



BISON BASKETBALL

LIPSCOMB UNIVERSITY • NASHVILLE, TENNESSEE

The Definite Dozen of Bison Basketball

STAY HERE:

BE COMMITTED TO YOUR ACADEMICS — Know your catalog . . . make a plan . . . get a degree. Go to class every day. Be on time. Sit up front. Take good notes. Do all extra work possible. Plan ahead and talk to professor when we travel or you are having a problem. Get tutors when you need them.

BE COMMITTED TO HAVING CLASS — Treat teachers, trainers, support staff, chapel workers, Marriott workers, and all you meet with respect. Treat other people the way you want to be treated. Moody people are rude. Remember to smile, to say please, thank you, yes sir, and yes ma'am, and give people the benefit of the doubt.

BE COMMITTED TO DOING THE RIGHT THING — We have plenty of school rules . . . know them. Realize if you just try to do the right thing you will be OK. Try to do the right thing right and you are as close to perfect as any person can be.

BE COMMITTED TO THE PROGRAM — We realize that our players are in a fish bowl at Lipscomb. Every word and action will be watched. Our program's reputation provides many opportunities yet brings many responsibilities. We must be committed to build on to the tradition of our program and respect those that have gone before us and paid the price to build the program.

PLAY HERE:

BE COMMITTED TO HARD WORK — Our program is built on the concept that hard work pays off. We believe that we work harder than anyone else . . . and because of that we always deserve to win. There is a reason we are the best . . . we work at it.

BE COMMITTED TO BECOMING A SMART PLAYER — Our players must be ready to learn. We believe we work smarter than anyone else . . . We must develop players who understand the game. Our players must be good listeners and learn by watching. We must make good decisions, we must play with poise. We prepare mentally for practice and games.

BE COMMITTED TO OUR TEAM ATTITUDE CONCEPT — We must have players who believe in our team concept. Our program is built on the concept that the team/program is bigger than any one player . . . We need unselfish players.

COMMIT YOURSELF TO A WINNING ATTITUDE — Our players must be committed to winning but understand we don't measure our success by winning alone. Each time we play we evaluate ourselves on reaching our potential. The test for our team is to play against the game not just our opponent. We never quit. We always are looking for a way to win.

WIN HERE:

BELIEVE IN OUR SYSTEM — commit yourself to our philosophy, to our system of play. Be a sponge and soak up the concepts of how we play. Learn your role . . . then accept yours and do it the best you can.

BELIEVE IN YOURSELF — Play with confidence . . . think positive . . . realize you are a great player in a great program. Don't get down when you play poorly . . . realize you were chosen to be here . . . be a leader. Lead by example.

BELIEVE IN YOUR TEAMMATES — Communicate with each other . . . help each other. Remember the strength of the pack is the wolf and the strength of the wolf is the pack. Encourage each other and support each other. Don't ever forget the importance of the shell around the team. Be friend. We understand that we are all different — be tolerant of teammates and others.

BELIEVE IN YOUR COACHES — Know that your coaches are trying to make you better people and players. Ask questions . . . don't whine and complain. Learn to take tough coaching. You must believe that the coaches are doing what they think is right for the team and you.

LETOURNEAU UNIVERSITY WOMEN'S BASKETBALL

Ball-Handling Drills

WARM-UP

Ball Taps

- Overhead
- In front
- At ankles
- Up and down

Squeeze the Banana

Spinning Ball on Fingers

Follow-The-Leader

2-Ball Juggle Dribble

Impossible Catch

Gun Slinger

Achilles Drop

Crab Walk

- Go forward and backward

Dropped Leg Circles

Behind Back Catch

- Throw the ball up high in the air and catch it behind your back at belt level. You can also flip it back up from belt level to the back of the neck.

Ricochet

- Bounce the ball with two hands from in front between your legs and catch it behind. Throw it back through and repeat.

