**Intro**

So, you want to learn how to dunk basketball. Maybe it is because you want to impress your friends. Or it could be you want to add a skill to your skillset, or you want to go over the fundamentals even though you already know how. Regardless of why, the how of dunking is relatively simple, and with practice, you can show out like Dominique Wilkins or Zach Lavine (Both dunk contest champions). The information here is designed to give you a brief overview of the art of dunking to help you achieve that very goal.

**Dunking Off one foot**

Dunking off of one foot is very entertaining to watch and is very athletically challenging. This is because of the style of the dunk; you take a longer second-to-last step before you jump off your one foot. The takeoff step needs to be very explosive to generate enough force to drive your body upwards, because your momentum should already be pushing you forwards. The second to last step is crucial because it converts some of that forward momentum into vertical jumping power, because you get very low before you spring almost directly up. Then you want to firmly plant your foot when taking your last step, You want to be able to fully grip a basketball as well, so you should practice palming smaller balls until you can palm a regular sized basketball.

One foot dunking is more explosive than 2-foot dunking, as well as being able to cut through defenders much more easily. One foot dunking is also easier to perform because you do not need to create as much space.

One foot dunking is more stressful on your body because you are putting more weight on one ankle as opposed to two in two-foot dunking, as well as more weight on that one knee. One foot dunking also requires more practice, because you have to do reps for each leg.

Exercises that will help you learn how to dunk off one foot are exercises that help your vertical jump and also your hand strength. You can do single leg box jumps, which is jumping off one leg onto a raised platform. You can also do farmer walks to get more grip strength. Farmer walks is simply walking 10 yards or so with very heavy dumbbells (relative to holding them) and back.

**Dunking off two feet**

Dunking off two feet can be a very dominate show of power. It is a skill that never ceases to entertain or impress people, but it must be done with practice to ensure that you can dunk again. You start off by running up towards the rim, which builds momentum and speed. Then the second to last step, or the “penultimate step” is taken, which is a long step that also lowers your body closer to the ground. While you bring your other foot to take your last step, you also want to swing your arm(s) from behind you to in front of you, which gives you more momentum and brings your body closer to the ground. You want to plant your feet in front of your body, and then swing your body (along with your arms) into takeoff. Takeoff is directly propelling your body upwards towards the rim. Now when your hands are above the rim, you want to snap the ball into the hoop, and make sure that you land safely. This is the most important part, because many athletes have suffered horrible injuries purely because they landed wrongly after takeoff.

Dunking off two feet is very powerful, as you are pushing off both feet instead of one. That being said, two-foot generally allows for more hangtime. Two-foot dunking is also safer, because if one-foot slips, your other foot is able to catch your weight. Two-foot dunking goes hand in hand with alley-oop dunks as well. All of these factors allow for a greater variety of finishes for this style of dunk.

Two-foot dunking requires more space. It also takes more coordination because both feet must be in sync. This style also is more dangerous because of how easy it is to land improperly.

One exercise that you can do to perfect this dunk is jumping with the ball held over your head, and act like you’re doing a double pump dunk while in midair. This will help you practice using your arms for momentum, as well as help your form. Another exercise is doing max jumps. This is simply planting your feet and using your arms to get as high as possible off each jump.

**The alley-oop**

An Alley-oop is a dunk made by one player who catches the ball mid-air from a teammate. It’s an electrifying play that involves coordination and athleticism. You can also perform an alley-oop to yourself. What is the most fascinating part about the alley-oop, is that this play involves all of the fundamentals of basketball.

**Two-foot vs One-foot**

When it comes to which dunk is better, it truly comes down to your style of play. Each type of dunk has its advantages, but each is equally admirable. One foot dunking is faster and more efficient. Two-foot dunking on the other hand is more powerful and emphatic. The beauty is that if you can do one, it’s easy to learn the other, and you can choose which one you like more. One thing when practicing either, is that it’s always beneficial to watch someone else do it first. Whether it be going over the fundamentals of basketball, or how to perform a show-stopping dunk, “mental reps” as they are called, are always beneficial to learning, and the est professionals do them constantly to improve their game.

**Closing**

Dunking is one of the most exciting things about watching basketball; it is one of the most unpredictable plays that everyone loves to see. Whether you like jumping off one foot and making dunks look elegant, or jumping off two and showing off your power, it’s up to you how you make basketball an artform.