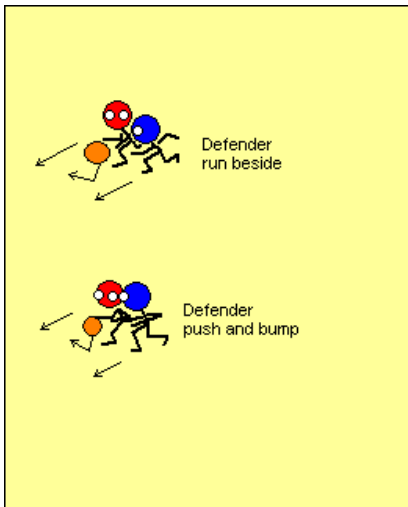
One player is the leader. The other player must mirror the leader's movements. Do this in a confined space. We often do this while facing each other. Also have the players do it while moving forward. The dribble uses hesitations and changes of speed. The closer the players can be to one another the better it is for feeling comfortable dribbling in a confined space.

### Contact

This can take two forms;

- Dribble while staying in contact with each other,
- Dribble in a straight line and then coordinated bumping each other after a certain number of dribbles.

It is important that players learn to handle little bumps that occur when dribbling. Ideally they should have the weight on the outside foot when the contact occurs. They are able to absorb the contact by bracing themselves and pushing back.

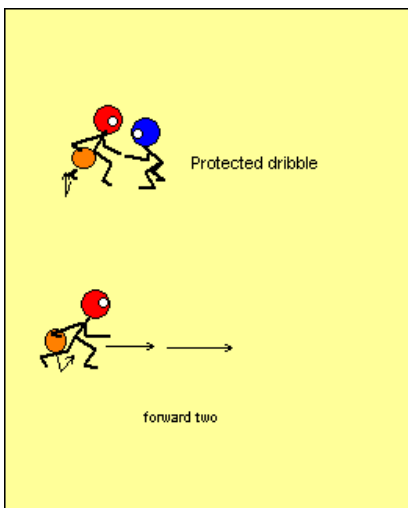


### Defender run beside

The ball handler dribbles in a straight line while a defender runs beside as close as possible. Be sure that the dribbler is keeping the eyes up. Using 10 fingers for passing is one way to ensure that scanning is occurring. Often the ball handler will want to start to slide instead of run. We want the ball handler to go at speed and eventually lean into the defender.

### Defender pushing and bumping

When the ball handler is ready we want to add more contact. Now the defender can apply a steady push or random bumps. The ball handler does not want to get pushed off the line. Stay low and lean into the defender by getting your head and shoulder into front of the defenders chest. These are fouls that often do not get called.

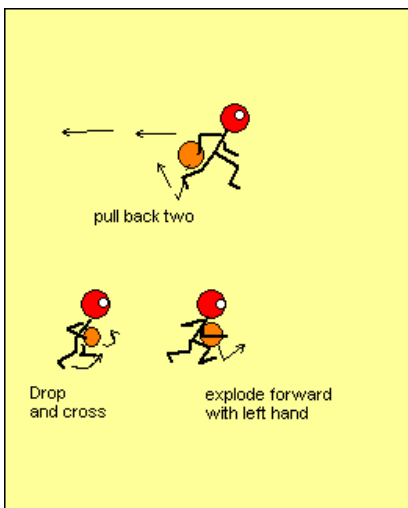


### Protected dribble

Eventually the ball handler must learn when to get into a protected or crab dribble stance. Here the ball handler is perpendicular to the defender. The ball is dribbled by the back foot to keep it protected. The other arm is up to prevent the reach. If the reach occurs do not extend the arm, this will often lead to an offensive foul call. It is much more effective to turn the shoulder.

### Pullback crossover (Two forward)

Vs. tough defense all ball handlers need a pullback dribble. Practice in isolation first by moving forward with two dribbles from your crab dribble stance.



### Two back

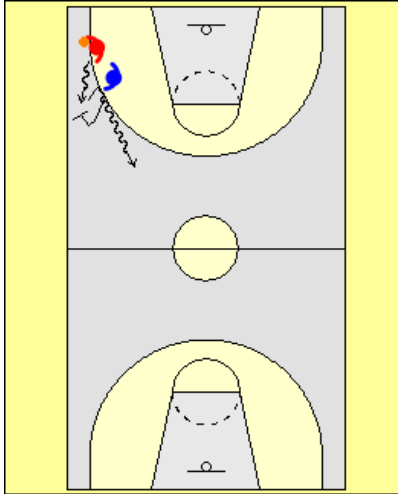
Then go back for two dribbles with the ball in the same hand. The ball is by the back foot the whole time to keep it protected.

