

Dribbling Reminders

Footwork

- If you are crossing over from your left hand to your right hand (cross over, behind the back, between the legs), you should push off with your left foot and your right foot should go past the defender.
- If you are crossing over from your right hand to your left hand (cross over, behind the back, between the legs), you should push off with your right foot and your left foot should go past the defender.
- If you are going left and use a stutter, hesitation, or inside-out move, you should push off with your right foot and your left foot should go past the defender.
- If you are going right and use a stutter, hesitation, or inside-out move, you should push off with your left foot and your right foot should go past the defender.

Moves that you should practice:

Single Moves:

- **Crossover** – keep the ball low to the ground
- **Behind the back** – Wrap the ball around your back and push it out in front of you; the ball should not go sideways
- **Between the legs** – this is a great control move to switch directions
- **Stutter** – take quick forward steps and then explode by the defense; make sure you feet stay fairly close together so that you are able to push by the defender
- **Inside-out** – fake cross-over, pull the ball across your body like you are going to cross-over, bring the ball back and continue going the same direction; make sure that you feet stay fairly close together so that you are able to push by the defender

Double Moves: 2 moves used back to back to get by a single defender; make sure that when you are making double moves that you use the correct footwork – you should always push off with the opposite foot of the final direction that you are going (Example: If you are doing a stutter cross-over, and had the ball in your right hand to start, you would stutter with the ball in your right hand, cross-over and push off with your right foot, your left foot would take a big step by the defense)

- **Stutter & Crossover**
- **Inside-out & Crossover**
- **Between the legs & Crossover**
- **Between the legs & Behind the back**
- **You can pair any 2 moves together – BE CREATIVE!!**

Triple Moves: 3 moves used to get by a single defender

- Make sure that you use the correct footwork to get by the defender
- You can combine any 3 moves together – BE CREATIVE
- Example: Between the legs, Cross-over, Behind the back

Reminders & Variations:

- Make sure that you are exploding by the defensive using the correct footwork
- Mix up how many dribbles you take between moves when you are practicing them
- Be Creative!!
- Practice the correct footwork on any of your double or triple moves: whatever move is last, is the footwork that you should follow when exploding by the defense

Two Ball Dribbling Drills

1. **Basic** – Dribble both balls together on the way down the court and alternate the balls on the way back.
2. **Crossover** – Go down and back crossing one ball over and switching directions. Your footwork should be similar to the one ball dribbling drills.
3. **Between the legs** – Go down and back crossing one ball between your legs and switching directions. Your footwork should be similar to the one ball dribbling drills.
4. **Behind the back** – Go down and back bringing one ball behind your back and switching directions. Your footwork should be similar to the one ball dribbling drills.
5. **Hesitation** – Go down and back hesitating every few dribbles and then exploding again. You should alternate which leg you push off and explode with. Dribble both balls together on the way down, and alternate dribbles on the way back.
6. **Stutter** – Go down and back stuttering every few dribbles and then exploding again. You should alternate which leg you push off and explode with. Dribble both balls together on the way down, and alternate dribbles on the way back.
7. **Two Ball Weave** – Pull one ball around your legs and then pull the next ball around while walking up and down the floor.