



New Berlin Athletic Association  
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## **INDIVIDUAL OFFENSIVE MOVES**

### **BASKETBALL DRILLS**

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## 7 INDIVIDUAL OFFENSIVE MOVES

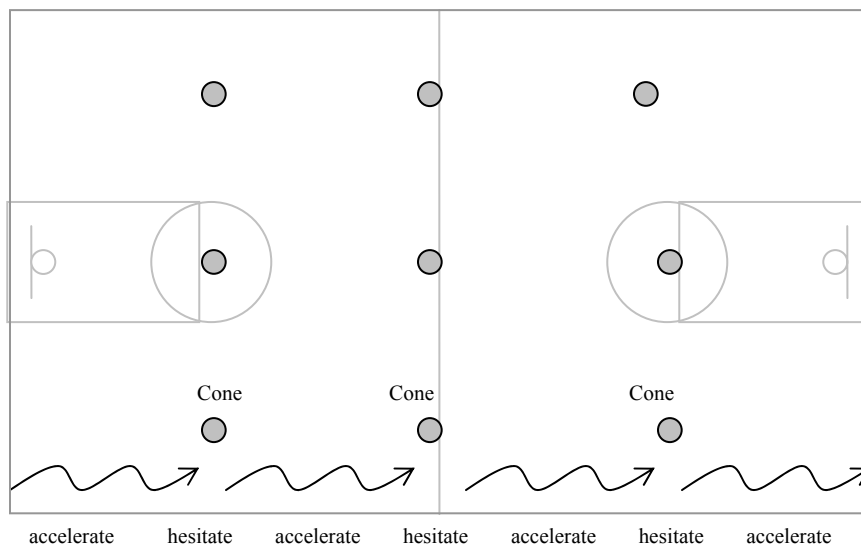
### 7.1 Hesitation Move

Level: Beginner

The hesitation move, or stop-and-go move, is an offensive skill designed to help the dribbler get past a defender.

Have the players form three lines at the baseline. Each player should have a ball. If you have cones, set them up at the free-throw lines and at the mid-court line. If not, just tell them to imagine that is where the defenders are stationed. On the coaches whistle, the first three players dribble in an accelerated fashion to the first cone, come almost to a stop, but keeping the dribble going, then accelerate to the next cone, and so on to the opposite baseline.

The idea is to practice using a change of speed to pass the defender.



## INDIVIDUAL OFFENSIVE MOVES

### 7.2 Show-n-Go

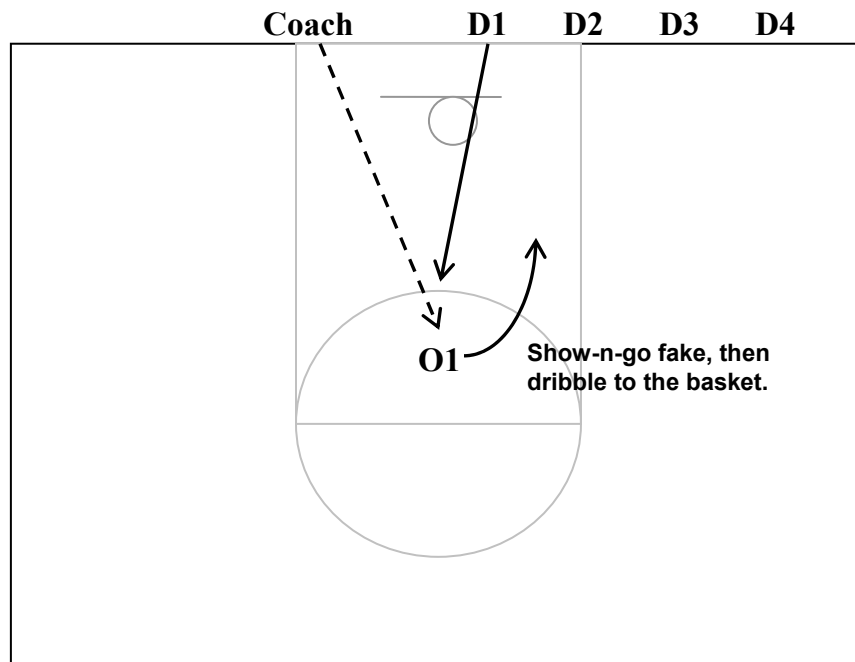
Level: Beginner

This move is to be used starting from a stand still position facing the basket and with the dribble option still in-tact. The idea is to fake a shot by “showing” the ball to the defender. Teach the players to do this by reaching the ball up over their head with both hands and looking at the basket. The objective is to get the defender to jump up trying to block the shot. When the defender jumps, quickly dribble past them for a lay-up.

