



by Matt Doherty

FIBA

We Are Basketball

THE BALL HANDLING

After a good playing career (NCAA champion in 1982 with North Carolina, then a brief NBA experience), he started coaching into the Davidson College's technical staff, in 1989. In 1992 he moved to Kansas University, working as Roy Williams' assistant coach with recruiting responsibilities (recruiting Paul Pierce, Drew Gooden and Kirk Hinrich). In 1999 he was hired by Notre Dame University for the head coach role, one year later he became head coach of North Carolina University. In 2004 he moved to Florida Atlantic, where he stayed until 2006. Since April 2006 he has been coaching Southern Methodist University. In 2001 he was named as NCAA Coach of the Year by the Associated Press.

STATIONARY BALL HANDLING ONE BALL

1. Begin by pounding the ball twenty times with your weak hand. Be sure to stay on top of the ball and to keep your eyes up.
2. Pound the ball twenty times with your strong hand. Again, emphasize staying on top of the ball and keeping your eyes up.
3. Return to your weak hand and pound the ball twenty more times.
4. Figure "8" dribble: Bending at your knees and not at the waist, dribble through and around your legs to form an "8". Use short, choppy dribbles, staying on top of the ball and keeping your eyes up. Reverse direction. Form at least 10 figure "8's" in each direction.
5. Beginning with your weak hand, pull the ball forward and backward alongside your body. Then go to the front of your body and go back and forth in front. Go back and forth at least twenty times.
6. Using your strong hand, pull the

ball forward and backward alongside your body. Then go to the front of your body and go back and forth in front. Go back and forth at least twenty times.

7. Return to your weak hand and repeat number 6. Remember to stay on top of the ball and keep your eyes up.

TWO BALLS

8. Have one ball in each hand. Pound the balls at the same time at least 40 times.
9. Alternate dribble the two balls at least 20 times with each hand (dribble the ball in the left hand and then the right hand, left hand, right hand...).
10. Pound the balls in front of you at the same time for two dribbles, then cross each ball over to the opposite hand. The ball in your left hand goes to the right hand and the ball in your right hand goes to your left hand. Do at least 10 crossovers. Remember to stay on top of the ball and keep your eyes up. Keep the crossover low and quick.

TRANSITION DRIBBLE SERIES ONE BALL

1. Left hand down and back.
2. Right hand down and back (diagr. 1).
3. Zig zag down and back - 3 dribbles to the right, crossover (low and tight) pushing the ball past the defender, 3 dribbles to the left, crossover... Burst out of the crossover (speed up) to get past the defender (diagr. 2).

FULL COURT ZIG ZAG DRIBBLE MOVES

1. Starting in the corner dribble to the elbow, crossover, dribble to the corner of half court. Be sure to

make your cross over low and quick. Also be sure to move at two speeds, coming in to the crossover slowly and coming out of it quickly.

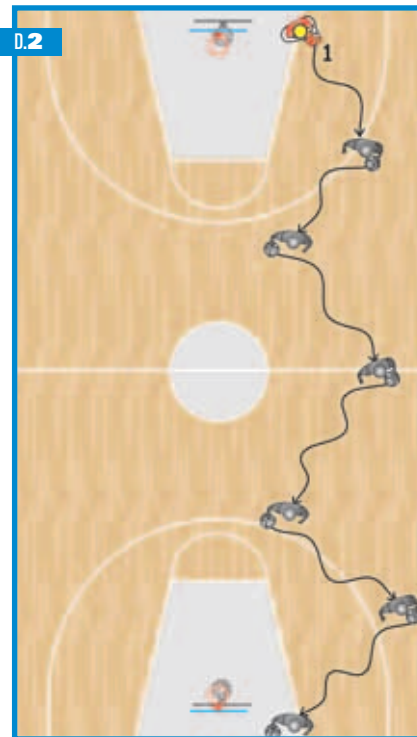
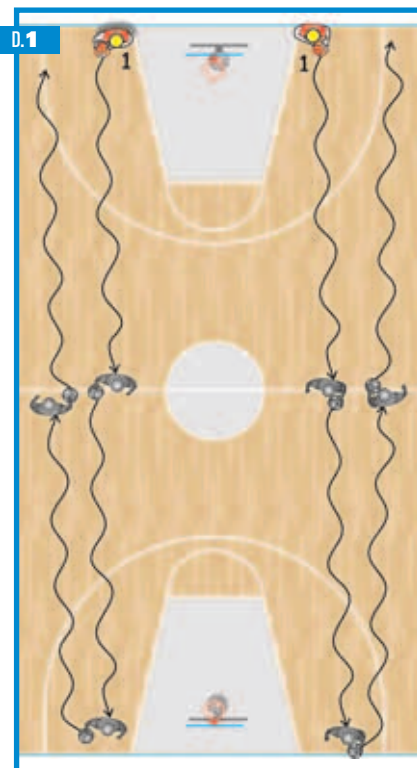
2. At half court crossover again and dribble to the other free throw line elbow. crossover yet again and dribble to the corner of the court. Dribble along the baseline until you get to the other corner, then perform the same Zig zag down to the other end of the court (diagr. 3).
3. Once you have gone down and back making the crossover move, perform the same drill practicing the between the legs dribble, behind the back dribble, and spin dribble.

