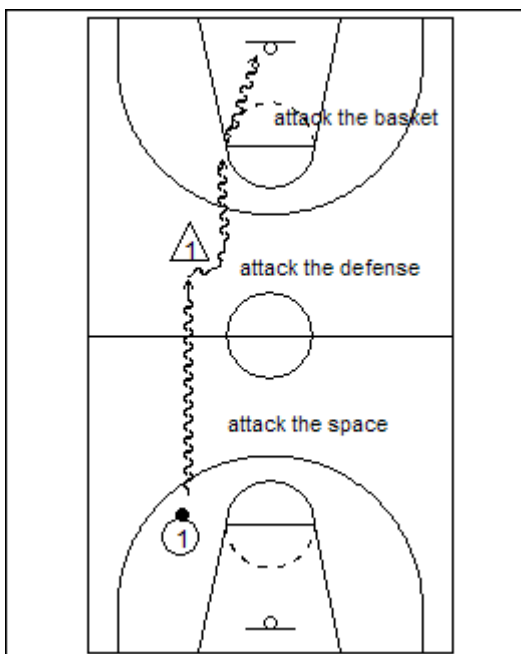


Dribbling - Attack vs. Control

CB's Coaching Education and Development



1

Attacking dribble

All players need to understand the importance of attacking. With the 24 second shot clock and 8 second backcourt wasting time is not a wise strategy.

Attacking space

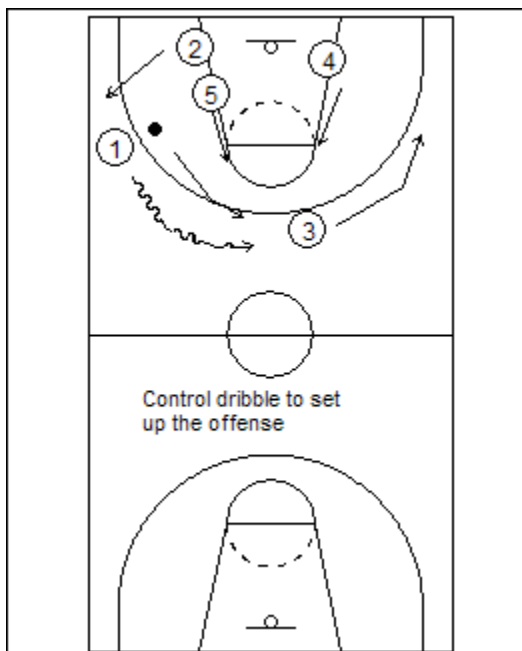
When a player with the ball has open space and no shot or pass opportunity he or she needs to close that space quickly and under control.

Attacking the defense

Once the defense is engaged and no pass is open and the clock is winding down, the player may need to attack the defender. This would require a different form of dribbling than attacking space.

Attacking the basket

Once an open drive line to the basket has been established the ball handler must quickly go to score before a defender can take away the drive line.



2

Control dribble

This form of dribble is when a player is using the dribble to improve a passing angle, to relief pressure or to advance the ball vs. defense. It is crucial that the head is up and the ball is protected.

Control in space

This is used to set up the offense or to work time off the clock

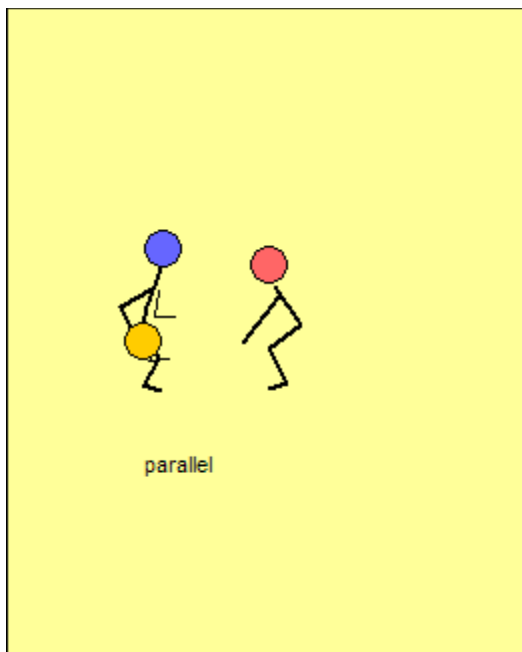
Control vs. a defender

This is a protection dribble. The player must look through the defender to see options that may appear

