



Faults & Fixes Chart – Dribbling

Error	Correction	Drill/Test Reference
Athlete pushes the ball too far out to make contact on the bounce to continue the dribble.	Start with dribbling in place, controlling the bounce and meeting it with your hand.	Stationary Dribbling
Athlete slaps at the ball at the top of the dribble.	Remember to have your hand low and feel for the ball as it comes back up off the floor.	Stationary Dribbling with partial coach assist. Coach can simulate the ball bounce to help the athlete feel meeting the ball and then pushing rather than slapping it back down.
Athlete watches the ball when dribbling.	Keep your head up and look occasionally for the rim.	Give the athletes a spot on the wall in front of them to focus on.
Athlete doesn't "protect" the ball.	Practice keeping your body between the ball and the defender.	Protect the Ball While Dribbling
Athlete takes too many dribbles.	Push the ball out from the waist more and run after it.	Dribble While Moving or Dribble and Slide
Athlete loses balance on the forward foot, causing the pivot foot to drag (travel).	Hop before you stop and land with feet shoulder width apart, with your head up.	Practice the Bunny Hop!
Athlete dribbles too high or wide to control the ball when changing direction.	Practice dribbling at knee height: stationary and then moving and changing direction.	Dribble and Slide