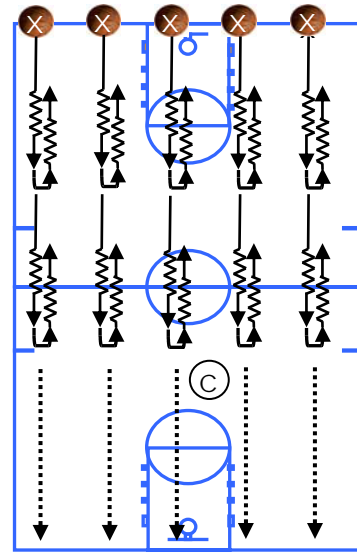


**The "Pull-Back" Dribble:** A very important ball handling skill that most players are rarely taught. The pull-back dribble is used to escape traps, pull-back from attempted drives to the basket, and can assist with pulling defenders out of position.

## 1. The Basic "Pull-Back" Dribble:

**1. Basic "Pull-Back" Dribble Drill:** Each Player has a ball and lines up on the baseline. When the coach blows the whistle, the players start dribbling hard up the court. When the coach blows the whistle again, the players stop quickly (on a dime), but this time pull-back towards the baseline (where they started), but still facing forward. When the Coach blows the whistle again, the players dribble hard up court, and pull-back on the next whistle, and so on...



If players are dribbling in this direction they should always be facing forward (even when they are pulling back).



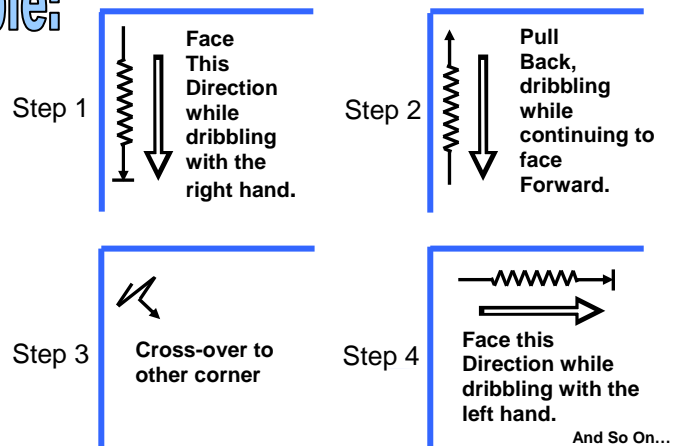
Dribble Forward / Facing Forward, then Pull-Back / Still Facing Forward And so on...

## 2. The "Pull-Back" Crossover Dribble:

### 2. Pull Back Cross-Over:

Each player starts at a corner (any corner on the court). They start by (step 1) dribbling up the corner, (step 2) pull back, (step 3) cross-over, and (step 4) dribble up the other corner, (step 5) And so on...

After step 4, Step 5 is basically to pull back, cross-over to the other corner and start with step 1, step 2, step 3, step 4, and so on...again and again (usually a 60 second drill).

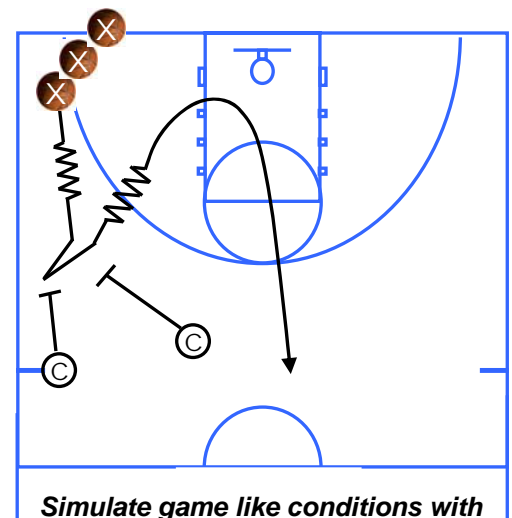


## 3. Drill Utilizing The "Pull-Back" Crossover Dribble:

### 3. Drill Utilizing the Pull-Back Crossover Dribble:

On the coach's signal the players start to dribble up close to the sideline, both coaches will move towards the dribbler to simulate a trap. The player pulls back, crosses over quickly, and dribbles around the trap to the middle of the court. This is one of the best dribbling drills that players can be taught - the Pull-Back Crossover skill is not only used to help escape traps, but great on offense when a player drives and needs to pull back away from the defense.

**Pull-Back Dribble Note:** The pull back dribble should be used when the dribbler needs to create a little space between themselves and the defenders forming the trap. So many younger players dribble into a trap with no where to go (so they usually just stop and get trapped). The pull back dribble gives them an alternative to picking up their dribble. Try it and beat the press!



Simulate game like conditions with this Press Breaker dribbling drill.