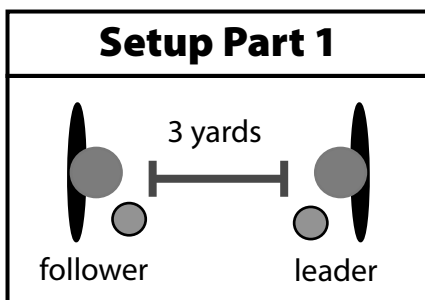


# 15 Dribble Twist

Player's Corner				
Parts	1	2	3	4
Type	CORE	CORE	CORE	OPT
Players	2	2	2	1
Assist	NO	NO	NO	NO
Ball	○	○	○	○
Court	X	X	X	X
Effort	2	2	2	2
Time	5	5	5	5



## Briefs

*In Part 1, mirror the dribbling of a stationary leader.*

*In Part 2, follow a leader facing sideways.*

*In Part 3, follow a leader who is directly behind.*

*In Part 4, dribble in place while watching a game.*

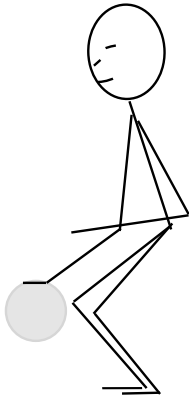
## Why Do This.

After completing Lesson 14, spend most of your dribbling time on this Lesson. The other topics, excluding protecting the ball, are much less important.

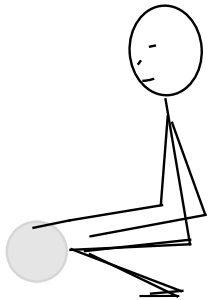
The most obvious part of dribbling involves keeping the head up. Players learn to dribble with the head up by forcing them to look up in order to receive directions.

The least obvious part involves dribbling the ball in what might feel like abnormal body positions. The ability to twist and turn the body every which way is a critical part of good dribbling. The inability to twist and turn is the greatest impediment to those attempting to learn.

### Half-Down Position



### Full-Down Position



Stay in the full-down position most of the time for many reasons. One, in the full-down position, the legs are bent to the maximum. In the half-down position, a player tends to bend the back rather than the legs. Two, in the full-down position, a player dribbles using less arm motion and more wrist motion. Three, it's actually easier to dribble in the full-down position because each dribble is only 6-12 inches high.

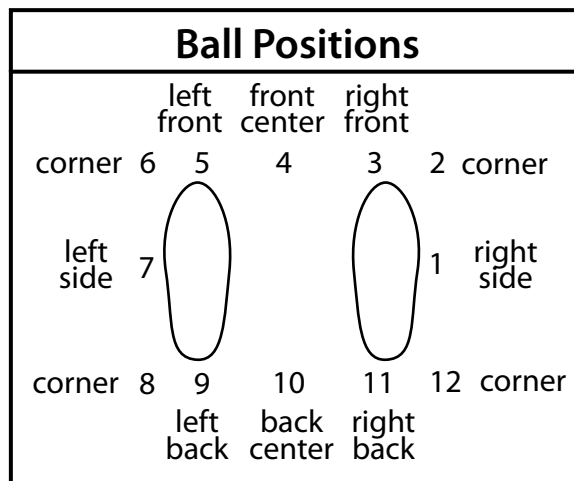
## Part 1 Mirror Leader Directions

1. Two dribblers or a dribbler (follower) and an assistant face each other. One leads, the other follows, mirroring the leader's movements. Mirroring means that when one person dribbles with the left hand, the facing dribbler uses the right hand. *See the diagram Setup Part 1.*

2. Start in the full-down position, feet shoulder-width, arms extended straight downward, and elbows only slightly bent. *See the diagrams Half-Down Position and Full-Down Position.*

3. An assistant with old bones is not required to stay in the full-down position (thank God), flick wrists, or even dribble the ball. An assistant can always lead sitting on a chair, just moving his/her hand through the ball positions.

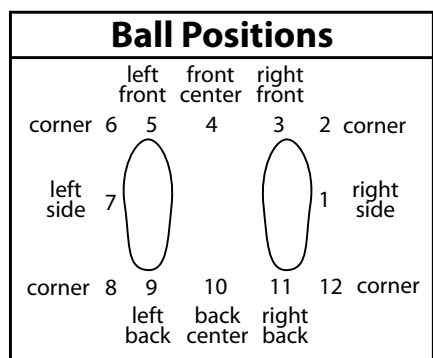
4. The leader slowly dribbles through the 12 ball positions with each hand. *See the diagram Ball Positions.* Initially dribble three times in each position before moving to the next one. Speed up as the follower improves.



