

Reactiondribble™

MANUAL

This six sided soft rubber bal is perfect for improving reaction time, hand eye co-ordination, and foot speed. The bal will leap, bounce and pop with speed in any direction when it hits the ground. It can go left, right, high, low, stop, or with top spin, as soon as it bounces off the floor. This challenges reactions, hand and foot speed in a fun attempt to track and catch the bal. Numerous bal handling drills for young children through to international sport stars. Reactionbals are available in two sizes: Small and Large.

Reactiondribble™ is a bal handling exercise, which allows the basketball player to react quickly with both hands, trying to catch the Reactionbal, without losing control over the basketball. The player is forced not to look at the basketball while dribbling. He has to stay focused at all times in order to catch the Reactionbal™ successfully. This drill will also work on co-ordination. The basketball player has to stay low with his knees bent making short, hard, low dribbles. The weight should be on the balls of his feet, keeping his head up.

When dribbling you should always use your fingertips. The palm of the hand should never touch the ball. Holding the ball in one hand, place your other hand on top of the ball with the fingers spread apart. Now bring the ball to your dribbling side, take the holding hand away and start to dribble. Keep your arm and wrist relaxed, and, as you continue to bounce the ball, use a pushing rather than a slapping motion. You'll soon find that the best way to bounce the ball is to flex your wrist letting the forearm provide the motion, and control the direction of the bounce with your outstretched fingertips. If you're dribbling well-only those last digits-the fingertips-will be touching the ball, the rest of the fingers never come in contact with it. From the very moment you begin to learn to dribble, keep your head up, stay low, and don't look at the ball. In game situations, you want to be able to see the defence, and of course your team mates. You can not do that with your eyes locked on the bouncing ball. Look forward, not down. If you practice dribbling that way, you'll more quickly develop confidence in your ball handling ability. Reactiondribble™ is an excellent ball handling exercise, that will improve your ball handling in a fun and exiting way.

1. Dribble and Catch

Two players are standing 5-10 meter apart, facing each other. Both are dribbling with a basketball with their strong hand to start with. One player has a Reactionball in his other hand. While dribbling he is throwing the Reactionball underhand to the other player. Throw the ball up in the air. The higher you throw the ball, the easier it becomes to catch it. The player who is receiving the Reactionball let the ball bounce one time, reacts, and tries to catch it, while dribbling. Do not stop dribbling when trying to catch the ball.

2. Crossover

Dribble with your right hand, or when left handed, with your left hand. Wait until the Reactionball comes off the floor-react quickly- take the ball to your left hand, make your right hand last or transition dribble much lower and shorter than usual, and angle it using your fingertips towards your left hand. The left hand crosses forward to receive the ball after the low bounce and to continue to dribble off the fingertips. Immediately try to catch the Reactionball with the hand you're not dribbling with.

3. double crossover

The same way as the crossover, only go back and forth two times. Bring the basketball quickly to your open hand in front of you, immediately bring the ball back to the hand which you started with. Stay low, keep focused on the Reactionball. React quickly, and try to catch it with the hand that comes free. Make the double crossover very quickly in order to catch the Reactionball.

4. Between the Legs

Bring your opposite leg of the ball in front of you. When you dribble with your right hand, bring your left leg in front of you. Switch the ball to your left hand, using a crossover between your left leg, from the inside to the outside left hand. Keep your eyes on the Reactionball. As soon as it bounces off the floor- react quickly- and try to catch it with the hand that just comes free, directly after switching hands using the between the legs dribble. You are catching the Reactionball with the hand you are not dribbling with. Now you are repeating the same movement going in the other direction, bringing your right leg in front of you.

5. Behind the Back

Shifting the ball behind you from one dribbling hand to the other. You make the shift by 1) dribbling the ball to the dribbling hand's side, 2) pushing the ball behind you at an angle so that it bounces toward the receiving hand, 3) shifting your weight away from the receiving hand, so that the hand can receive and control the ball more easily. Keep your eyes on the Reactionball. After it comes off the floor, react- change position towards the Reactionball, and quickly make the behind the back dribble. You are trying to catch the Reactionball with the hand you are not dribbling with. The movement should be fluid and effortless.