Notes: Be sure to operate at two speeds (set your defender up for each move). Also, dribble with the hand that is away from the defense. In other words, the players body should be between the ball and the defender.

4. Zig zag with retreat dribble - prior to each crossover take 1-2 retreat dribbles (protecting the ball with your body) and then crossover using a change of pace to get past the defender (diagr. 4).

TWO BALLS

1. Dribble both balls at the same time down and back (emphasize staying on top of the ball, eyes up, and pushing the ball out in front). Same as in diagr. 1, except with two balls.
2. Dribble the balls alternating down and back. Same as in diagr. 1, except with two balls.
3. Zig zag down and back dribbling the balls at the same time. 3 dribbles to the right, change direction, then 3 dribbles to the left. Same as in diagr. 2, except with two balls.
4. Zig zag down and back using an



alternating dribble. 3 dribbles to the right, change direction, then 3 dribbles to the left.

Utilize a change of pace. Same as in diagr. 2, except with two balls.

5. Zig zag down and back dribbling the balls at the same time, but this time before changing direction, take 1-2 retreat dribbles. Utilize a change of pace. Same as in diagr. 3, except with two balls.

6. Zig zag down and back using an alternating dribble, but this time before changing direction, take at least 1-2 retreat dribbles. Utilize a change of pace. Same as in diagr. 3, except with two balls.

HALF-COURT TRANSITION DRIBBLE MOVES

1. One ball per player. Begin at half-court on the right side. Then, place a garbage can/folding chair at the

elbow to act as the defender.

On the right side, speed dribble with your right hand to the "defender" (garbage can on the right elbow). Then, make an inside-out move (staying on top of the ball, keeping eyes up, protecting the ball with your body, and exploding out of the move) and go to the basket. Finish the power layup off of two feet (diagr. 5).

2. Go to the left side at half court. Speed dribble with your left hand to the "defender" (garbage can on the left elbow), make an inside-out move and go to the basket finishing the layup with your left hand off of two feet (diagr. 6).

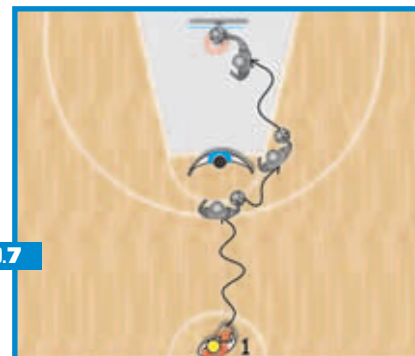
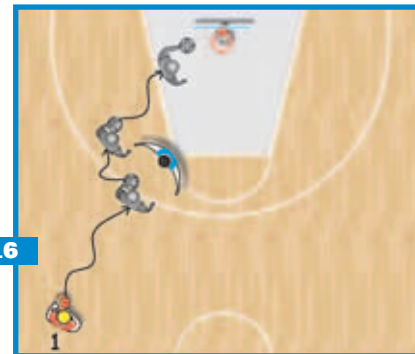
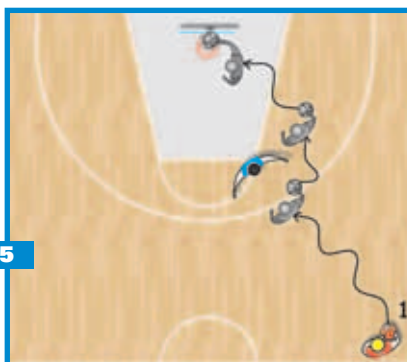
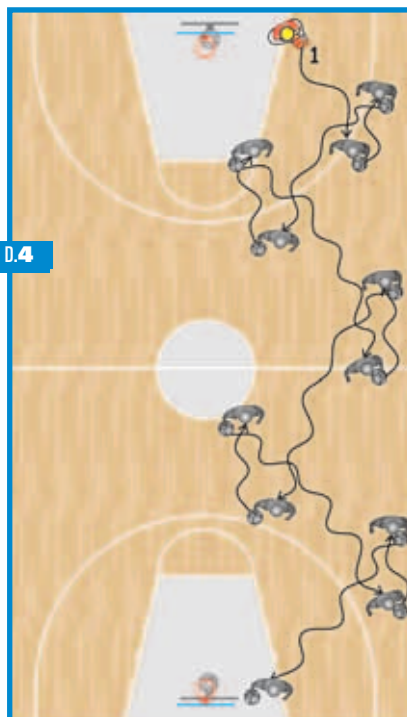
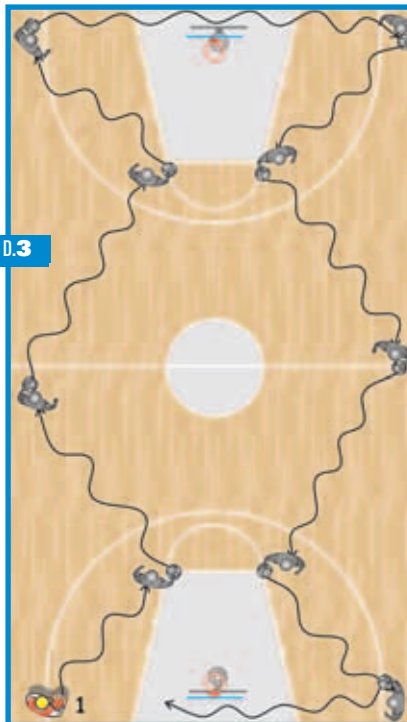
3. Go to the middle at half court. Speed dribble with your right hand to the "defender" (garbage can at the free-throw line), make an inside-out move and go to the basket finishing the layup with your right hand off of two feet. Go back to the middle at half court again and make the same move except this time with your left hand (diagr. 7 and 8).