Ricochet & Reach

- Same as ricochet except catch it behind your neck instead of at belt level. You may have to go on your toes and arch your back to get it. Catch ball by extending your arms over your shoulders. Very difficult.

Blurr

- Start the drill with the legs about shoulder width apart. One hand will be on the ball in front of the legs and the other hand will be on the ball in the back of the legs. Then flip the ball in the air and reverse the position of your hands. Catch the ball in the fingertips and try to go as fast as you can for 30 seconds. The ball will seem to sit between your legs if executed properly.
- Excellent: 80-100; Good: 60-80; Fair: 40-60

One-Handed Between Leg Flip (Blurr/Straddle)

Straddle Flip

- Start with the legs shoulder width apart with the knees bent. Hands in front holding the basketball. Let go of the ball or flip it very slightly up in the air between your legs. Now bring your hands to the back of your legs and catch the ball before it hits the ground. Now flip the ball again in the air and bring your hands back to the front as quick as you can. Drill as fast as you can without dropping the ball. Drill is done for 30 seconds.

- Excellent: 90+; Good: 60-80; Fair: 40-60

Rhythm Drill

- Take the ball around the right leg. Grab the ball with the left hand in front, right hand in back. Drop the ball. Quickly reverse hands and catch the ball after one bounce. Move the ball back to start around left leg. Opposite drill: start with the ball in the left hand. Drill is done for 30 seconds.
- Excellent: 33-40; Good: 21-32; Fair: 10-20

Double Leg Circles

- Drill done for 30 seconds
- Excellent: 50-70; Good: 35-50; Fair: 25-35

Single Leg Circles

- Drill done for 30 seconds
- Excellent: 50-70; Good: 35-50; Fair: 25-35

Figure Eight

- Drill done for 30 seconds
- Excellent: 75-85; Good: 50-65; Fair: 30-45

Around the Waist Circles

- Drill done for 30 seconds
- Reverse directions
- Excellent: 55-70; Good: 35-55; Fair: 25-35

Around the Head Circles

- Drill done for 30 seconds
- Reverse directions
- Excellent: 55-75; Good: 40-55; Fair: 30-40

Figure Eight with One Bounce

- Start with the legs shoulder width and the knees bent. With the ball in the right hand bounce it between your legs and catch it with your left hand behind your legs then with the ball in the left hand bring it around to the front and bounce it between your legs and catch it with your right hand. Opposite drill: take the ball behind the legs and bounce it to the front right and left hand.
- Excellent: 40-50; Good: 30-40; Fair: 20-30

STATIONARY DRIBBLING

Figure 8's

Change directions

Protected Power Dribble

Knee Dribbling

Scissors Kick

Dribble ball between your legs as you jump up and scissor your legs back/forth

Seated Chair Dribbling

- Kobe
- Crossovers
- Crossover w/one dribble
- Inside-out
- Quick V-Dribbles
- Hot Feet

Kills

- Dribble the ball waist high, then suddenly "kill" it by dribbling it as low as you can, hold this for a few seconds, then bring it back up to waist high.

One-Arm Wrap-Around

- Each direction
- Each arm/leg combination

Up & Downs

- Start by dribbling the ball in front of you so that the ball reaches your waist high. Gradually, bounce the ball harder and harder until you are dribbling the ball as high as you can without jumping. Then gradually dribble the ball lower and lower until you are on one knee, finishing as close to the floor as possible. Pound the ball quickly to keep it going. Then do it with the other hand.

Wall Dribbles

- Players use left and right hands, dribbling against a wall while standing and looking at one spot. Make sure players do not look at the ball when doing this drill.

Lay-Down Series

- Left and right hand dribble behind the head and underneath legs while laying down.

