

Steps to Dribbling

- 1. Use your fingertips.** Don't slap the ball with your palm, but rather, focus your attention on the tips of your fingers. Spread your fingers out so you can really feel the basketball. You'll have more control and you'll be able to dribble much faster. Your wrists should be fairly rigid while you dribble - most of the motion should come from your arm.
- 2. Keep your hand on top of the ball.** This will give you more control as you change directions, as well as help you prevent carrying violations.
- 3. Keep the ball low.** The ball should bounce somewhere between your knee and hip. This means that you will have to bend your knees. Ideally the ball will bounce as low to the ground as possible (as it is harder for a defender to steal the ball), but it should **never be above the hip.**
- 4. Be aware of where the ball bounces.** If you are in the open court, the ball should be in front of you. This will let you run as fast as possible. If you are being guarded, the ball should bounce outside your feet (right by your shoe) where the defender can't reach it.
- 5. Keep your body between your defender and the ball.** You can use the hand that isn't dribbling as an arm bar, but **be careful!** Don't push the defender or commit another foul. Simply put your arm up near your body to maintain a little more space between you and the defender.
- 6. Look up.** When you first start dribbling, it is instinctive to look at the ball. However, it is important to practice looking at anything else. During a game, you'll have to look for your teammates, keep an eye on your defender, and be aware of where the basket is, all while dribbling. Trust that the ball will return to your hand without you watching it.
- 7. Change your speed.** You don't have to be the fastest player on the court to dribble around someone. The key is to change your speed enough times to confuse your defender. Don't be afraid to slow down or speed up if you see an opening.
- 8. Don't stop.** In a game, don't pick up your dribble *unless you know what you're going to do with the basketball.* Once you stop, you can't dribble again, and your defender will capitalize on your inability to move.
- 9. Pass the ball.** Passing is faster than dribbling, and your offense will be more effective if more people touch the ball. Don't be a ball hog.

