

# HOOPS 101 DRILLS FOR SKILLS

## MOVES ON THE MOVE

**W**henever a player improves his ability to handle the ball, he makes himself a better player. If you dedicate yourself to doing several of these drills each day, the ball will begin to feel like it's part of your hand. This will not happen without intense work. Many of these drills are difficult and will present a tremendous challenge. This page lists the fundamentals for each of the Hoops 101 Moves on the Move.

### **POINTS OF EMPHASIS**

1. Keep the ball on finger pads, not on the palm of the hand.
2. Keep head up to see the floor. Never look at the ball.
3. Keep ball at waist level or lower.
4. Knees should be bent with the back straight.

## THE FIVE MOVES ON THE MOVE

### **SPEED DRIBBLE**

6. The ball should be pushed out in front while moving at top speed.
7. Keep your eyes on the net so you will see the whole floor.
8. Do not allow the ball to come above your waist.

### **HESITATION**

1. The dribbler approaches the defender and hesitates slightly.
2. As the defender relaxes, blow by and make the play.  
⇒ *NOTE: It is important to stay low and keep the ball low as the dribbler hesitates.*

### **HARD STUTTER**

1. The dribbler approaches the defender and slows with short choppy steps.
2. The goal is to either back the defender up or make him stand up.
3. If he stands up, then blow by. If he backs up, then shoot the jumper.  
⇒ *NOTE: It is important to stay low and react to the defense.*

### **CROSSOVER**

5. The ball is brought from one side of the body to the other.
6. The ball must be kept low, below the hands of the defender.
7. The offensive player quickly goes by the defender with his body between the ball and the defensive player.

### **INSIDE-OUT**

1. The dribbler approaches the defender and brings the ball toward the middle of his body as if he were crossing over to the other hand.
2. As the defender leans, keep the ball in the same hand and blow by the defender.  
⇒ *NOTE: Concentrate on keeping hand on top of the ball to avoid being called for carrying.*