Machine Gun Dribbles

1. Karate Chop
2. Milking the Cow
3. Individual Fingers
4. Bongo Drum (w/palms)
5. Knuckle Sandwich

Between Legs

Sit Down Drills

1. Ball in right hand, dribble low on right side of the body
2. Ball in left hand, dribble low on left side of body
3. Dribble ball with right hand, while simultaneously doing 5 situps
4. Dribble ball with left hand, while simultaneously doing 5 sit-ups
5. Dribble with right hand, using one finger at a time.
6. Dribble with left hand, using one finger at a time

Behind Back

Spider

- Tap the ball with left then right in front, then left then right behind and repeat

Hand-to-Hand

- Snap ball
- Develops, and is similar to, the crossover dribble
- Hand outside of feet

Single Leg Dribbling

- Alternate legs
- Keep head up, ball low
- Use finger pads
- Change direction

Double Leg Dribbling

Figure Eight Dribbling

V-Dribble (Side)

- Change direction of ball
- Change position of your hand

V-Dribble (Front)

- Bounce between feet
- Hand goes outside of the feet

ONE-BALL MOVEMENT DRIBBLING

Speed Dribble

- Down right-handed; come back left-handed
- Push the ball out in front

Crossover Dribbles

- 1st time down/back—in front
- 2nd time down/back—between legs

- o 3rd time down/back—behind back

C.L.B. Drills

- o (crossover; thru legs; behind back)
- o 1st time down/back—crossover in front and explode forward
- o 2nd time down/back—crossover in front; go between legs and explode forward
- o 3rd time down/back—crossover in front; go between legs; go behind the back and explode forward

The Hardaway

- o Thru Legs, then front cross over

Stutter Step

- o Stutter step, crossover, explode
- o 4 stutters; end with a jump stop, inside pivot, rip through

Walk This Way

- o Dribble through legs while walking forward and backward

Follow-the-Lines

- o Use the halfcourt area
- o Start in one corner and dribble along (follow) the baseline, sideline and foul lanes
- o At each intersection, the player uses their own decision making ability to make a move

Hesitation

Pull-Back Crossovers

- o Footwork is a shuffle step backwards. Pull the ball back so the ball is dribbled near or along side the back foot during the shuffle. When the right foot is back, the ball is bounced by the right foot with the right hand. When the left foot is back, the ball is bounced by the left foot with the left hand. The transfer of the dribble from the right to the left hand is continuous. You can crossover in front or between legs or behind-the-back. Explode forward. 2 dribbles back, crossover, explode forward.

Dribbling Suicides

Spin Dribbles

Zig Zags

Inside Out Dribble (fake crossover)

- o Speed dribble
- o Do it 3-4 times per trip down and back
- o Change hands coming back

Stomp the Paint

- o 30 seconds at a time

Imagination 1-on-1

- o Imagine that someone is guarding you. The object of this drill is to beat him/her up and down the court with any dribble move you know. Push yourself.

To fully take advantage of what this drill offers, you must pretend the defender exists. Protect the ball. Stutter step, and then explode toward the basket. Use any dribble move to gain advantage over your opponent. Be creative.

Cone Drill

- o Each cone is a defender
- o Be efficient
- o Eliminate dribbles and you will become a faster dribbler
- o Start on other side of halfcourt
- o Do 3 cones then a layup
- o Cut dribbles down from last cone to layup (try to get to one)
- o Once you shoot, go back the other direction on the other side of the floor.
- o Go through 2 cones trying to get past halfcourt in one dribble after last cone
- o Jump stop to triple threat position, jab step and be strong with the ball

My Move

1. Every basketball player has a dribble move they love. This drill is designed to take your move and perfect it. Start at the top of the key. Begin in a triple threat stance. Start dribbling option. The last move you make will be "your move". Explode into "your move" and then shoot a jump shot. This drill is all about intensity and increasing confidence. Perfecting a move you're already good at only takes you closer towards reaching your full potential.