Points of emphasis

- ➔ good hard fake,
- ➔ don't drag the pivot foot.

This move can be turned into a game by having one shooter line up at the 12-foot free throw line. Defenders get in a line on the baseline. When the coach passes the ball to the shooter the defender, D1 in the diagram below, can attack. The shooter scores by either making a shot, giving a fake that gets the defender off their feet, or both. The defender scores by blocking the shot. Have each defender (four or five if you are broken into two groups) take their turn against the shooter in succession. Each kid keeps track of their own score. This drill teaches the kids to give realistic ball fakes.



## INDIVIDUAL OFFENSIVE MOVES

### 7.3 Rocker Step

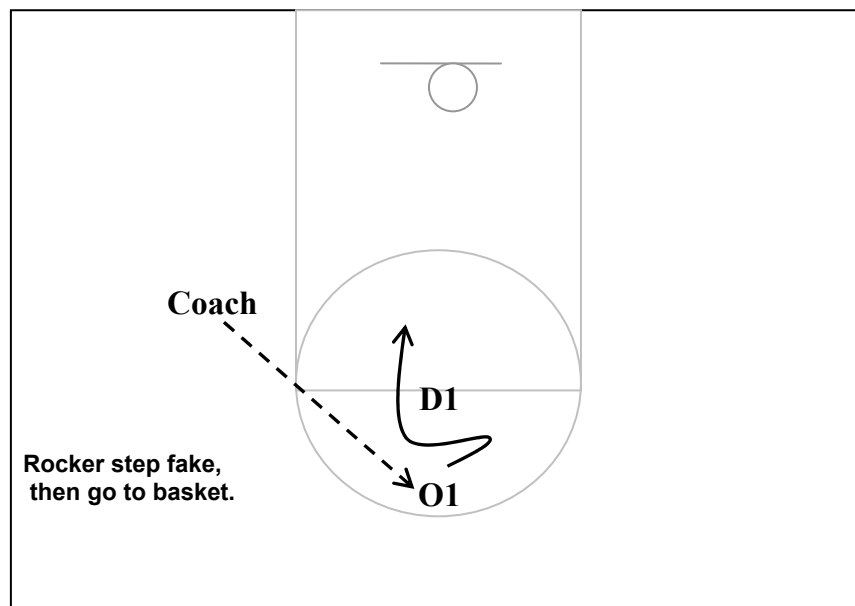
Level: Intermediate

The rocker-step is a ball fake, just like the show-n-go. It also is to be used starting from a stand still position facing the basket and with the dribble option still in-tact. The idea is to fake a move in one direction to get the defender leaning, then go the other way. Teach the players to do this by taking a jab step in one direction, but keeping their pivot foot secure. Give a fake with the head, shoulders, and ball in one direction, then quickly “step over” with that same foot in the other direction and dribble past the defender.

Points of emphasis

- ➔ good hard fake,
- ➔ don't drag the pivot foot.

Start the drill with a pass from the coach. The offensive player scores by getting around the defender or making a shot. The defender scores by stealing the ball without fouling. This drill can be turned into a game just like the show-n-go drill. Have each defender (four or five if you are broken into two groups) take their turn against the ball handler in succession. Each kid keeps track of their own score. This drill teaches the kids to give realistic ball fakes.



## INDIVIDUAL OFFENSIVE MOVES

### 7.4 Cross-Over Dribble

Level: Intermediate

The cross-over dribble is a move in which the dribbler tries to get past their defender, while keeping their shoulders square to the basket. The cross-over is a dangerous move for young players because, as the name implies, they cross the dribble from one hand to the other directly in front of the defender. If not done well, the ball will be stolen.