Parallel dribble

If the defense presents a safe gap to the dribbler he/she should remain parallel. The head should be eyes up looking through the defender to the next levels.

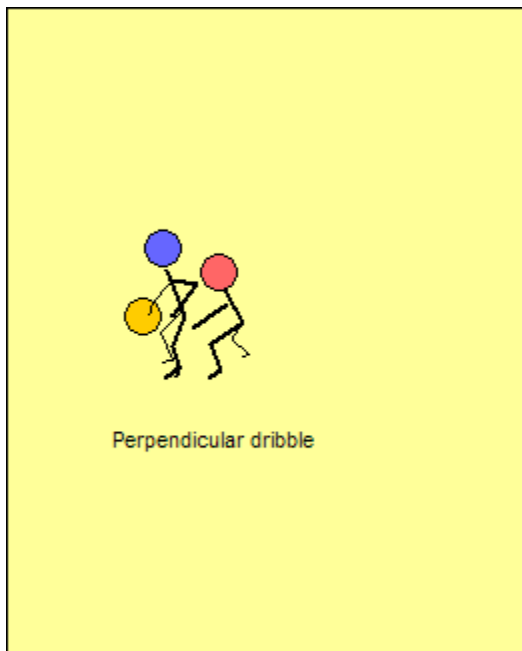
To go from a controlled parallel dribble to an attacking dribble the player still need to work on fakes. Dribble jabs and shakes are two types of foot dribble fakes from a parallel stance. Other players will use ball movement fakes such as crosses and fakes crosses to fake out the defense with the ball and upper body.



Perpendicular dribble

This is often called a crab dribble. It is used when the defense closes the gap and the dribbler must now use his/her body to protect the ball. The eyes must be up and still looking through the defender to the next levels.

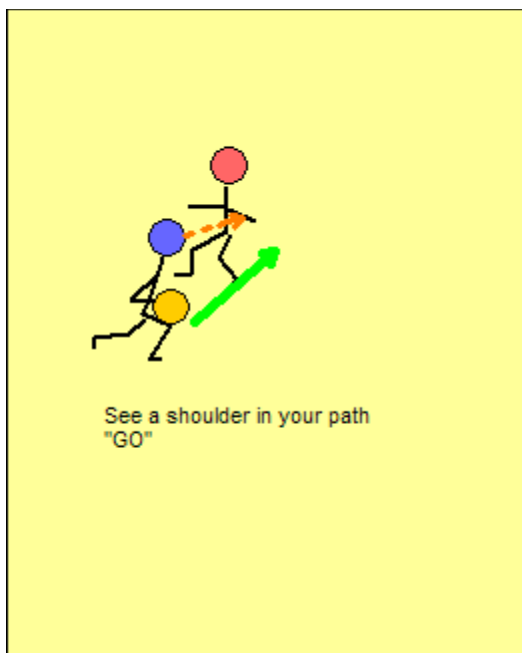
To go too an attack dribble the player must use the crab dribble series. If the defense shows a gap immediately go to a parallel stance.



Shoulder and chest

When attacking the defender the ball handler must learn to read how the defense is guarding him/her and when should he/she change direction and when to continue going in the same direction.

When a shoulder (hands, arms and elbows) presents itself 'go'. The player needs to KOB (keep on the body) the defender to prevent recovery.



Chest

If your path is impeded by a chest the ball handler must stop moving in that direct and change direction. This could be a back ward dribble, or to either side.