"Chill Drill"

1. Inside-Out (do twice)
2. Spin (reverse dribble)
 - o plant foot, pull ball, switch to other hand
 - o if ball is switched to early, the ball will be exposed
 - o be careful in the open court
3. Pull-back Crossover
 - o up 2, back 2, crossover, explode
4. Fake Spin ("half aw whirl")
 - o keep foot planted (don't pick up a charge)
 - o bounce in front of right foot (no palming violation)
5. Behind-The-Back
 - o pull then push the ball out in front
 - o slap yourself on the butt
 - o eliminate lateral dribbling
 - o go by defender—take him out of the play
6. Cross-Over
 1. Stutter step and go thru legs
7. Layup/Jump Shot

Whistle Drill

Conditioning Drill

- o 45-50 seconds
- o down/back
- o right dribble

- o left dribble
- o crab
- o 2-ball dribbling

TWO-BALL DRIBBLING

Stationary; moving feet; moving sideways; up/down the court

Together

- o Balls hit at the same time

Alternating

- o One ball hits floor, other ball is in hand

Crossovers

High/Low

- o One ball dribbles high and one ball dribbles low
- o Switch

Front Crossover/Behind-the-Back

Figure-Eight

Windmill

- o Rotate balls from behind to the front
- o Left hand around left leg, etc...

Hand-Off Crossover

- o Will help crossover & behind back moves
- o Creates muscle memory
- o Gets your hand in the habit of being "right there"

Windshield Wiper

One Over Other

Up & Over

Double-V

Dribble Forward & Backward (together)

Dribble Forward & Backward (alternating)

High/Low

Change Hands

- o Behind back; crossover

Jogging

3/4-to-Full Speed

- o together
- o alternating

Crossover Zig Zags

- o together
- o alternating

1-on-1 Partner Protection

- o An aggressive defense goes after the ball with more than normal abandon, staying in body contact with the dribbler. The dribblers are allowed to turn and swivel in a particular area, but can't run away. The body, especially the arms, ward off the defense. Both the dribbler and defender overdue it. Technically, both constantly foul each other initially, but players need an opportunity to dribble with contact. Require more legal play after several days. Groups of two set up as far as possible away from each other. Go for 20 seconds. No fouling is allowed or knocking players over. When the offense turns, defense does not stay behind, facing their back...hustle after the ball. Offense can't run away. Turn and swivel one way or the other. Offense runs after all loose balls and run back.

1-on-2 Partner Protection

Dribbler vs. Dribbler

Dribble Tag

Dribble Knockout

PASSING

Behind-the-Back

Through-the-Legs

Chest

Bounce

One-Arm Pass

Overhead

Baseball

Wrap-Around

Rapid Fire Drill

- Quick passes to each other while chopping feet

2-Ball Partner Passing

Bull-in-the-Ring

- Players gather around the free throw circle and then take a step back. One player is in the middle of the ring. The other players pass the ball around while trying not to let the "bull" touch it. If the bull touches the ball or there is a bad pass, that player then becomes the bull

