

## **KP How to beat anybody off the dribble – Notes**

See [www.hoopsplaybook.ca/dribbling/kp\\_series.html](http://www.hoopsplaybook.ca/dribbling/kp_series.html).

### Stationary dribbling

- Open stance, pound-scissor (front to back), 20 times
- Pound-behind
- Continuous behind the back
- Continuous scissors
- 8 tight cones, pound-scissor in front of each cone
- Then pound-behind
- Fire-feet scissor – bounce the ball a couple of times, fire-feet (stutter), scissor

### Blow-by series

- Scissor and go right by your man without too many moves
- Right to left scissor, right shoulder gets low
- Cross hesi – one of his favourite moves, (push) crossover left to right (right foot and the ball hit at the same time), shift body weight left (jab left), keep going to the basket
- Basic crossover – left to right, from point a to point b, make sure that your left shoulder passes the middle of the defender's body
- In-and-out – same motion a to b, but at b really punch the opposite foot down, almost like stepping on a spider
- In-and-out crossover – one of the most-used moves in basketball

### Hesitation series

- Bounce (skip) off the foot opposite the ball (it drops down, you push, develop explosion), pro hop inside
- Hesitation crossover (Iverson), into a jump shot
- Hesi crossover stepback – the defender recovers a little faster, bait him into thinking you are going to the basket, step back, the opposite foot punches (land where you shot from, don't fade)
- Killer crossover hesi spin – counter to scissor blow-by (adding a hesitation) - hesitation, through the legs, crossover, then at the help defender, hesitate, spin inside to finish
- Killer crosser in and out – hesitation, through the legs, in and out (defender thinks you are going to crossover)

### Pro hops

- Avoid the defence, getting called for a charge, and mainly to get your shot off

- Attack from the wing with the outside hand, pro hop middle (jump over cones on the lane line), land on two, you might have to fade away
- Defender's hands are low – go above his hands (over top); his hands are high – you're low
- Jamal Crawford – beats his man, gets to the help, switches hands (crossover), punches it one direction (behind the back dribble, or double behind the back), then hops back the other way, lands on two, taking the ball behind his back into a shot.

#### Super Counters

- LeBron James scissor stepback move (Lebron stepback) – set it up with two scissors (L-R then R-L), then hard L-R scissor, bounce diagonally backwards off the right foot, land on two, shoot
- Counter – same wind-up, on the last scissor, eyes show shot, crossover right to left, attack the basket; progression – double crossover, shoot
- Killer crossover counter – scissor, crossover, wrap behind the back (first did scissor, then scissor crossover)
- Crossover hesitation counter – crossover, hesitation (body shift back the other way), through the legs
- Hesitation crossover wrapback – hesitation crossover, as the defender tries to catch up, wrap it back under your legs for a jump shot (a drag stepback under the outside leg, he hops back for the shot)
- Scissor wrap to wrap back - through the legs, wrap behind the back, he tries to cut you off, you go behind your back (wrap back) for a jump shot (behind the back drag stepback)

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