The ability to know where the help defenders are may predicate what type of dribble can be used. A spin dribble is not wise if you know help could quickly appear from the blind side.

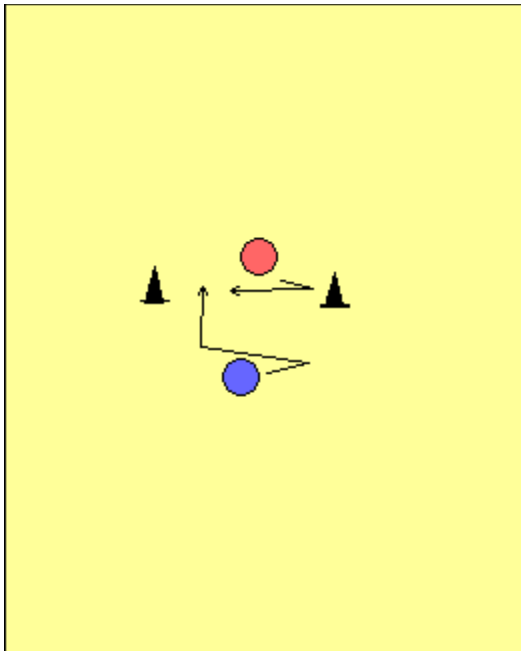
Many top players will use a step back dribble. This allows them to move backward and to the side at the same time creating space from the defender.



Chest shoulder reading drill

To work on the movement prep for this skill two players line up between two pylons. The space can vary depending on the skill level of the players. One is designated defense one offense. The offensive player moves laterally back and forth the defense mirrors this movement. The offensive player then attempts to cut between the two pylons. The defender attempts to keep his her chest in the line of the cut. Read the body of the defense. Have the defense keep the arms up by the shoulder area. This is a great drill to teach offensive and defensive footwork. It also teaches faking.

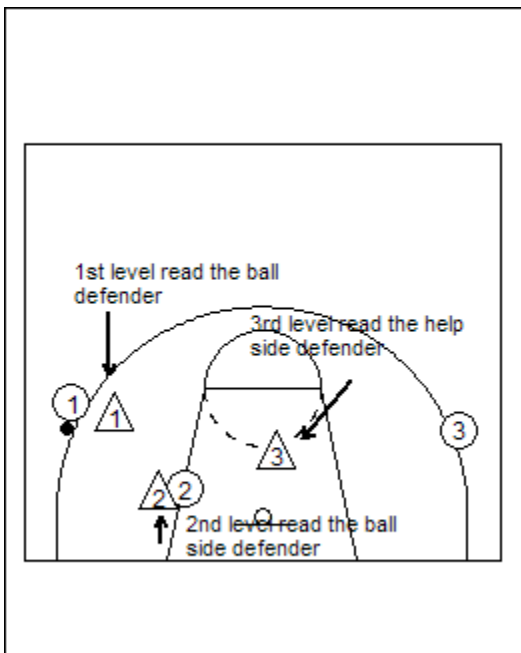
The next progression is to add a ball.

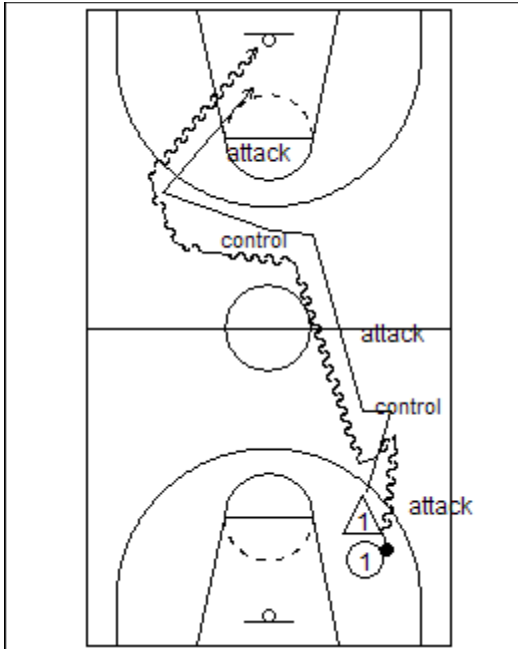


Levels of vision

The ball handler must be able to scan the floor when dribbling.