Partner Wall Pass

Toss Back Passing

Pass over partner

Partner pass behind back

Monkey in the Middle

Ball-Handling Tips/Techniques to Remember

- If you can't handle the ball, you'll be hard-pressed to play no matter how big you are
- Always want to be able to pick the ball up off the dribble quickly
- Don't have to practice the same drills each day. There are plenty of options, so use variety each day.
- If you can dribble two balls well, think of how good you'll be when you only have to dribble one ball
- Always push yourself when working on your ball-handling. You can always do something more and challenge yourself more.
- Every time you catch the ball, shoot the ball, pass the ball, dribble the ball...that is ball-handling.
- Start slow and build up speed
- The ball should feel like part of the hand
- Use finger pads, not the finger-prints or palms of the hand
- Always trying to develop muscle memory
- Eliminating dribbles makes you quicker
- Be an efficient dribbler
- Always dribble with a purpose (never waste your dribble)
- Passing advances the ball quicker than dribbling
- Never pick up your dribble without a pass or a shot
- Keep your head up, see the entire floor
- Use your dribble to get out of trouble, not into it.
- Make sure that the player's hands do not get positioned under the basketball or a turnover will result due to the carrying rule. If the hand is positioned under the basketball, finger pad control is lost.
- Ball-handling skills don't just happen naturally.
- With an increasing emphasis on aggressive defensive pressure (whether it be half-court or full-court), it is of huge importance to be as good of a ball-handler as possible.
- Always maintain body balance throughout each dribbling phase.
- Don't get discouraged. It's okay if you drop the ball during a drill. By practicing these drills you will begin to decrease mistakes.
- Stay focused on your goals
- Repetition equals confidence; confidence equals success.
- The proper body stance and position when the player is waiting to pass or waiting for the offense to unfold is with knees bent, feet approximately shoulder-width apart, head up and the left foot slightly ahead of the right foot for a right-handed dribbler. The ball should be held to the rear hip of the offensive player instead of the front, where it can be stolen by a defender. Players should also use their guard arm to keep the defender away.
- Players should not stand flat-footed.
- It is always important to maintain proper spacing between themselves and the defenders.
- Whatever you can do with 1-ball, you should be able to do with 2-balls.
- Whatever you can do with the right hand, you should be able to do with the left hand.
- When players are moving down the court while dribbling, have them push the ball ahead and move toward the ball.
- Five outstanding ballhandlers create more options on offense because the players are interchangeable and the offensive opportunities are more available.
- It does not matter what position your players play. They must be able to handle the ball when called upon to do so.

Triple Threat Position: Holding the basketball with both hands in a position which gives you the quickest opportunity to shoot, pass, or dribble.

Coaches Should Discourage:

1. Excessive Dribbling
2. Dribbling with the head down
3. Turning back to other players or the basket
4. Carrying the basketball
5. Dribbling at the same speed
6. Moving the pivot foot
7. Flashy, stylish dribbling

Coaches Should Encourage:

1. Dribbling with the finger pads
2. Keep your head up
3. Play under control
4. Know where you're going when dribbling
5. Protect the ball
6. Strengthen weak hand
7. Practice repeatedly

Ballhandling Drills:

1. Improves hand/eye coordination
2. Develops strength
3. Helps maintain control of the basketball
4. Increases speed

2-Ball Drills:

1. Develops the weak hand
2. Develops confidence
3. Increases basketball control
4. Develops and increases coordination

Dribbling Drills:

1. Increases court sense
2. Increases speed
3. Increases basketball control
4. Develops confidence

Three types of dribbles used:

1. **Neutral Dribble:** This dribble is used when there is no pressure on the ball-handler. The dribbler is relaxed, in a fairly erect position and bounces the ball to about waist height.
2. **Control Dribble:** This dribble is necessary when the defense pressures the ball. The dribbler is very low to the floor and the ball should not bounce above knee height. The dribbler should keep the ball to his or her side away from the defender and must be moving at a pace that will allow a change of direction or speed in order to beat the moving at a pace that will allow a change of direction or speed in order to beat the defender.
3. **Speed Dribble:** This dribble is used when a player is running at maximum speed. The player must get the ball well out in front of himself so that he does not have to slow down to maintain the dribble.

Passing:

There are no true drills that replicate passing in game or practice situations, but there are several things that you can do to improve your passing. First, you can become a better passer by learning your personnel. Secondly, it is crucial to be able to pass with both hands. Though you shoot with one hand, you must be able to pass (and dribble) adeptly with both hands. Gaining the ability to use either hand equally well in passing requires three things—hours of practice; good arm, hand, and finger strength; and excellent ball control.

HANDLING DEFENSIVE PRESSURE

If you get anxious or afraid of defensive pressure, it normally is a result of a lack of confidence in your ability to face and attack this pressure. This lack of confidence stems from the fact that you have not put in the practice time necessary to develop the skills that will allow you to successfully handle defensive pressure. You can't become a confident ball-handler if you don't work at it. A confident ball-handler does not have the trust of teammates or the coach, which translates into less playing time and/or more risk of hurting the team.