5. The follower must continuously look up, twisting his/her body to dribble with the ball in the correct position. It's okay for the leader to verbally correct the follower by yelling, "Heads up!," or "I'm dribbling on the side!," or "Use your left (or right) hand!"

**6.** Here are some sample directions for the leader. *See the diagram Dribbling Directions.* *Hand* in the diagram means dribbling hand.

Dribbling Directions		
steps	hand	ball position
a-b	right	3 → 1 → 7
c-d	left	7 → 1 → 10
e	left	10 → 10
f	right	10 → 10
h-i	right and/or left	around back & through legs either direction



**(a)** Start with the right hand in front position 3. Move to 2, then 1. Initially dribble three times in each position. Wait for the dribbler to catch up. Yell to correct the follower.

**(b)** Now slowly move your right hand around the circle to 2, then 3, 4, 5, 6, and 7. A player should be twisted a bit. Hold until he/she is dribbling in this position.

**(c)** Now, switch hands and with the left hand go back toward position 1. Hold again in this position.

**(d)** Continue moving the left hand backwards to position 12, then 11, then 10. Wait for the follower to dribble in this position.

**(e)** Now dribble slowly back to position 1, then 4, then 7, then 10.

**(f)** Switch hands and move all the way to the other side from 10 to 7 to 4 to 1 to 10.

**(g)** Continue moving the ball in this same way with each hand.

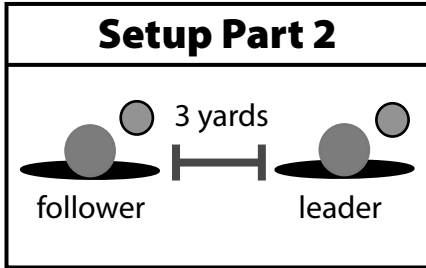
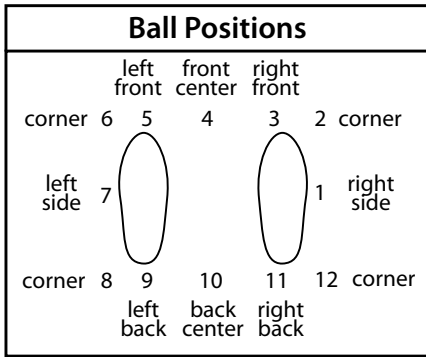
**(h)** Eventually go all the way around the back switching hands when the ball is in position 10. You can even try swiveling all the way around and picking up the dribble with the same hand.

**(i)** To end the lesson go through the legs from position 10 with one hand to 4 with the other. You can even pick up the dribble with the same hand. To make the between-the-legs dribble easier, move one foot or the other forward. Continue the drill with feet in this position.

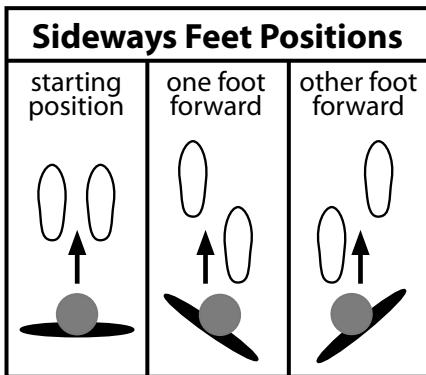
**7.** When the follower does well in the full-down position, repeat from the half-down position and with one foot forward. However, do not hesitate to go back to the full-down position if the the dribbler has trouble in the half-down position.

## Key Points

1. Back straight up, not bent.
2. Knees bent, not straight.
3. Dribble with hand and wrist movement, little arm movement.
4. The ball stays only 6 inches to 1 foot off floor.
5. Only fingertips touch the ball, no hands.



Dribbling Directions		
steps	hand	ball position
a-b	right	3 → 1 → 7
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f	right	10 → 10
h-i	right and/or left	around back & through legs either direction



6. Make sure the follower is actually looking up, not down nor in reverie.

7. The hand is shaped like a claw.

8. The more difficult for the follower, the more beneficial.

## How To Practice

Repeat this many times each week working mostly in the full-down position. When you can dribble well when covered in a game, then move to the next lesson. This could take one week or one month or the entire season. If you have not mastered this part, then skipping to the next lesson will not improve your ability to dribble.

