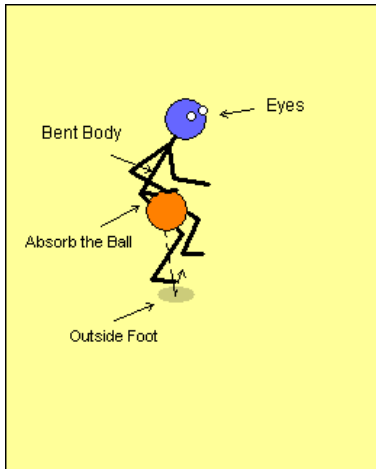


Lateral Dribble Moves

Rich Chambers our Junior Women's coach did an excellent progression with the players at try outs on the use of the lateral dribble. It is something we have been working on with our NEDA players also. The lateral dribble is excellent for moving the defender while keeping the eyes on the basket. Once you put the defence in motion you often have an easier time beating him/her to the basket. As an old football coach who taught running backs how to avoid tackles, we often wanted the running back to move the defender laterally and then either cut back or explode the outside. The same action applies to dribbling.



Static Dribble

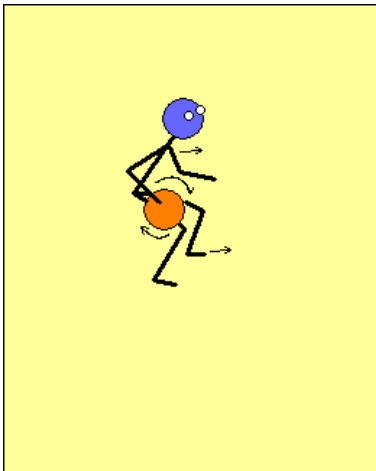
Key teaching points

- The eyes are up scanning the floor
- Bent athletic stance, on balance
- The ball is being absorbed into the hand as it is dribbled. This keeps the hand in contact with the ball. No slapping or carrying the ball. The shoulder joint is involved in the dribble.
- The ball is being dribbled outside the toe.

Add some rhythm to the bounce

Add some "shimmy shakes" (little stutters)

Break the rhythm by varying the height of the dribble

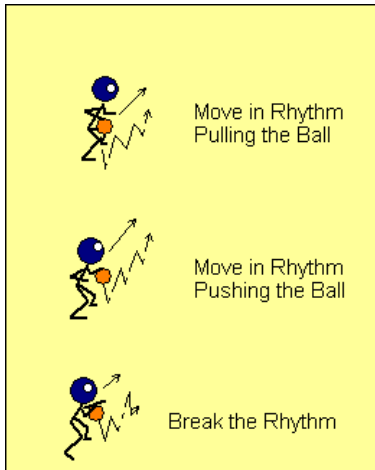


Mini Inside / Outs

From a static position the ball is dribbled the same as above only the hand rolls over the ball from the outside to the inside.

- Add in a step with the opposite foot and shifting of your weight as you dribble
- Do the same action only in a more front to back movement.

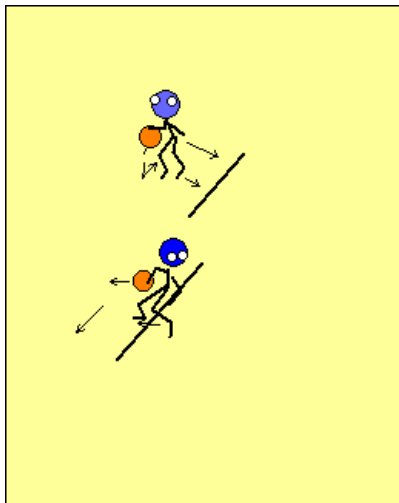
This is a key dribble in performing effective lateral dribble moves. You will need these when you want to fake or explode vertically.



Lateral dribbles

The player dribbles sideways rhythmically in a skip like motion. This needs to be done four different ways so that the player learns to push and pull the ball while going left and right.

The final time the player goes, he/she breaks the rhythm. Add little stops and starts. High and low dribbles. Good defenders will start to time the rhythm of the dribbler. Learn to off-speed the defender.