A majority of players have difficulty handling hard defensive pressure because they are not prepared. Expect to be pressured always. If the defense doesn't step up on you, nothing is lost in your preparation.

You can prepare for pressure by:

1. Turning and facing your defender strong
 - a. You can't pass, penetrate with the dribble, or shoot if you fail to make the turn. Rip the ball through so that if the defender tries to slap or take it away, they won't be able to.
2. You dictate, not the defender
 - a. Try to step into the defender and get them off balance. If possible get your lead foot even or outside their forward defensive foot. You can and must go where you maintain an advantage on the defender.
3. Protect the ball with your body and elbows

- a. When your arms are extended is the point at which you have your weakest grip. This also allows a defender to use your own strength against you when bringing the ball closer back to your body to protect it. Also use a pivot with your body between you and your defender if they belly up on you before you can turn and step into their pressure. Turn with your elbows out and ball tight to your chin.
4. Take your time
 - a. The uncertainty of when and where you might attack is one of the most effective tactics against an aggressive defender. Over aggressive defenders almost always leave an opening to attack. Learn that and learn to take advantage of it. You don't have to rush things.
5. Keep your balance, keep your control
 - a. Even a slower dribbler who protects the ball can handle pressure and not turn it over if they keep their head up, keep their body in balance and control. Practice dribbling the ball at various speeds and movement rhythms, such as walking, stepping slowly, then faster, then a little slower, using long strong and short strides.
6. Keep the defender on their heels or crossing their feet
 - a. Pass first, dribble last. But when you must dribble you must put the defender literally on their heels. Changing speeds and rhythms is the best way to accomplish this and contributes to forcing the defender to cross their feet at some point. When you must dribble do so to penetrate, cover distance, advance the ball, or get out of trouble but do so confidently not fearful of losing the ball. Everyone loses the ball sometime, don't make that fear your focus.

TROUBLE SPOTS:

1. Sidelines and Baseline (endlines)
 - a. The out of bounds lines become a 6th defender. These lines remove an option for the dribbler and lets the defender dictate where you must go.
2. Mid-Court Lines or Corner
 - a. Picking up your dribble is a no-no in these spots for many of the same reasons as above.
3. Pass Before You Are Trapped
 - a. If a second defender is coming to trap you, make a safe pass to the open teammate before the trapper gets within two steps of your position. If a teammate doesn't give you an outlet then use your dribble to back up and create a pocket of space to relieve the oncoming double team pressure. Never pick up your dribble when a second defender is coming unless it is for a quick pass. When in doubt, keep your dribble.

Raising Your Level of Passing

What level of passer are you?

Level One. Throws the ball to an area just to get rid of it. Common among beginning players.

Level Two. Just throws the ball toward a teammate no matter if they are ready to receive it or not. This is why players get hit by the ball during practice when just standing around.

Level Three. Surgeon. Passes to a specific target (hand or finger). Leads receivers into good shots. Rarely throws the ball away.

The ability to move the basketball and hit the open man is a characteristic found in all great players and teams. In order to perfect this ability to its utmost, players must utilize and master the following fundamental principles of passing:

Anticipate. Read the defense and know where to pass before receiving the ball. Outstanding basketball players have the ability to anticipate where to pass the basketball. This is why professional players need very little team pattern to create good scoring opportunities for their teammates.



Maintain a proper spacing. Most passes should be made within a 12' to 15' distance. This spacing spreads the defense and allows for quick, accurate passing. Passes beyond 15' carry a high risk of interception. Never throw directly at a receiver moving away from you. Always lead the receiver to the basket on lob and baseball passes.

When the defender is playing off, close the distance with a dribble to less than 3'. The closer the defender plays, the less time they have to read and react to the passer's movements. Dribble penetration will also force the defender to defend against the drive and eliminates their playing of the passing lane.

Note: On post feeds, the majority of steals are made by the passer's own defender not the post's defender.

