

This Free E–Book is brought to you by [Natural–Aging.com](http://Natural–Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

## 8 Basketball Power–Dribbling Drills

By Mark. S.

### 8 Basketball Power–Dribbling Drills by Mark. S.

Most children first learn to crawl, then walk, and finally to run. Basketball requires players to not only effectively move their feet, but also to maneuver a basketball. Basketball players first learn to dribble the basketball with one hand, then to alternate hands, and progressively to increase to more advanced dribbling. As a basketball player, a powerful and effective way to keep defenders on their toes and increase your threat as an offensive player is to develop an agile and quick dribbling technique. The power dribble can do this.

A basic power dribble is when you dribble the ball at a very intense rate. Maintain your normal form and posture. Use your muscles to thrust the ball forcefully down, and then expect the ball to quickly bounce back to your hand.

The drills described below will help you gain confidence and agility to handle a basketball in a power dribble. This will help you run a fast break, cut through the defensive, and outmaneuver your opponents.

1. Power crossovers – Power dribble in your right hand, then quickly bounce the ball to your left hand. Power dribble with your left for a few seconds before bouncing the ball back to your right hand.
2. Dribble blindfolded – Wrap a cloth around your head as a blindfold, or you could simply close your eyes...no peeking. Power dribble a ball for at least 60 seconds. This drill helps you enhance your tactile sense of the ball. You can enhance the drill by performing it in the center of a deserted basketball court, walking around while dribbling. To make the drill even more challenging, try power dribbling two balls, one in each hand, while being blindfolded and slowly walking around a deserted basketball court.
3. 10–5 repeats – This drill exercises power dribbling with one hand at a time. Choose which hand you would like to practice. Power dribble for 10 seconds, then soft dribble for 5 seconds. Repeat multiple times. This exercise teaches your arm muscles how to alternate between various dribbling speeds that occur during game play.
4. Dribble between legs while walking – In order to do this drill you will need a segment of floor, such as a basketball court floor, a street's sidewalk, or a wide hallway that is deserted. Power dribble while walking up and down the walkway. Power dribble the ball between your legs to practice fancy dribbling

## 8 Basketball Power–Dribbling Drills

skills. To enhance the drill, perform the drill at a quicker walking pace, maybe at a light jogging pace.

5. Double ball power dribbling – Power dribble two balls, one in each hand. This will increase your arm strength for dribbling and enhance your dribbling control. Since you can't look at both hands at the same time, this drill will also practice your ability to power dribble without looking at the ball.

6. Power dribbling sprints – This drill requires you to power dribble for an extended period of time and run back and forth on the basketball court. Stand at one end of a basketball court. Dribble to the nearest foul line, then return to the baseline. Dribble to the middle of the court, then return to the baseline from which you started. Dribble to the farthest foul line, then return to the baseline from which you started. Finally, dribble the entire length of the court, and return to the baseline from which you started. This entire continuous power dribbling exercise counts as one complete cycle of the drill. Repeat multiple times to practice your dribbling, speed, and direction–changing abilities.

7. 3–chair dribbling – Set up 3 chairs or cones in a line, spacing each chair/cone 10 feet apart. Power

dribble around the chairs/cones in different shapes, such as figure–eights, circles, or any shape. Use your imagination.

8. Dirt dribbling – This drill actually requires you to leave the basketball court and find a patch of dirt. Power dribble on the dirt for a minute or two. You will need to power dribble the ball even harder than usual in order to get the ball to bounce on the dirt. This drill is an extremely good arm workout with power dribbling.

Start with just a few of these exercises, and then expand your workouts to include more drills. You can also modify the drills to be more challenging by increasing the number of repetitions or slightly modifying the drill. The key is to vary your routines and have fun with them. By practicing the power dribble, you will greatly improve your dribbling.

Mark S. has been participating in club basketball teams for 8 years. He writes basketball articles for [www.TeachMeSports.com](http://www.TeachMeSports.com)

### **Basketball: The Team Show–off Sport**

**By Michael Granger**

Everyone loves basketball. How could you not, what with the fast pace, the team coordination, and of course, those slam dunks. NBA basketball is the only sport that has special contests that highlight individual players, instead of the organization as a whole. NBA players are encouraged to not only work as a team, but also express their individual style. Pretty cool no matter how you look at it.

While the dual nature of NBA basketball players is certainly something to be encouraged, it can be taken too far like in the Olympic game between the US team and the Greek team. Basketball is about fundamentals in passing, shooting and lay ups, and of course team coordination. The US team seemed to lose their focus on the team as a whole and really just focused on dunking. While that may be somewhat entertaining to watch, it was useless against Greece. The Greek team had a remarkable passing game, and just scored lay up and 3 point shot one after another, while showing the world their awesome grasp on the fundamentals of the game. We now know that the Greek Olympic basketball

## 8 Basketball Power–Dribbling Drills

team knows the drills.

Basketball fans always love to support their favorite team and of course, their favorite players. That is why you constantly see fans wearing their favorite player's basketball jerseys. Fans don't just go for the jersey's though. They love finding basketball collectibles like these:

of their favorite

player.

Basketball is also one of the most popular "pick–up" games around. If you can find a court in a neighborhood, you are likely to see a game in progress. Players give each other great basketball tips and drills, so everyone involved learns and gets better and better. Such a sport of cooperation!

Michael Granger is a basketball fanatic who just happens to enjoy writing. If you would like to read more of his articles, please visit



**This Free E–Book has been brought to you by [Natural–Aging.com](http://Natural–Aging.com).**

**[100% Effective Natural Hormone Treatment](#)**

**Menopause, Andropause And Other Hormone Imbalances  
Impair Healthy Healing In People Over The Age Of 30!**