1. Read your defender
2. Read the ball side defense which might become help on an attack dribble
3. Read the help defense, who will be helping the helpers



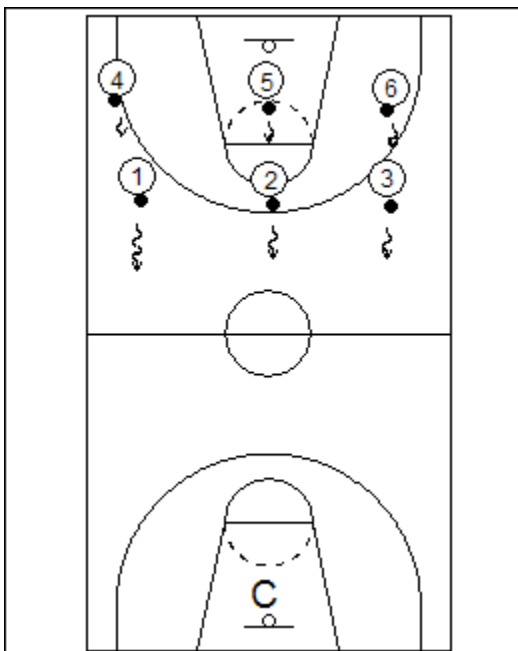


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Changing from one type of dribble to the next

Players must constantly be changing from attack to control and vice versa. The ball handler must also be ready to pass at any time. "When" to use each type of dribble is the key.

The drills that follow will attempt to help the player understand the "when".



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Dribble wave

The coach is standing under the basket. He/she instructs the players as to which hand to dribble with. Directions are also given as to use a parallel or perpendicular dribble. The coach points in the direction he/she wishes the players to dribble. A signal can be given at any time to change from a parallel to perpendicular dribble. After having the players move for about 10 seconds the coach signals for an attack dribble.

The coach can signal for the players to hesitate and now the wave dribble resumes.

Be sure to work both hands

Coach's signals

Here are some suggested signals to help the athletes learn to keep their eyes up. Reading clockwise from the top left.

Hesitation dribble - one hand up above head with an open palm. (two hands may signal stop pivot and protect the ball)

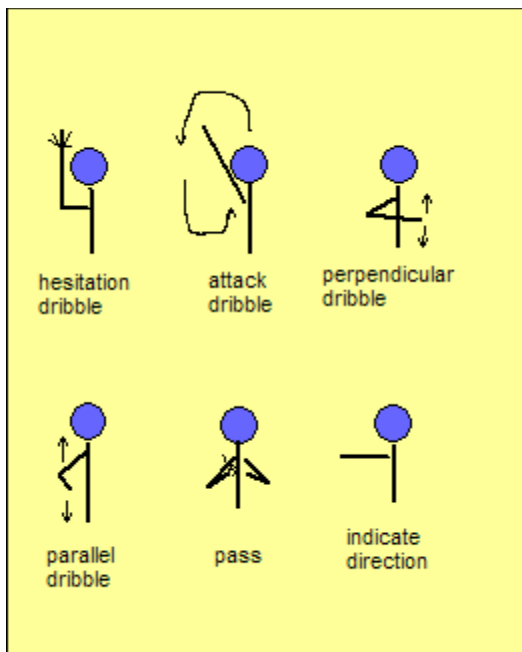
Attack dribble - circle the arm like the third base coach in baseball

