

## Coaches Corner: The Art of the Dribble

The golden rule of dribbling is simple. Dribble for a purpose. Primarily, to make a move to the basket or, to open a passing lane. Dribbling of course also allows us to advance the ball, but passing ahead is nearly always a quicker option.

Once a player starts dribbling however they should continue dribbling until they are ready to pass or shoot the ball. Picking the ball up without knowing what you are going to do next simply reduces your options and invites the defenders to ramp up the pressure. When dribbling to advance the ball it is generally better to try and bring the ball up through the centre corridor. It gives the ball carrier more options both in their own movement and in potential passes

There are a total of eight types of dribble that we should be looking to teach the players. They are:

Speed Dribble

Cross over Dribble

Reverse Dribble

Hesitation Dribble

Behind the back

Between the legs

Spin Dribble

On-Side Dribble



All of which players should aim to be able to execute with both hands.  
If you want details on the techniques then don't be afraid to ask.

When teaching any dribbling technique, the aim should always be to keep the head up. The primary focus should be on technique rather than execution. If a player gets continually chastised for losing control of the ball; all they will do is look down to reduce the chance of error.

And remember - Good coaching always beats good luck!