



TRAINING ZONE

PRESENTED BY



DRIBBLING IN MOTION

► DRILL OVERVIEW

- To practice the basics of dribbling while in motion, be sure to toss the basketball in front of you, being sure not to hit your footplate when doing so. Once you have tossed the ball in front of you, and at a reasonable height, quickly recover your hands to your wheels to push forward. Catch the ball after one bounce, and roll under control. Practice equally with both hands.

● BEST PRACTICES

- Hold the ball at arms-length in front of your chair to toss just in front of you, then push toward the ball powerfully to catch it.
- Don't toss the ball too far ahead – it could be stolen by an opponent.
- As your skills increase, catch with one hand and allow your opposite hand to control your chair.
- Shorter, higher tosses with backspin keep the ball closer to you.
- When dribbling, always keep the ball between your axle and your caster.