Shot Fake and Drive With the Same Hand or Crossover

This time drive to the basket after the shot fake. To sell a proper fake to the defender, bring the ball over the forehead with hands on the ball as if to shoot. While bringing the ball over the forehead, flex the legs more, and, when the defender straightens his legs as a reaction to the shot fake, explode to the basket with a drive with the same hand, or, depending on the defender's position and reaction, use a crossover.

Jab Step, Shot Fake, and Drive

This is a combination of two fakes, which must not be too frenzied. Again, take enough time on the fakes and be realistic—this is a three-count move, and every move must be made at the proper time in order to read the defender's reaction. Don't decide in advance which move to make. Always react to the defender.

Jab Step, Shot Fake, Drive Fake, and Jump Shot

This is the opposite move to the one just described. Instead of driving, fake the drive and pull up for the jumper. Stay low on the knees for the duration of the fakes, and then explode vertically for the jump shot. All the moves combined should take no longer than three seconds maximum, preferably less.

Pass Fake and Drive or Jump Shot

Fake a lateral pass with two hands, but don't extend the arms too much. At the same time, take a short step in the direction of the pass fake and shift body weight to the ball of the forward foot. Then quickly push the body in the other direction and drive to the basket or pull up for the jump shot.

DRIBBLE MOVES

To be complete on offense, you must possess an arsenal of dribbling moves. In this section we'll describe possible moves to make once you have begun the dribble and are approaching the defender. As always, read your defender's reactions.

Change-of-Pace Moves With the Same Hand

First let's look at dribbling moves made with the same hand and in a straight direction. These moves are used to force a reaction from the defender (vertically or horizontally) and then beat him. As before, all these moves are matched by an explosive change of pace. For these moves, dribble as straight as possible, not laterally, to avoid giving the defender time to recover.

Hockey Dribble

Footwork. Freeze the defender with short, choppy steps back and forth while keeping feet nearly parallel. The steps are similar to skating slides on ice. To keep the defender clueless, combine this hockey dribble with head and shoulder fakes, shaking him from one side of the body to the other before driving hard to the basket in a straight line. Keep knees bent to drive faster to the basket. Protect the ball during the move.

Dribble. The dribbling hand is over the ball, pushing it very hard to the floor for better control, and then, on the last dribble, the hand is brought behind to push the ball hard and low over the defender during the drive to the basket. Body weight is evenly distributed on the balls of the feet during the hockey steps. Then, for the drive, body weight transfers to the foot on the same side of the dribbling hand for more power and to push the body forward past the defender.

Change-of-Pace Dribble

Approach the defender dribbling at a moderate, controlled speed, trying to get him to relax a little. When the defender's knees straighten, or when you see that he has started to relax, quickly drop your knees for a sudden sprint to the basket with a long step and a strong dribble forward.

Footwork. Avoid short and nervous steps when approaching the defender because this can signal an intended move. A head and shoulder fake in the opposite direction might help beat the defender. For the drive, body weight is brought onto the ball of the foot on the same side as the dribbling hand so you can push your body over the defender.

Dribble. The dribbling hand remains over the ball when approaching the defender. It is then brought behind to push the ball hard and low past the defender during the drive to the basket, possibly with the first bounce over the hip of the defender.

Speed Dribble: Stop and Go

Dribble quickly toward the defender. Stop suddenly for a moment, keeping the dribble alive. Raise up the head and legs a little. When the defender straightens his legs or relaxes, explode into a speed dribble using the same dribbling hand. The sequence is speed dribble, controlled dribble, wait a moment, and speed dribble. Don't ever stop the dribble—just decelerate, and then accelerate again.