Perpendicular dribble - dribble action with the arm across the chest

Direction - point in the direction you want the dribble

Pass - both hands up in front of chest

Parallel dribble - dribble action beside body

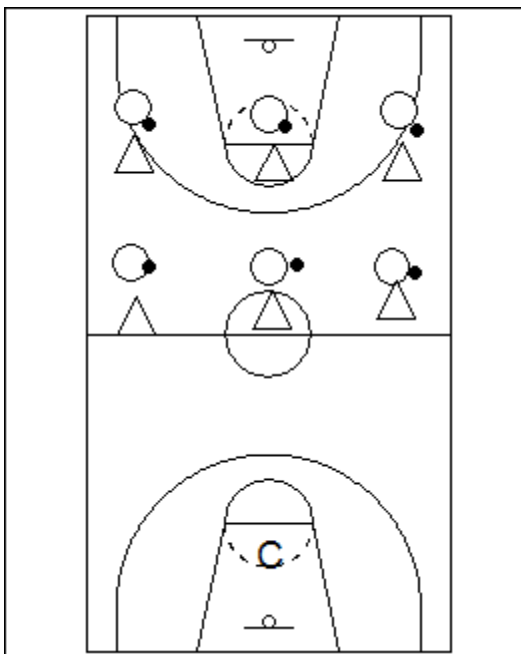


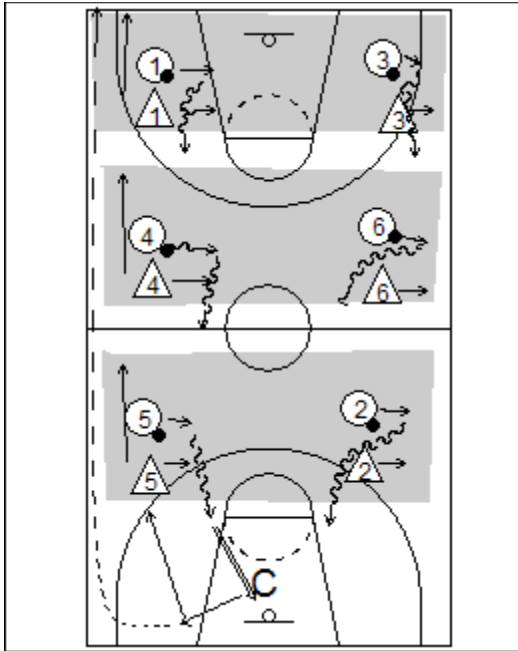
Wave dribble with defense

The same drill as before only now a defender mirrors the dribble. This forces the dribbler to look through the defender. It also gives a realistic target to go by on the attack dribble.

Loading

- Restrict the type of dribble – do not allow a crab dribble to protect when you play live. This will force the player to protect staying square
- As players improve restrict the space in which he/she has to beat the defender
- Random passes. Continually have situations where players must look to pass
- Add second and third level defenders





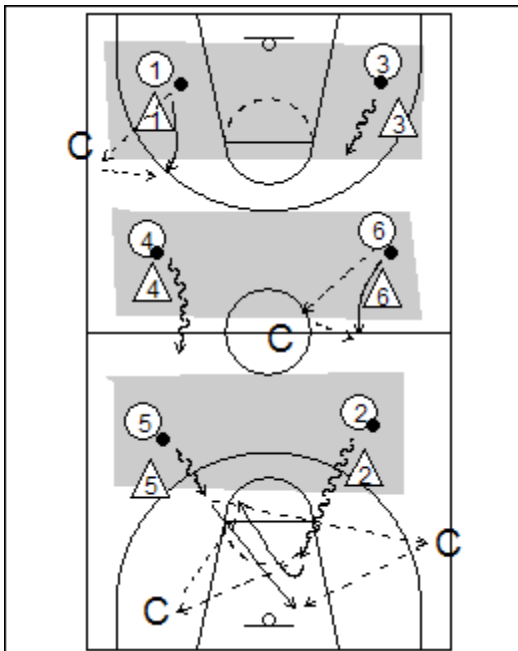
Multiple waves

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One of the concepts that players need to learn is that once they beat one defender they most likely will be met by another defender. We need players to develop a comfort level of going from being guarded to open to being guarded again.

