

GUARD BALL HANDLING DRILLS

I. Dribbling Drill Diagrams

1) V Back Dribbling

How?

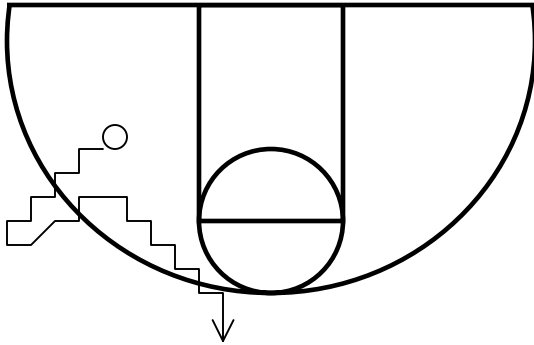
- a. Move to the right, back up with dribble, crossover, & move ball in opposite direction.
- b. We prudently move up the floor, never crossing ball in front of defender.

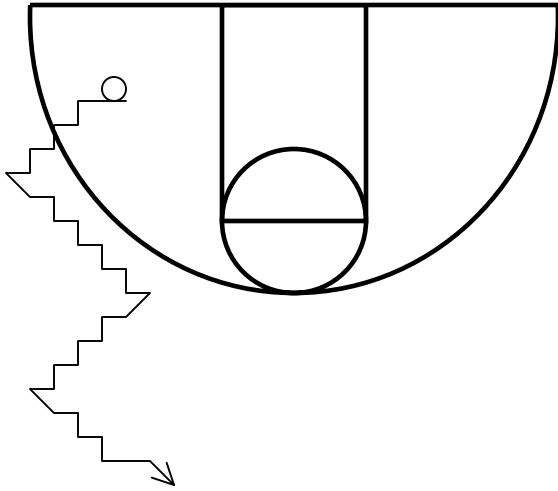
Why?

- a. Transporting the ball should be tantamount to holding a baby. No turnover is acceptable.
- b. Advance the ball safely, with head up, and at a speed which defense dictates. This may be the slow road but it is safe and it shows discipline.

Emphasis:

The ball is dribbled below the hip, under control with right or left hand, head & eyes up, in a great looking defensive stance.





2) Ass in Face Dribbling How?

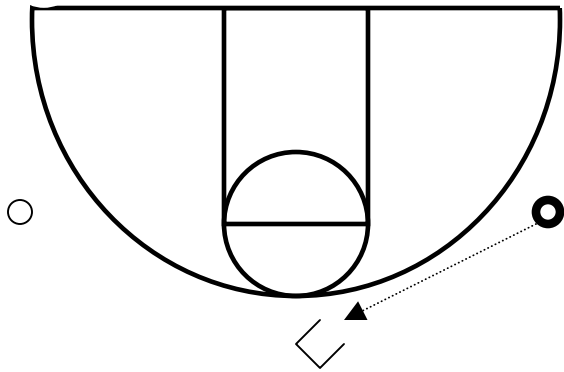
- a. Move the ball to right, back up with dribble, reverse pivot and go forward in opposite direction.
- b. Never expose ball to defender- a defender, you, and ball concept. Your ass stays in the defender's face the entire time.

Why?

- a. The quick defender must constantly look at your ass and your legs protect against the reach.
- b. The steal artist does not like this dribble as it is very difficult to see the ball and it allows the offensive man a maximum amount of protection and control.
- c. Yes, you can change your pace with this technique.

Emphasis:

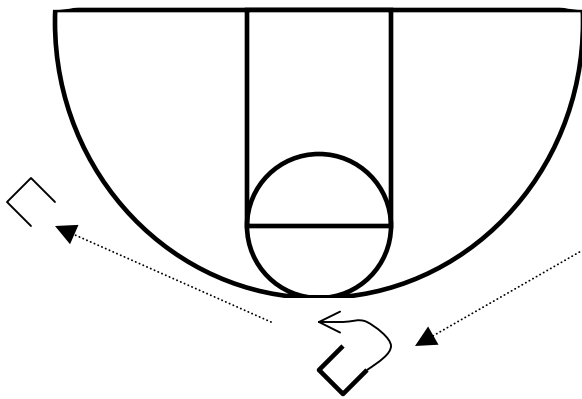
Pulling the ball back with same hand while staying in a quality defensive stance on the reverse pivot, change of direction.



3) Rip Pivot & Push-Pull How?

- a. Top of key receiver jumps through the pass, rips his right foot across the defender's face, and passes the ball to opposite wing position.
- b. Or, he rips the pivot and dribbles the wing out & pulls the other wing. We call this the "push-pull" concept.