### Back pivot to a backward cross over

The key move is to back pivot and cross the ball backward at the same time. This way the ball is protected from the defense.

### Explode forward with other hand

The dribbler now wants to explode past the defender moving forward. Go through any arms.



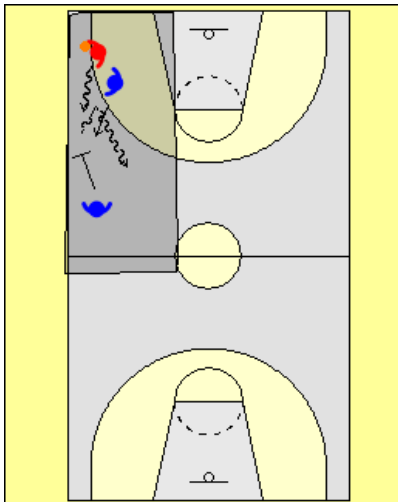
### Add guided defense

After the players have practiced in isolation they need to go against a guided defender. This helps them polish the key components and work on the decision making of when to use the move.

The defender runs beside the dribbler. If the defender:

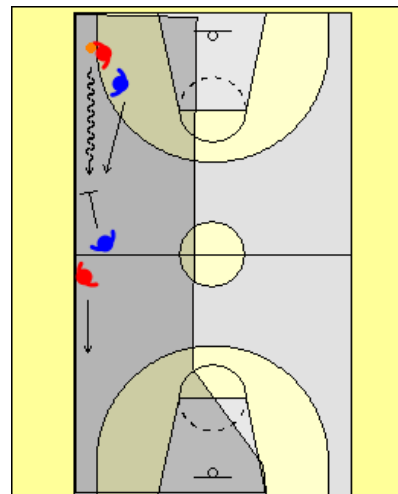
- Places his/her chest in front of the ball handler or,
- Angles the ball handler dangerously close to the sideline;

he/she must pull back and cross over to get to the middle of the floor. The players can work in pair's spread out around the gym. Be sure to work on going right and left.



### 1 vs. 2

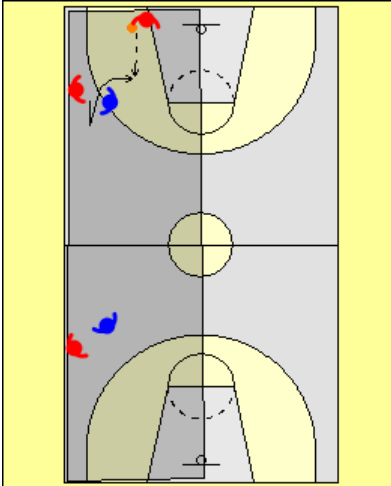
Another time to use this dribble is when faced with a double team. The ball handler is working to get the ball over the half court line vs. to defenders. This can be used as a teaching or learning drill.



### 2 on 2

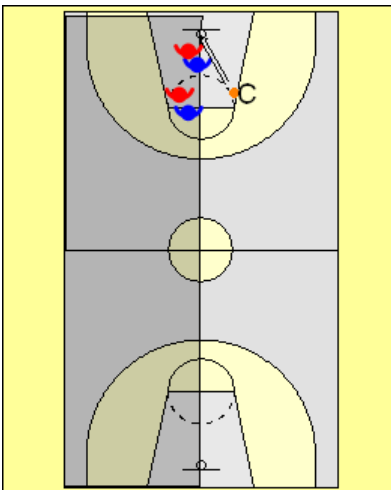
By making it 2 on 2 the ball handler must decide when to pass and when to dribble. The defenders are working on directing the ball into the trap and the timing of when to set a good trap.

This is an excellent learning drill. Players need to learn to play through the mistakes.



### **Competing**

Here the players compete in a 2 on 2 game with an in bouncer. By restricting the size of the court you make the challenge more difficult for the offence.



### **Competing off the rebound**

Another way to start the game is to have the players box out on a shot attempt. If the ball goes in it must be inbounded. On a miss an outlet pass or break out dribble is used.