The courts is divided into 3 defensive zones (if you had enough players you could add a fourth)

The defenders guard in their zone. The offensive players perform the wave dribble reading the coaches signal. Once they beat the defender they will be met by a new defender from the next zone. After scoring the offensive player passes the ball the length of the floor and becomes the next defender in zone 3. The defender in zone 1 becomes the offensive player in zone 1.



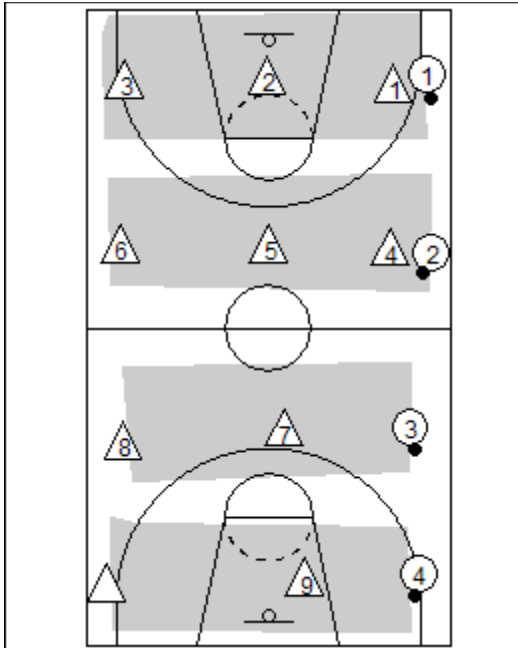
Random passes

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The same drill is now performed and players must be alert to coaches giving the pass signal. Pass the ball and cut to get it back.

As players improve the drill can be done live. I do believe that the players must be taught to look through to the next level.

For example I cannot beat my player in zone 1 until the player in zone 2 has beaten his/her player, but I should also understand that the player in zone 2 cannot go until the player in zone 3 clears the area. This means I must look to three levels and anticipate my actions based on what I see.



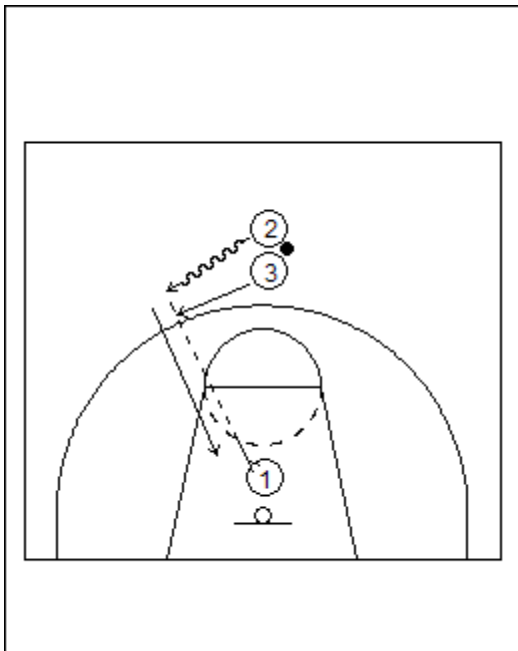
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Using badminton courts

For younger kids you can use the badminton courts to teach the same concept.

- look through the defender to read the second level
- protect the ball
- beat your player and now anticipate another defender

Note; Remember to load the athletes as they improve. Add restrictions on the types of dribbles allowed or not allowed. Also restrict the space and add the random passes.