Have the players dribble forward with the ball in their right hand toward a cone, or a coach. Have them fake a move to their right and then cross the dribble over to their left hand and go past the cone or coach. They need to keep the ball in their left as they proceed to the next defender. Then, have them do a left hand to right hand cross-over in order to go past the next cone or coach.

Point of emphasis

➔ cross the dribble hard and low.

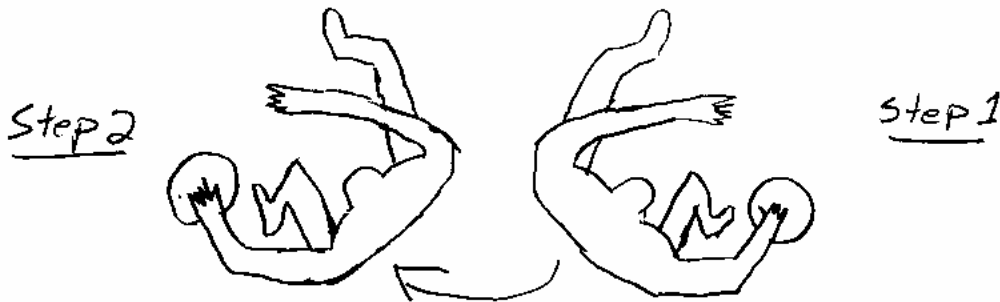
## INDIVIDUAL OFFENSIVE MOVES

### 7.5 Spin Move

Level: Intermediate

The spin move, or reverse pivot, is an individual ball handling move designed to help the dribbler advance the ball up-court while at the same time protecting it from their defender.

The dribbler proceeds up-court with the ball in their stronger hand, protecting it from the defender with an “arm bar.” When dribbling with the right hand, the player protects the ball with a left arm bar. The dribbler should set up the spin move with a fake the right, to get the defender leaning in that direction. Then, plant their left foot and pivot on it, turning their back to the defender and spinning around them in a reverse pivot direction as shown below. The dribbler will change hands during the spin and come out of it with the ball in their left hand and the using their right as the arm bar.



Have the players get in a line at the end line, each with a ball. Coaches, or cones, should be spaced at each free throw line and at mid-court. Have the players dribble to the coach, or cone, and execute the spin move, then proceed to the next coach, or cone. It doesn't matter which hand they start with because on subsequent moves they will need to switch hands.

Most young players' development with this drill will proceed in this level of succession:

1. They will have trouble with the concept of turning their back to their defender. It needs to be demonstrated several times, slowly. The coach might even have to put their hands on the player's hips to help them execute the reverse pivot.
2. After they master the idea of turning their back to the defender, they tend to struggle with keeping the dribble low.
3. Finally, they will need to work on executing the spin move with a convincing fake and more speed.

## INDIVIDUAL OFFENSIVE MOVES

### 7.6 Inside-Out Dribble

Level: Advanced

The inside-out dribble is a complement move to the cross-over dribble. When using the inside-out dribble, the ball handler fakes a cross-over move but keeps the ball in same hand he started with and goes by the defender.

Have the players dribble forward with the ball in their right hand toward a cone, or a coach. Have them put their right hand on the side of the basketball as if they were about to cross it over to the left. Have them fake the crossover by taking a jab-step to the left with their left foot and give a head and shoulders fake in that direction. But then slide the right hand over the top of the ball to its opposite side and push the ball “inside-out” with the right hand toward the right and accelerate past the defender.

Practice the move with each hand on each side of the court.

## INDIVIDUAL OFFENSIVE MOVES

### 7.7 Half-Spin Move

Level: Advanced

The half-spin is a complement move to the spin move. When using the half-spin, the ball handler fakes a spin move but keeps the ball in same hand he started with and goes by the defender.

Have the player dribble forward with the ball in their right hand toward a cone, or a coach. Have them plant their left foot and pivot on it, turning their back to the defender as if to spin around them. Then, with his back to the defender, the ball handler stops and reverses his spin direction keeping the ball in the right hand all the while and accelerates past the defender.

Practice the move with each hand on each side of the court.