

**BASKETBALL MOVES
YOU NEED TO BEAT
ANY DEFENDER**



Many players believe they need complex basketball moves to be a great ball-handler.

Instead of sticking to the basics, they want to learn the "advanced moves".

For example, *the "double-crossover-spin-hesi-jumper" or the "triple-spin-back-cross-pullup"*.

1. CROSSOVER DRIBBLE

The crossover involves bouncing the basketball in front of you from one hand to the other.

It's most often used when a player wants to change directions and they're not being tightly guarded by a defender who could poke the ball away.

This is the easiest basketball move for players to perform, and is the first move a player will start practicing when they first start

But don't let the simplicity fool you...

The crossover is used by players at all levels to blow past an opponent.

2. THROUGH THE LEGS DRIBBLE

The through-the-legs basketball move involves crossing the basketball over from one hand to the other, but putting the ball between your legs.

A small difference from a regular crossover, but an important one.

When the ball is passed between the legs, the front leg offers protection from a defender reaching in and also ensures the ball is further away from the defense.

The timing and coordination needed for this move can make it difficult for young players, but it's effective when players learn how to stay low and explode out of it.

3. SPIN MOVE

The spin move is one of the most difficult basketball moves to learn, but it's an important weapon for players to have in their dribbling repertoire.

It involves planting your inside foot and reverse-pivoting around a defender while dragging the basketball with you.

This can be a difficult move for young players to execute, but it's quick and effective when a player has put in the work practicing it.