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3 player wave - pass and replace

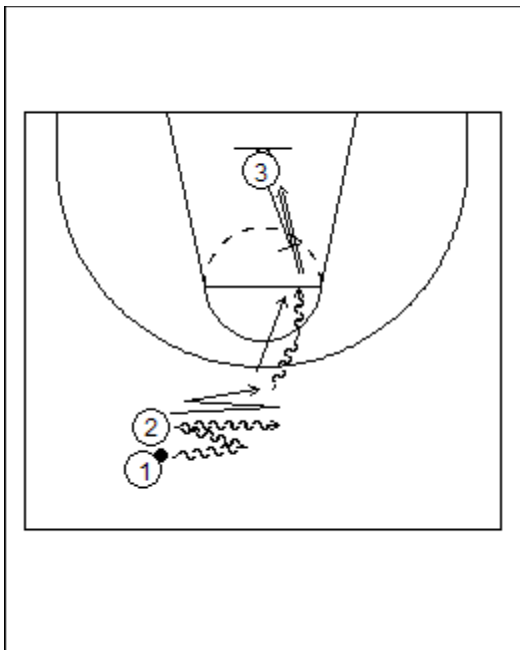
This is just a variation on the old pass and replace drill (keep away)

#1 give #2 wave dribble signals. When the pass signal is made the ball is passed and #2 becomes the new defender, #3 now gives the directions to #1.

The coach can call out a number of variations on this drill:

- pass and replace
- pass and replace with pressure
- wave dribble to pass
- wave dribble to dribble move
- dribble to pass
- use your imagination

1/2 court wave attack and control

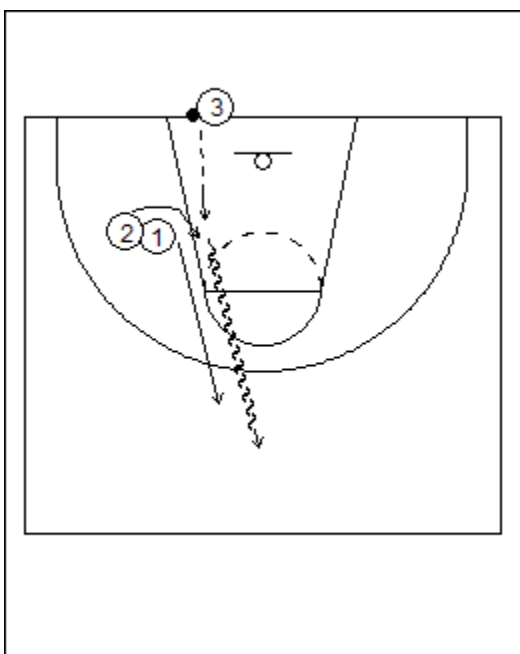


#1 starts by ripping the ball from #2. #3 gives the players wave signals. The defense, #2, works to stay on the ball.

Note: at first you may use a coach in the #3 position.

After about 6 seconds #3 signals an attack dribble. #2 must go to score. (#3 could signal another hesitation dribble). #3 can also be a help defender or call for a pass at any time. Keep the actions simple at first but build as the player's ability to read improves.

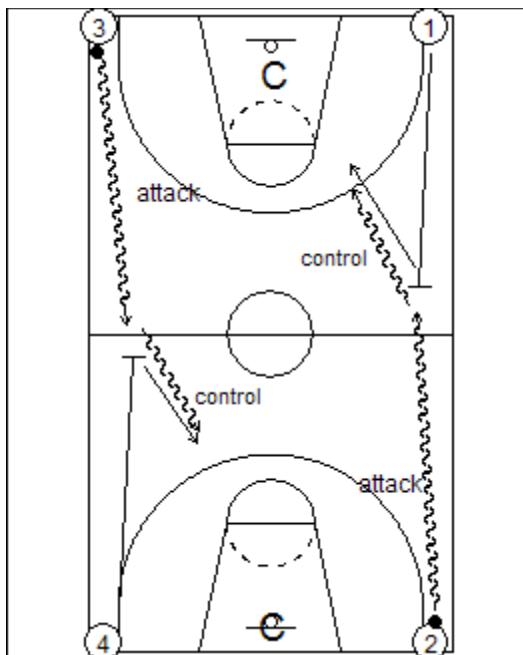
When the ball is shot both #3 and #2 are on defense. Whoever gets the rebound must break out dribble to 1/2 court. #1 defends which ever player has the ball.