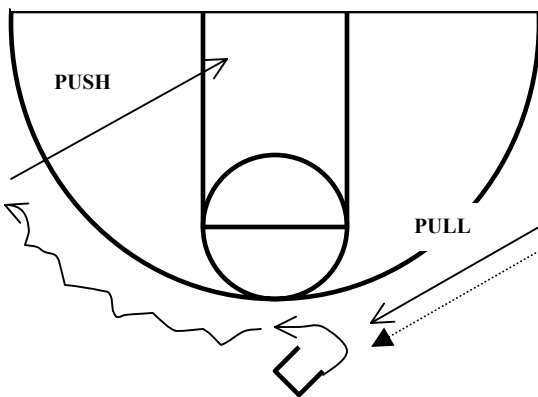
Why?

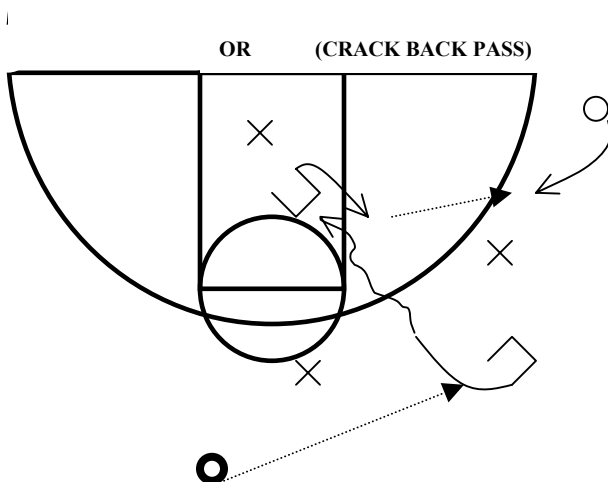
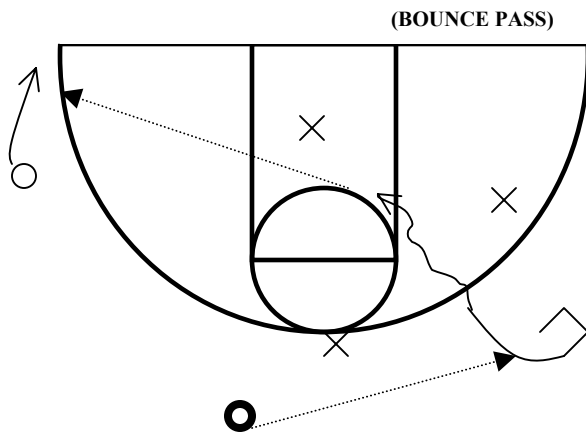
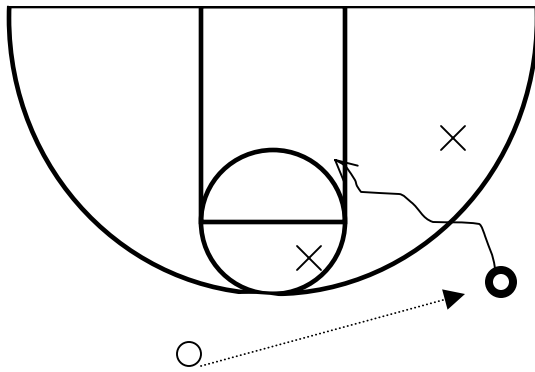


- a. Jumping to the pass shortens the pass, establishes a solid base (balance), and sets up the rip pivot, which allows the offensive man to protect the ball and get more snap on the pass.
- b. Push-pull concept emphasizes the cut-n-replace action, or when one moves, we all move.

Emphasis:

Long dribbles off strong pivots after you jump stop to catch the ball. This is a big piece of our offense so the concept must be understood by all.





4) Penetration Dribble and Jump Stop

How?

- a. A long dribble into the gap. We teach jump stopping with a broad jump off dribble.
- b. We use a rip pivot on catch, 1 long dribble, jump stop and shoot it or pass it (i.e. we use bounce passes as they are hard to deflect, easier to catch, & keep the player lower).

Why?

- a. Tough to defend if ball has been moving.
- b. No second dribble eliminates charge, in most cases.
- c. We do not allow our guys to leave the ground while passing- more control & less turnovers.

Emphasis:

The technique and how to make decisions. Keep them under control & either use a crack back pass or a bounce pass.

5) Screen on ball dribble

How?

c. Receiver fakes away from screen when both feet hit the ground by screener.

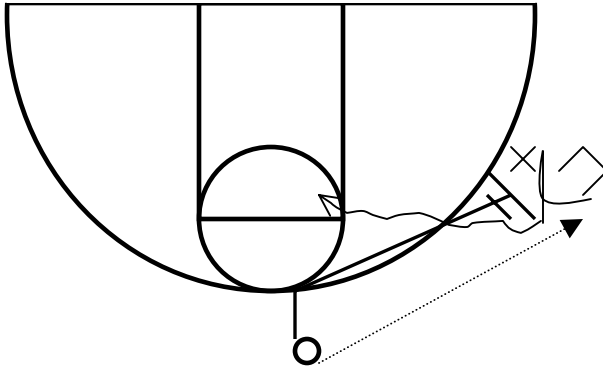
1. Dribbler comes off screen “shoulder to hip,” throws the ball out & chases it: we want a long & low dribble.
2. Should the screener sprint his screen the hedge or trap becomes very difficult to execute.
3. The other dribble technique we use is a short dribble & long dribble as this is most effective versus traps or hedges.
*Splitting the hedge/trap takes a special guard. Hence we do not work on this.

