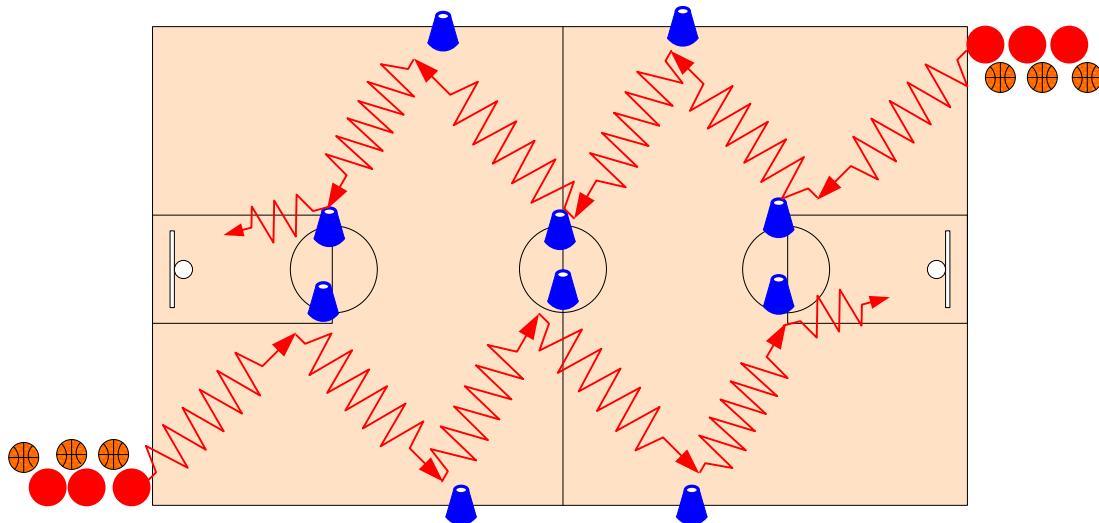


“ZigZag Dribbling” – *Change of Directions Drill*

The “ZigZag” dribble drill is an excellent way to introduce and refine change of direction techniques.

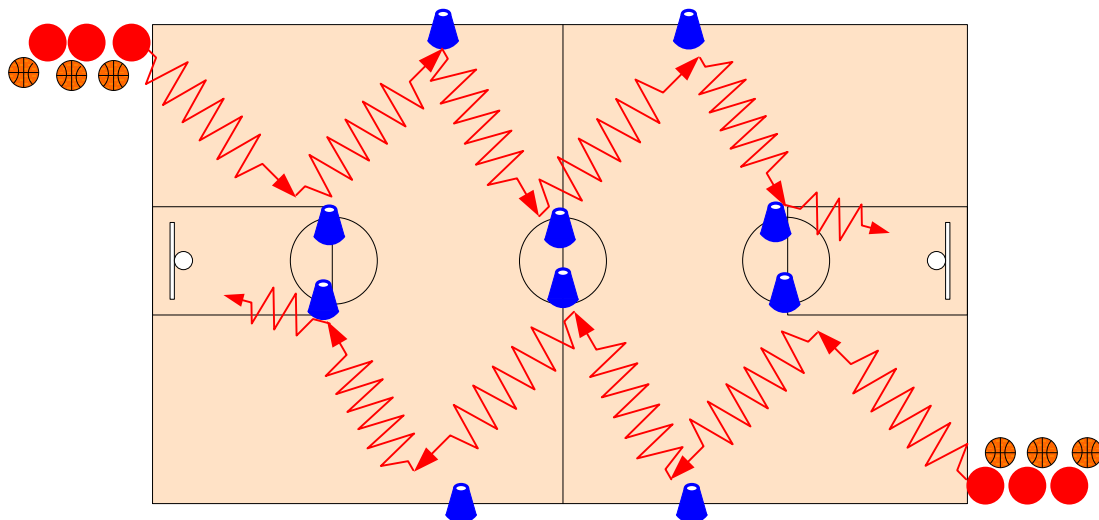


Align players with a ball in opposite corners. Players dribble to the “Elbow” change direction and dribble to sideline, change direction and dribble to center circle, change direction and dribble again to the sideline, change directions and dribble to “Elbow” where they change direction and drive to the basket for a layup. Players go down and back before switching to another technique.

NOTE: To prevent bunching up. Space out dribblers. First dribbler should be dribbling toward sideline before next dribbler starts.

Change of Directions Techniques (Moves)

1. **Front Cross Over.** Change hands using a low bounce. Used when defender is playing off, upright with hands up.
2. **Spin (Drop Step/Reverse Pivot).** Complete turn clearing shoulder to maintain vision on the basket. Used when defender has hands down.
3. **Behind Back.** Push ball behind back to new direction and continue dribble with opposite hand. Used when defender tries to cut dribbler off.
4. **Between Legs.** Dribble ball between legs. Used when defender is playing tight.



Be sure to flop sides with players starting out with right hand dribble and end with a left handed layup.

Advanced Moves

1. Double (Back to Back) Crossovers
2. Fake Crossover (In and Out dribble).
3. Fake Spin (Reverse Pivot)
4. Backwards Dribbling
5. Kolbe Move (Between Legs & Behind Back combination)

Coaching Tips

Pay attention to details. Proper footwork and execution are vital.

To be successful players must be skilled in dribbling with either hand.

Players must control dribble with finger tips, holding hand in shape of a basketball so that palm never touch the ball.

Use a low hard dribble keeping body between the ball and defender for protection.

Make sure players have their head and eyes up keeping vision on the bottom of the net which allows them to see the entire floor at all times.

Players should accelerate out of the change of direction.

Limit the drive from the elbow to the basket to ONE dribble.

Insist on made layups. Any time a player misses a layup, have them do an automatic 10 push ups.

For Speed Dribbling see “Wolf” Drill