If the ball is scored #3 inbounds and #1 denies #2 and plays defense to 1/2 court.

Once the ball gets to 1/2 court the ball is set down and #1 picks the ball up and the drill begins again.

The coach must decide how many repetitions the player should go. On the last rep the drill should be live.



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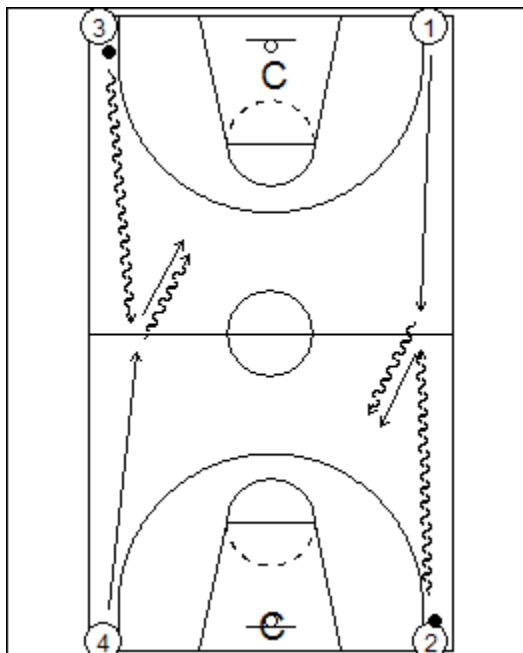
Full court attack and control

#1 sees open space and speed attack dribbles to 1/2 court. #2 is running from the opposite baseline to contain the dribbler. The same action is happening on the other side.

#1 must change into a control dribble. Read the coach under the basket. He/she will give the same signals as the previous drill.

Loading

- Players can return in the other direction after scoring or a rebound
- The players could only go to 1/2 court and set the ball down and return to the same basket.



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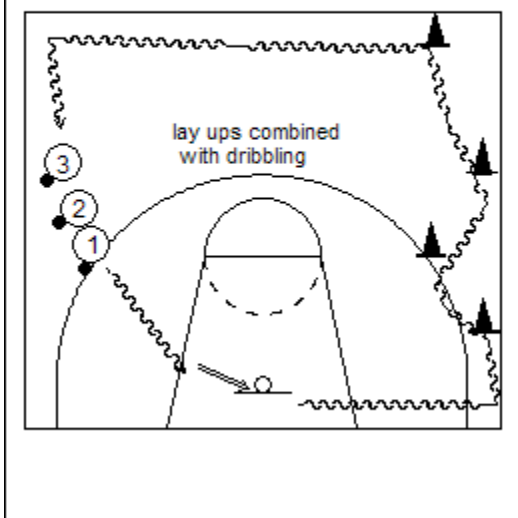
Variation

When #1 dribbles to 1/2 court the ball is set down and #2 picks it up and attacks the basket. The defense gives different looks:

- aggressive with no gap - use a protected crab dribble to start
- back pedal - use a speed attacking dribble with inside out moves and roll cross over
- gap - the defense retreats back to the 3 point line - use a attack speed dribble to close space and then go to a control dribble when approaching the defense

Suggestions for teaching dribbling

- all players need to develop this ability
- work both hands , but force players in drills to use the weak hand more than the strong hand
- in as many drills as possible add in dribbling when the players are returning to the end of the line or waiting their turn
- show a video of players executing dribble moves - have the players attempt to mimic the move. this could be set up before practice
- keep the eyes up - throw in random situation when the player must pass. It could be as simple as whenever a coach shows both hands the player, even if dribbling on the side line, must pass the ball to the coach.
- continue to reduce the size of the space in which the dribbling takes place. Use pylons in which the offensive player must beat the defense. In France they use high jump standards to force players to stay low.
- use a games approach by calling for violations when players do not use the proper dribbles



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