

This week's Nash skill focus is on *dribbling on the move*. It is important that during practice sessions, players have ample opportunity to have a ball in their hands, working on their dribbling while becoming familiar with the ball. Here are a few drills.

## On the Move Series

For this series, players should be organized on the baseline in lines. Every few bounces, or at the 2 foul lines and the center court line, players are execute the instructed move. It may be a good idea to have cones set up or markers on the floor which indicate where players are to perform these movements.

Here are the **Cross-Over Keys**:

- Stay **low**
- Keep the ball **tight** to the body
- Change **direction**
- Change **pace**-accelerate into change of direction

### 1) Crossover in front of body

Player dribbles towards marker, at the marker throws the ball across, in front of the body to the opposite hand. Again, it is important to keep the ball tight to the body.

### 2) Between the Legs

When player reaches the marker, the ball is to be dribbled through the legs as the legs are planted, one in front and one behind. Always follow the *cross-over keys*!

### 3) Spin Dribble

Player dribbles towards marker, at the marker the player plants the opposite foot from which they are dribbling and spins toward that direction, keeping the dribble alive.

### 4) Behind the Back

Player dribble towards marker, at marker, the player throws the ball behind their back, while changing direction. Having the player slap their opposite buttocks cheek, is a good way to teach this motion.

### 5) In and Out Move

This is actually not a change of direction move but is very effective if practiced properly.

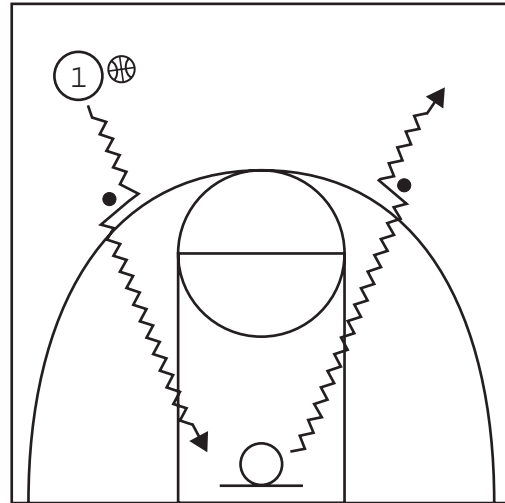
Player dribbles at the marker, at the marker the player brings the ball half way across the body (outside one leg) and back with out changing direction. This is a fake change of direction movement.

### 6) Combination Move

At the marker the player now makes two cross-over moves, back to back. This is called their secondary move

### 7) Moves on the Move

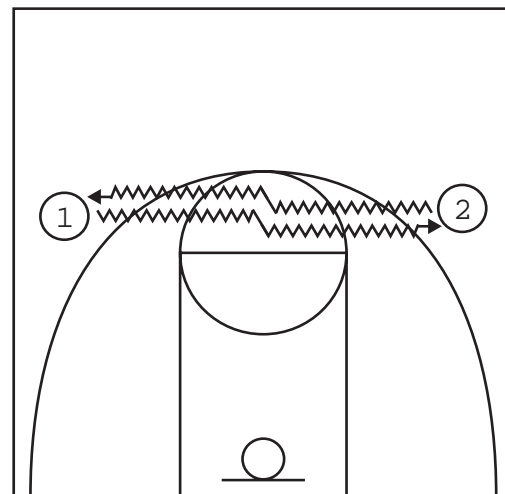
Players start at half court with a basketball. There are two cones set up on the court, one at the 3pt line off to the side, near the elbow of the key. Players dribble at the cone and execute the required cross over. On the way back to center, the player executes that cross over again.



Moves on the move

### 8) Cross-over Attack

Players partner up and are situated across from each other on opposite sides of the court. They dribble at each other and crossover when they meet. Try and go progressively faster as your players improve. This will push them.



Cross-over attack