Why?

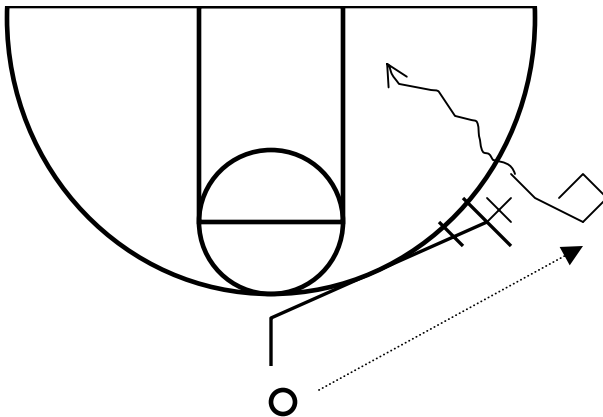
- a. This action is usually executed poorly because the dribbler abuses the dribble by using short dribbles or not setting his defender up with a ball fake away from direction that screen will be set.

Emphasis:

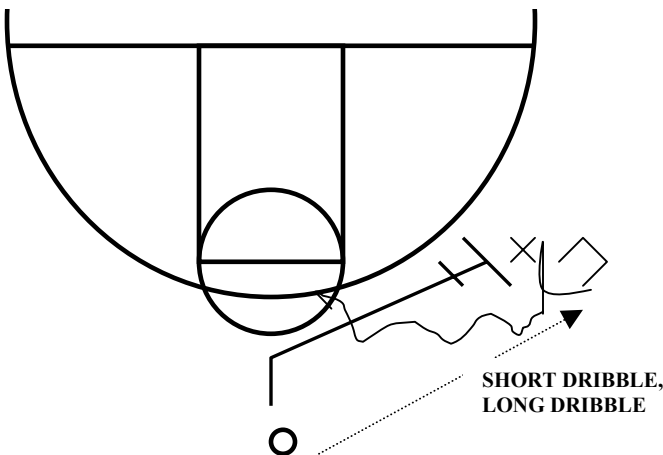
Be late not early with long dribble & taking what the defense gives you- screen and roll action, for example.



OR



OR



6) Post Passing

How?

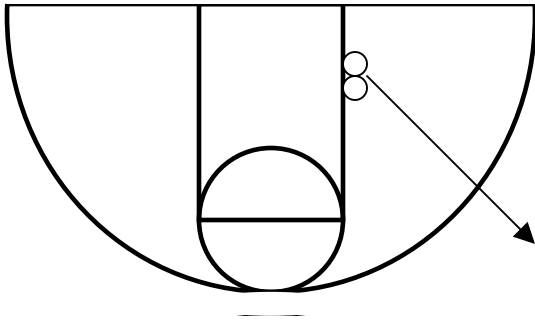
- d. Stack set with wing entry.
- e. Long dribble to baseline. When second hand comes to ball post man releases to catch bounce pass.

Why?

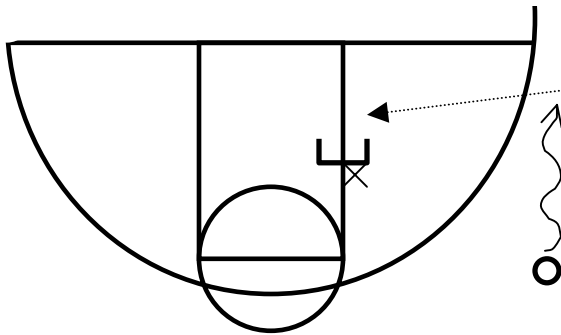
- a. Teaching our perimeter people how to use long single dribbles to feed the post. This involves timing, eye contact, and a specific type of pass.

Emphasis:

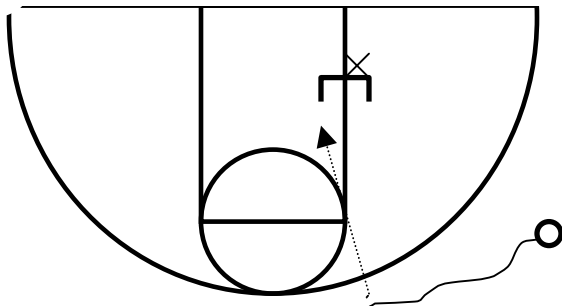
Reading and thinking with situational play. Taking your time, spacing, and only throwing the pass you see, not the one you want.



C



C



7) 2 Balls

How?

- f. Simply dribble the balls in your right and left hand. This forces the dribbler to concentrate.
- g. You can use the zig-zag pattern, or the V back pattern.

Why?

- a. Forces dribbler to use both hands and will help develop ballhandling skills with either hand.

Emphasis:

Controlling the balls as you move down the floor, with head & eyes up, in a quality defensive stance position.

