



TRAINING ZONE

PRESENTED BY



DRIBBLING BEHIND THE BACK

► DRILL OVERVIEW

- To practice behind the back dribbles, you can practice in motion while dribbling, or while stationary and spinning to your opposite shoulder in your sports chair. When you collect the ball after tossing in front of you for a dribble, twist your hand with the ball behind your back, and flick your wrist so the ball travels towards your opposite shoulder. Recover your hands to your wheels quickly to turn and get ready to catch your behind the back dribble.

● BEST PRACTICES

- When opponents are near, toss the ball closer to your chair to maintain control.
- In open court, you can toss the ball further ahead to allow more pushes.
- For behind the back passes, flick the ball toward your opposite hand and turn the chair to catch it.