

BYBA Basketball Fundamentals

Week 2 – Ball Handling

12/3/11

“Being a good ball handler is important, no matter what position you play.”

HAND AND BALL PLACEMENT

INSTRUCTION

Control is the key to great dribbling.

- Keep your dribbling hand loose on top of the ball, comfortable and relaxed.
- When your hand is on top of the ball, there should be a little space between your palm and the ball.
 - Avoid slapping the ball or using the palms of your hands. Flex your wrists and use the pads of your fingers to push the ball to the floor as you dribble.
 - Using your fingertips gives you more control over the ball.
 - Make sure your fingers are spread out and are always facing forward.
- “Feel” the basketball
 - Learn to dribble by “feeling” the basketball so you can always keep your head up to spot defenders and open teammates.
- Dribble the ball between knee to waist high and to the side of your body.
 - Keeping your dribble low as well as keeping your body between the ball and your defender minimizes the chance of the ball being stolen.



STANCE AND CONTROLLED DRIBBLE

INSTRUCTION

- For your dribbling stance, keep your feet about shoulder width apart, nice and comfortable with your weight a little bit on the balls of your feet.

- You should feel balanced with your weight leaning just a bit forward.
- Drop your hips and bend your knees.
 - The lower you are, the easier it is to control and protect the ball.
 - Keep the ball nice and low, below the waist. The higher you come up with the ball, the easier it is to steal.
- Keep your eyes up at all times.
 - You want to be able to see the entire court, the defense, your teammates and the basket.
- Your hand is comfortable and relaxed on top of the ball while dribbling.
- Push the ball hard to the floor
 - Bouncing the ball hard off the court and lowering your body together allows you to greatly reduce the time the ball is out of your control.
- Your opposite hand [the hand that's not dribbling the ball] should be extended out with your arm to help you shield the ball from a defender.

SPEED DRIBBLING

INSTRUCTION

- Speed dribbling is most likely to occur when you have an open court in front of you.
- With speed dribbling, instead of positioning your hand on top of the ball and pushing it down when you dribble, position your hand to the back of the ball and use your fingertips, wrist and arm to push the ball forward.
- Since you'll be running faster, you can run a little more upright to gain greater speed and you can dribble the ball a little higher.
 - Waist to chest high dribble
- And, as always, keep your eyes up at all times while you're dribbling so you can see the whole court.

BALL HANDLING RULES

TRAVELING

- A player can't take more than a step-and-a-half without dribbling the basketball. If they do, then the referee will call traveling.
- Once a player stops dribbling the basketball, the foot that lands on the court first becomes their pivot foot. The player can't pick up this foot again while they have possession of the ball. If they do, they commit a traveling violation.

DOUBLE DRIBBLE

- A player can commit a double dribble violation in one of two ways:
 - When a player stops dribbling and then starts dribbling the basketball again without passing or shooting, or
 - When a player has both hands on the basketball at the same time while they are in the act of dribbling.

PALMING THE BASKETBALL

- Palming the basketball is also known as “carrying” the ball.
- This violation occurs when a player brings their hand under the ball or onto its side while in the act of dribbling.
- A player may dribble the ball as high as they want as long as they keep their hand on top of the ball.

TIPS

Don't pick up your dribble unless you know what you're going to do with the ball.

- Don't stop dribbling unless you're going to pass or shoot and NEVER stop dribbling in the corners!

Always dribble with a purpose.

- You want to dribble with a purpose, not just to show off your ball handling skills and waste a lot of time dribbling around.
- Dribbling the basketball too much takes the rest of your team out of the basketball game.
 - Dribble to advance the ball up the court.
 - Dribble to drive to the basket.
 - Dribble to set up a better shot or pass.
- Passing the ball is much quicker than dribbling – so don't over dribble!

From the very beginning, it's important to start developing both hands equally as well.

- Make sure you practice at least as much with your weak hand as you do with your strong hand eventually increasing to twice as much with your weak hand.
- If you can only dribble with one hand, you only have half a game!

The secret to being a great ball handler is PRACTICE, PRACTICE, PRACTICE!

BALL HANDLING DRILLS

Stationary Drills

- While standing in place and in a good athletic, dribbling stance, have your players practice dribbling the ball.
 - As described above, make sure they use proper technique
 - Ask them to keep their heads up and call out the numbers of fingers you are holding up while they are dribbling.
 - Have your players dribble 10x with their right hand and then switch to their left and keep switching every 10 dribbles.
- Have your players crouch down in a defensive position and dribble the ball at a moderate height (about two feet off the ground), and then at a higher height (just below shoulder height) and finally low (about five inches off the ground).

- Have them alternate between both hands
- Have your players change speeds and “rhythm” of the dribble as they do this drill.

Other Dribbling Drills

- Have your players dribble the ball with their right hand while walking from the base line to half court and then have them switch to their left hand while they walk back to the base line.
 - Have them do this a couple times before having them jog and then sprint with the ball while dribbling [note the technique for speed dribbling is different than the controlled dribble of walking or jogging].
- Have your players dribble one ball in each hand at the same height and speed as they walk from baseline to half court.
 - Have them do this a couple of times, then have them dribble in each hand at alternating heights and speed.

HOMEWORK ASSIGNMENT

TENNIS BALL DRILL

- Using a tennis ball, practice standing in place and alternate dribbling 10x with the right hand and then 10x with your left hand.
- It's OK to look down at the ball in the beginning.
- Try to use your fingertips to dribble the tennis balls.
- Once you begin to feel comfortable dribbling in place, try walking while dribbling. Again, alternating hands.
- Mastering dribbling the tennis balls gives you much more control over your basketball dribbling.