Look off the receiver. Use split vision to see the passing lane and receiver. Avoid telegraphing pass by turning head and looking directly at the receiver. Use quick wrist action for all passes. Eliminate all unnecessary movements like winding up and stepping with the pass.

Pass through the defense. Avoid passing over or around the defender. Pass fake in opposite direction. Watch the defender's hands and make a quick, accurate pass away from them. When the defender plays with her hands up, fake high and pass under their arm pit. When the defender holds her down, fake low and pass over their shoulder between their arm and head.

Read and pass away from the receiver's defender. Recognize how the defender is playing the receiver and pass to the opposite side. The receiver has the responsibility to "shape up" in such a manner that he presents a good target. They must protect the passing lane by assuming a low stance with the foot nearest to the defender forward between the defender and the ball.

Line of Deployment

Note: Never pass to a receiver that does not call and want the ball.

Move the ball. The ability to make the good quick, strong pass cannot be over emphasized. The basketball has to be moved. A player should be able to successfully execute his play (pass, shot, drive) within three seconds after receiving the ball. The ability to move the ball separates the good players from the mediocre ones and the good ball clubs from the poor ones.

Pass and move. Passer must move a specific purpose after executing a pass. Each movement should result in a screen, a shot, rebound position, a fake or clear. Standing and watching after making pass is a major fault of the poor player.

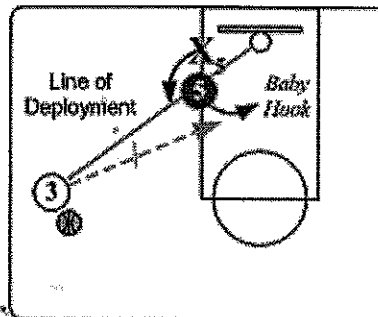
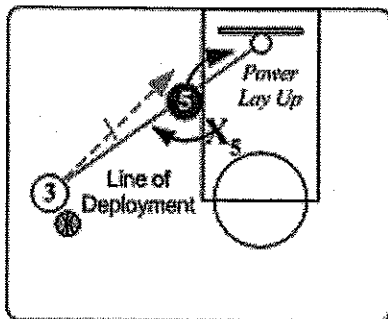
Develop pride in your passes. Work hard to perfect all types of passes. Be clever, not fancy. The clever passer will receive praise while the fancy one will be ridiculed.

Note: In basketball there is a big difference between a completed pass and a successful pass.

"FAKE A PASS, MAKE A PASS"

Passing: Line of Deployment

By recognizing where the defender is playing the receiver in relation to the "Line of Deployment" allows the passer to lead the receiver into a good shot.

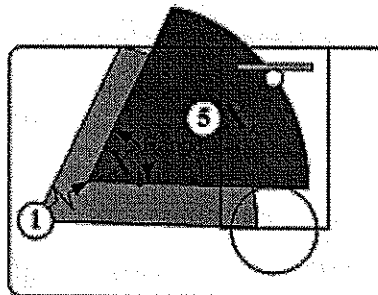
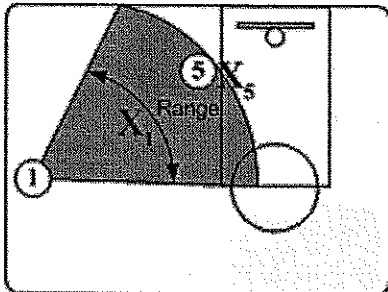


When the defender assumes a pass denial position on the top side, the pass should be made to the receiver's baseline

When the defender plays on the baseline side of the receiver, the pass should be made to receiver's top hand.

Closing the Passing Distance

Whenever a defender plays off, close the distance with dribble penetration.



When defenders anticipate and play off in the passing lane, not only are they able to concentrate on intercepting or deflecting the pass, but the range that they are able to cover increases.

When the passer closes the distance with dribble penetration against a defender playing off in the passing lane, it forces the defender to defend against the drive and eliminates their playing of the passing lane making it easier to complete the pass.