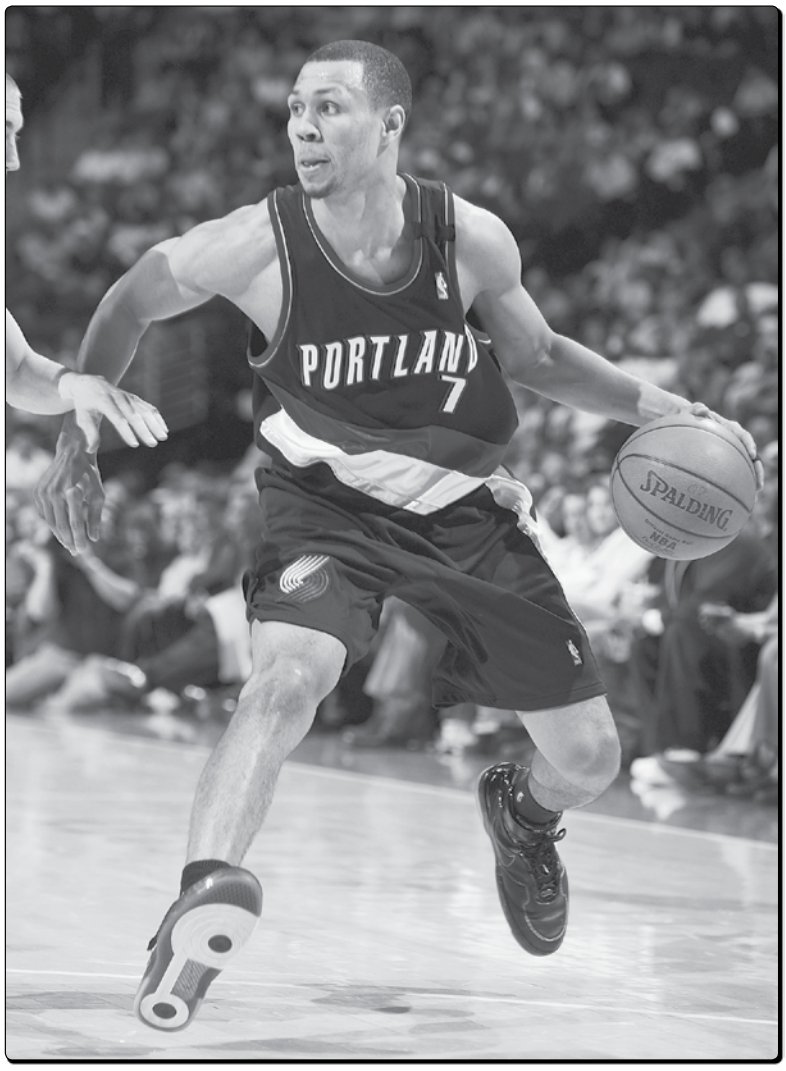
Step-Back Dribble

When the defender is covering aggressively and there's no room to drive past him, make a step-back dribble to allow a chance to reassess and consider the next move.

Footwork. When near the defender and dribbling with the right hand (in this example), make a strong step with the left foot toward the defender, putting full body weight on the ball of the forward foot; at the same time, lift the right foot off the floor. Next, step back, pushing off the left foot and then lifting it, to create space between you and the defender.

Dribble. As the left foot steps forward during the last dribble, the fingers of the right hand shift from the back to the front of the ball, pulling the ball back. Then, when the defender tries to reduce the distance, explode with a power dribble with the same hand.

Stay low throughout the move. As with all dribbling fakes, fake with the whole body, not just with the ball. If there's enough space, if you're within range, and if you can maintain balance, take a jump shot after the fake.



Garrett Ellwood/NBAE/Getty Images Sport

Brandon Roy executes the step-back dribble (left-handed) to create some room to pass, shoot, or attempt another move. Note how his head stays up and he keeps the whole court in view.

In-'n-Out

This is a crossover dribble fake. While dribbling with the right hand, take a step outside with the left foot and, at the same time, on the last dribble, shift the right hand on top and slightly laterally on the ball, bringing it momentarily into the middle of the body. The defender now likely anticipates a crossover dribble. But, at the last second, as the defender begins his lean in that direction, bring the ball back to starting position and dribble again on the right side. At the same time, take a long stride on the right side to get past the defender. Body weight must be on the ball of the left foot; the left foot then pushes the body to the right, not laterally but in a straight line. As usual, keep the dribble low for the entire movement. Add a head and shoulder fake, leaning in the opposite direction.

Change of Hand and Direction Moves

These are moves made with a change of the dribbling hand, matched always with a change of direction and pace.

Crossover Dribble

This is probably the simplest change of hand, but it's also the most dangerous because it's made in front of the defender. Nearly any player can perform a crossover dribble, but not many execute it in the fastest and safest way.

Footwork. Bring the body's weight to the inside part of the right foot, in this example, and then push the body in the new direction before taking a long but balanced step with the left foot. These are crucial details for making what some players call an "ankle-breaker crossover." On the forward step, the left foot points toward the basket, rather than laterally, to prevent going away from the rim and deviating from a straight line.

Dribble. On the last lateral dribble, when the ball bounces back to the right hand, the hand pumps the side of the ball very hard below knee level and as low to the floor as possible (to speed up the move and reduce the risk of a steal). At the same time, take a step forward with the left foot. The bounce of the ball on the crossover dribble should be on the side and over the toes of the left forward foot. The left hand is positioned laterally to stop the movement of the ball for a split second; then, right after the ball touches the fingers, the hand bends immediately backward and behind the ball for a speed dribble.

Turning the shoulders in the new direction can help this move. As usual, the move must be matched with a change of pace. Stay low for the entire movement and shortly after, then finish with a jump shot, layup, or pass to a teammate.

Behind the Back

This dribble move and the between-the-legs change of hand are safer moves than the crossover because these moves are not made with the ball in front of the defender.

One foot forward. While taking a step forward with the left foot on the last dribble with the right hand, shift the right hand in front of the ball and bring the ball behind the back; control the ball until it nearly reaches the opposite hip, and then push the ball hard to the floor. Bring the ball below the buttocks; it should bounce on the left side of the body, laterally and over the toes of the left foot. Now control the ball with the left hand while making a long speed dribble, staying low on the knees for the entire movement. As usual, change direction and add a change of pace, going to the basket in a straight line.

Two feet even. On the last dribble with the right hand, bend the knees to get into a lower position with back straight and feet parallel. With the right hand on the side of the ball, forcefully push the ball behind the back and below the buttocks from one side to the other. The ball should bounce over the left hip and on the side, even with the palm