## Part 2 Look Sideways Directions

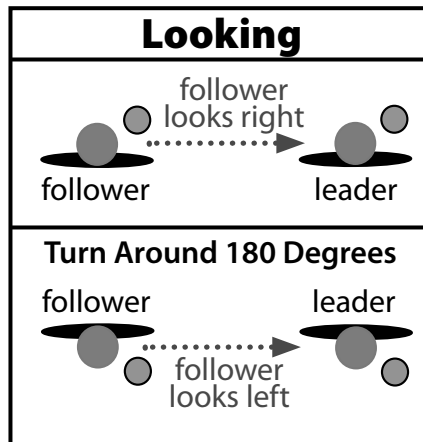
1. Repeat Lesson 1 with players looking sideways. *See the diagram Setup Part 2.*

2. Now the follower does exactly what the leader does, no mirroring. This forces the follower to twist the body more in order to see the leader. Remember the main purpose of practice is to improve the agility of a player, so the more twisting, the better.

3. Start with feet parallel, slightly greater than shoulder-width apart. Follow the dribbling directions from Part 1. *See the diagram Dribbling Directions.* The step letters in the diagram are from Part 1.

4. Repeat with one foot ahead, then the other foot ahead. *See the diagram Sideways Feet Positions.*

5. Repeat steps 3 and 4 with both leader and follower turning around to face the opposite direction. The follower must now look in the other direction to follow the visual cues. *See the diagram Looking.*

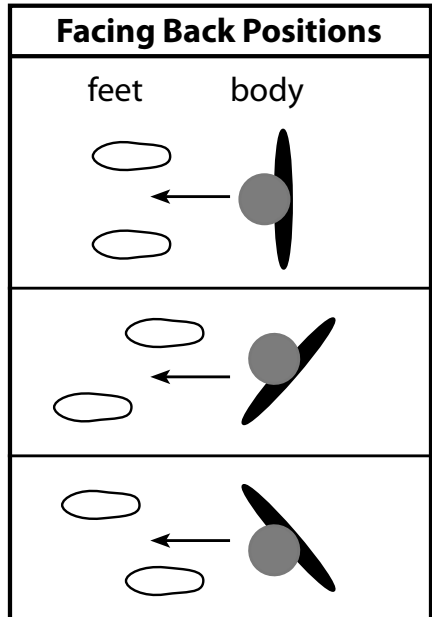
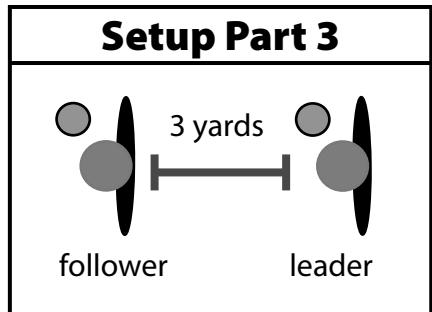


## Key Points

1. See the key points for the previous part.
2. Leader and follower dribble with the same hand.

## How To Practice

Spend less time on this lesson than the previous one. Players learn how to dribble in Part 1.



## Part 3 Look Back

### Directions

1. The follower now faces away from leader. *See the diagram Setup Part 3.*
2. Repeat Part 2 with the follower twisting around to see the leader. *See the diagram Dribbling Directions.* This is great practice looking and dribbling.
3. Repeat the directions changing foot positions. *See the diagram Facing Back Positions.*
4. Make sure the follower does not swivel the feet; the feet always point away from the leader. The follower may only turn the head and/or swivel the body to see the leader.

## Key Points

1. See the Key Points for Part 1.
2. The dribbler must not swivel the feet in order to see. Swivel the head and body.

## How To Practice

This is a great lesson for improving agility. Work on this several times after mastering Part 1.

## Part 4 Watch Game

### Directions

1. A lone player dribbles while watching either a game or people warming up. Use the full-down position.
2. Move the ball to every position as well as between the legs as you watch.
3. Actually look at something; do not stare in reverie.

## Key Points

1. Same as Part 1.
2. Make sure to stay in the full-down position. Otherwise you may inadvertently bend the back rather than the legs.

## How To Practice

Do this anytime you are watching a game in practice or in a gym. You can even do this at home in the garage or driveway or any open space.