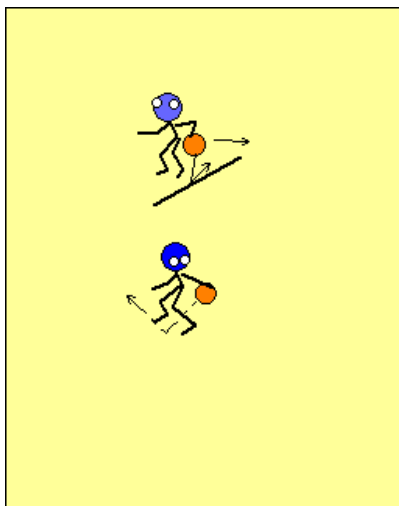


Lateral dribble to forward

Using a line as a guide, the player starts with the ball in the right hand and lateral dribbles to the left. When he/she reaches the line the left foot is planted over the line, a mini inside out dribble is used and the player explodes forward straight down the right side of the line.

The same dribble must be done moving left with the ball in the left hand.

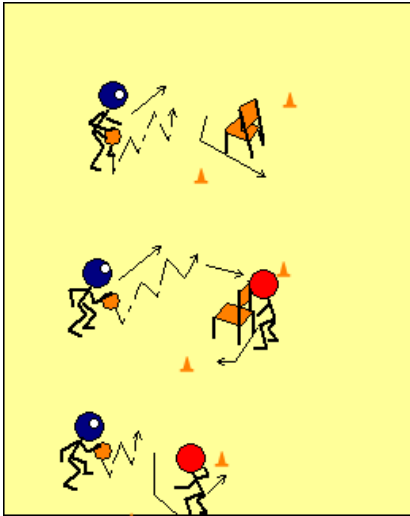
The player also does it with the broken rhythm dribble.



This time the ball is in the left hand. The player lateral dribbles moving left. When the left foot crosses the line the player exaggerates the step pushes back to the right. The ball is crossed over and pushed forward up the right side of the line.

The same dribble must be done moving right with the ball in the right hand.

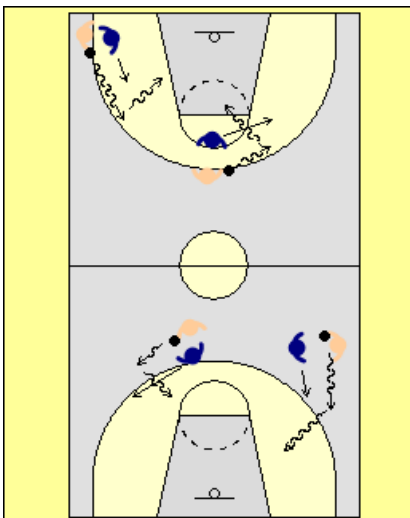
The player also does it with the broken rhythm dribble.



Another progression is to use a chair and two pylons. The player starts outside the width of the pylons and begins to lateral dribble. Using one of the moves he/she explodes vertically between the chair and the pylon. The shoulder should be low and brushing the chair as the player goes by. As I coach you should stand where you can see the eyes of the dribbler. Show ten fingers for a pass.

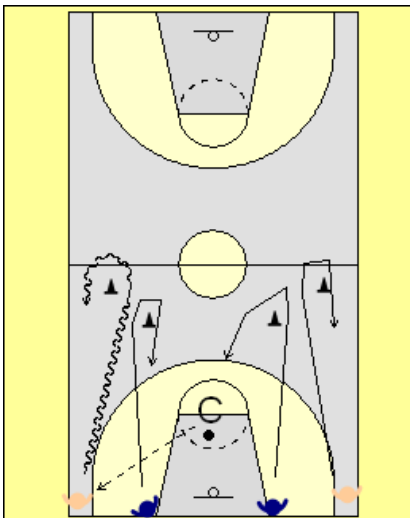
The drill is loaded by having someone stand behind the chair. The defender shows on one side or the other of the chair as the dribble reaches the middle. The dribble must explode to the open hole.

The final load is to remove the chair and have the players work on the lateral dribbles to beat the defender.



Using lateral dribbles in the game

These dribbles are used most often when the offensive players is moving with the ball to create better spacing. Often the wing player may catch the ball too deep or too high to be in a good passing position. A player at the top is moving to a wing area. As the defender is being moved laterally it sets up opportunities to explode to the basket.



2 on 2

Here is a drill we have used at NEDA that gives players an opportunity to practice their lateral dribbles. There are four lines on the baseline with four pylons set up as shown in the diagram. The coach passes the ball to one of the players in the outside line. The two outside players must circle their pylons and they become the offence. The two inside players circle their pylons and become the defence. The offence very rarely has an advantage. It is an excellent time to lateral dribble for timing and spacing. If an opening appears the ball handler attacks.