4. After you have performed the inside-out move from 1/2 court on the right side, the left side, and from the middle, proceed to making a crossover dribble in place of the inside-out move.

5. From the right side, dribble in with your right hand to the "defender", crossover to your left hand, drive to the other side of the basket (the left side), and finish the power layup off of two feet with your left hand. Take as straight a line as possible to the basket. You want to take as little time as possible to get to the basket and give your defender as little space and time to catch up.

6. From the left side, dribble in with your left hand to the "defender", crossover to your right hand, drive to the other side of the basket (the right side), and finish the power layup off of two feet with your right hand.

7. From the middle, dribble in with your left hand to the "defender", crossover to your right hand, drive to the right side of the basket and finish the power layup off of two feet with your right hand. From the middle, dribble in with your right hand to the "defender", crossover to your left hand, drive to the left side of the basket and finish the power layup off of two feet with your left hand.



1/2 COURT TRANSITION DRIBBLE MOVES VS. 2 DEFENDERS

1. On the right side, move the first "defender" 1-2 steps above the three-point line. Place a second "defender" (garbage can) approximately half way down the lane line. Make an inside-out move on the first defender as well as on the second defender, finishing the power layup on the right side off of two feet with your right hand (diagr. 9).

2. On the left side place two defenders in the same relative positions as on the right side. Make an inside-out move on the first defender as well as on the second defender, finishing the power layup on the right side off of two feet with your left hand (diagr. 10).

3. From the middle place one "defender" 1-2 steps above the top-of-the-key. Place the second "defender" just inside the free throw line. Make a left handed inside-out move on the first defender as well as on the second defender, finishing the power layup on the left side off of two feet with your left hand. Go back to the middle again this time completing the moves and shot with your right hand.

4. After you have completed the inside-out move from 1/2 court versus two defenders, you can proceed to the crossover dribble vs. two defenders.

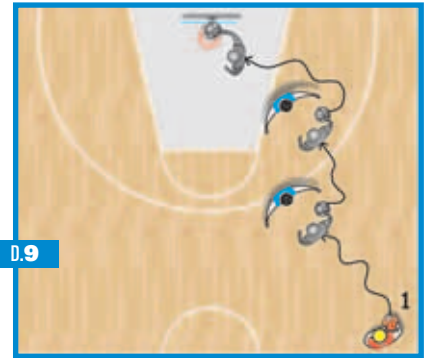


From the right side, dribble with your right hand to the first defender, crossover to your left hand, then dribble to the second defender with your left, crossover to your right hand, and drive to the basket finishing the power layup on the right side off of two feet with your right hand.

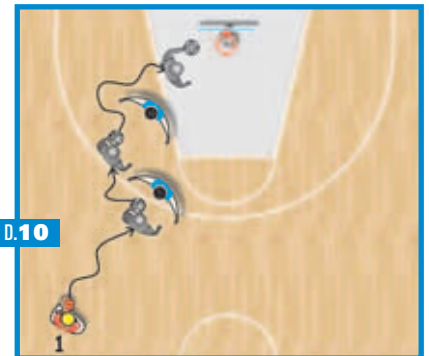
5. From the left side, dribble with your left hand to the first defender, crossover to your right hand, dribble to the second defender with your

right, crossover to your left hand, and drive to the basket finishing the power layup on the left side off of two feet with your left hand (diagr. 11).

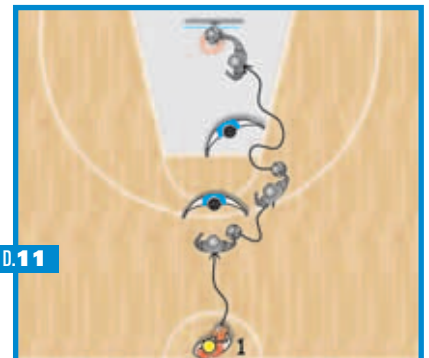
6. From the middle, dribble with your right hand to the first defender, crossover to the left, dribble to the second defender with your left, crossover to your right hand, drive to the basket finishing the power layup on the right side off of two feet with



D.9



D.10



D.11



D.12

your right hand (diagr. 12). Then go back to the middle and perform the same dribble sequence beginning with left hand.

Now we can begin to combine moves against two defenders. Against the first defender use a crossover dribble, against the second defender use an inside-out dribble. Then use an inside-out dribble versus the first defender, and a crossover dribble against the second defender.