

Most children first learn to crawl, then walk, and finally to run. Basketball requires players to not only effectively move their feet, but also to maneuver a basketball. Basketball players first learn to dribble the basketball with one hand, then to alternate hands, and progressively to increase to more advanced dribbling. As a basketball player, a powerful and effective way to keep defenders on their toes and increase your threat as an offensive player is to develop an agile and quick dribbling technique. The power dribble can do this.

A basic power dribble is when you dribble the ball at a very intense rate. Maintain your normal form and posture. Use your muscles to thrust the ball forcefully down, and then expect the ball to quickly bounce back to your hand.

1. **Power Crossovers** - Power dribble in your right hand, and then quickly bounce the ball to your left hand. Power dribble with your left hand for a few seconds before bouncing the ball back to your right hand.

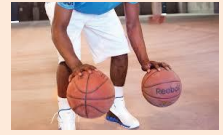
2. **Dribble Blindfolded** - Wrap a cloth around your head as a blindfold, or you could simply close your eyes...no peeking. Power dribble a ball for at least 60 seconds. This drill helps you enhance your tactile sense of the ball. You can enhance the drill by performing it in the center of a deserted basketball court, walking around while dribbling. To make the drill even more challenging, try power dribbling two balls, one in each hand, while being blindfolded and slowly walking around a deserted basketball court.

3. **10-5 Repeats** - This drill exercises power dribbling with one hand at a time. Choose which hand you would like to practice. Power dribble for 10 seconds, then soft dribble for 5 seconds. Repeat multiple times. This exercise teaches your arm muscles how to alternate between various dribbling speeds that occur during game play.

4. **Dribble Between Legs While Walking** - In order to do this drill you will need a segment of floor, such as a basketball court floor, a street's sidewalk, or a wide hallway that is deserted. Power dribble while walking up and down the walkway. Power dribble the ball between your legs to practice fancy dribbling skills. To enhance the drill, perform the drill at a quicker walking pace, maybe at a light jogging pace.



5. **Double Ball Power Dribbling** - Power dribble two balls, one in each hand. This will increase your arm strength for dribbling and enhance your dribbling control. Since you can't look at both hands at the same time, this drill will also practice your ability to power dribble without looking at the ball.



6. **Power Dribbling Sprints** - This drill requires you to power dribble for an extended period of time and run back and forth on the basketball court. Stand at one end of a basketball court. Dribble to the nearest foul line, and then return to the baseline. Dribble to the middle of the court, and then return to the baseline from which you started. Dribble to the farthest foul line, and then return to the baseline from which you started. Finally, dribble the entire length of the court, and return to the baseline from which you started. This entire continuous power dribbling exercise counts as one complete cycle of the drill. Repeat multiple times to practice your dribbling, speed, and direction-changing abilities.

8. **Dirt or sand dribbling** - This drill actually requires you to leave the basketball court and find a patch of dirt or sand. Do a Power dribble on the dirt/sand for 1 or 2 minutes. You will need to power dribble the ball even harder than usual in order to get the ball to bounce on the dirt/sand. This drill is an extremely good arm workout with power dribbling.

Start with just a few of these exercises, and then expand your workouts to include more drills. You can also modify the drills to be more challenging by increasing the number of repetitions or slightly modifying the drill. The key is to vary your routines and have fun with them. By practicing the power dribble, you will greatly improve your dribbling.





Learning to become a good ball-handler, and developing a feel for the ball for vitally important in becoming an excellent all-around player.

Hold The Ball Correctly

The most difficult skills, including shooting, passing, catching, dribbling, and rebounding, involve holding the ball. Here is how to practice holding the ball:

Hold the ball with your fingertips. The palms of your hands should not touch the ball.

Make sure your fingers are far apart.

Hold the ball as much as possible at home while watching TV or listening to the radio or music. It is said that the great Pete Maravich slept with his basketball and held it during his sleep! While watching TV, you can hold the ball (with both hands) and spin it around in your hands

These are some drills:

Do each one about 30 to 60 seconds and then move to the next one. With all of these drills, try to keep your eyes forward, without looking at the ball.

Finger Grabs:

Hold the ball with the fingertips, squeezing it while rotating it back and forth from hand to hand. The ball should not touch the palms of the hands.

Slaps:

Pound or slap the ball hard from hand to hand.

Tipping:

Tip the ball back and forth from one hand to the next, starting with your hands straight up over your head. Then gradually move the ball down, while continuing to tip it back and forth. Go down to your chest, then your waist, knees, and ankles, and then back up again. Keep your elbows straight.





Circles:

Put your feet together and make circles around both legs. Then circle around the back. And then circle around the head. Then combine them and move the ball in circles around your head, then down your body, down around your knees, and then around your ankles ("candy cane"). Then come back up again. Be sure to use your fingertips, not the palms.

Around Each Leg and Figure Eights:

Put one leg forward and move the ball in a circular motion around the leg. Then do the other leg. Finally, spread your legs out wide with the ball in front of you. Move the ball around through your legs in a figure-of-eight motion. Keep your eyes forward and don't let the ball hit the floor. After 30 seconds, reverse the direction.

Drops:

Put the ball between your feet and grab it with both hands. Start with the left hand behind your left leg and your right hand in front of your right leg. Drop the ball and let it bounce once. Quickly, move your left hand in front of your left leg and your right hand behind your right leg, and catch the ball as it bounces up. Drop it again and switch your hands back to the original position (left behind, right in front) and catch it. Repeat this motion continuously. For a more difficult variation, try catching the ball before it actually hits the floor!

Toss Up and Catch Behind:

Here's a fun drill the players like. Toss the ball up over your head. Reverse pivot and catch the ball behind your back.

Crab Walk:

Walk, bent over up the floor and put the ball between the legs, back and forth as you go. The ball is brought over the front of the thigh, then through the legs and then behind the opposite thigh and around and over the thigh.