6. Spin Move

Plant your feet squarely. This way you establish a pivot for a left or right spin. The pivot should be low on the dribble, and change hands with the ball. This is a continuous motion, and through practice you will be able to move fluidly. The key to the spin move are: 1) keep the dribble low, 2) learn to establish a pivot foot (footwork), 3) change hands with the ball while you spin. When dribbling with your right hand, turn left on your left pivot foot. When dribbling with your left hand, turn right on your right pivot foot. Always make a turn back, this way you are protecting the basketball with your body. Quickly react, and try to catch the basketball with the hand that comes free while switching hands during the turn.

7. Between the Legs-Behind the Back

Start out with your strong hand. Dribble low, keep your knees bent and your head up. Focus on trying to catch the basketball. Bring your left leg, when you start with your right hand, in front of you. When you start with your left hand, bring your right leg in front of you.

Dribble the ball with a crossover to your left hand between your left leg from the inside to the outside left hand. Immediately when the basketball is in your left hand, push the basketball to the other side of you, behind your back. Shift your weight away from the receiving hand, so that the hand can receive and control the ball more easily. Keep your eyes on the basketball. After it comes off the floor, react-change position towards the basketball, and quickly make the between the legs, behind the back dribble. You are trying to catch the basketball with the hand that comes free, after making the move. The movement should be fluid and effortless. With this move you are pretending you are going to pass one side, and quickly going to other side using the behind the back dribble to beat the defender.

8. Double Bounce

While dribbling, throw the Reactionbal underhand high up in the air. The other basketball player who is receiving the Reactionbal, let it bounce two times before he is going to catch it. Therefore he has to stay focused, and follow the path of the Reactionbal very carefully while dribbling. He has to react on both bounces in order to catch it successfully, without losing control over the basketball. You can make this drill more challenging by making different dribble moves before catching the Reactionbal.

9. Push and Catch

For this drill you can use one, or two Reactionbals. Both players are standing 5-10 meters away from each other, facing each other. Now a third and fourth player are standing 1 foot behind each of them separately. As soon a Reactionbal is coming to one of the players who are dribbling, and they are trying to follow the path of the Reactionbal in order to catch it, the one who is standing behind, gives the player a push. Now he is off balance.

As soon the Reactionbal comes off the floor, he reacts and tries to catch it. This drill challenges the player even more to catch the Reactionbal while being off balance. After a couple of repetitions you can rotate. The dribbler becomes the pusher, and the pusher becomes the dribbler.

10. Two Reactionbals

This way you can optimise your ball handling and reaction skills. Both players have a Reactionbal in their hand. Both are dribbling with the other hand. Throw the Reactionbal at the same time at each other. Time correctly! As soon the Reactionbal is leaving your hand, make a dribble move, let the Reactionbal who is coming directly at you, bounce off the floor, react quickly, and try to catch it. You can use all the dribble moves as mentioned, and more.

11. One up-One down

For this drill both players have a Reactionbal. Both are dribbling with their strong hand. One player throws the Reactionbal directly into the hands of the other player. The second player throws, before he is catching the Reactionbal directly out of the air from the player in front of him, up in the air. The other player, who is receiving the Reactionbal, let it bounce, reacts, and tries to catch it. The one who is receiving the Reactionbal without a bounce, directly out of the air, does not have to change direction, but has to have quick hands. When starting this drill, it has to be clear who is throwing straight in the hands, and who is throwing it in the air and let it bounce of the floor before catching.

12. Wall Reactions

Standing 3-5 meters from a wall. Start out with the basketball in your strong hand. Stay low, keep your knees slightly bent. Keep your head up. While dribbling throw the Reactionbal underhand against the wall. Let the bal bounce off the wall on the ground. As soon the bal hits the ground, react quickly, make a dribble move and try to catch the Reactionbal. You can also catch the Reactionbal directly of the wall.

13. Sprint and Catch

This drill will work on quick starts and stops while dribbling, and being off balance. Always keep your head up. Push the basketball on the floor like your leading a fast break. Try to follow the Reactionbal as it bounces of the floor and catch it. This drill can be made easier by throwing the Reactionbal higher up in the air, or more difficult to let it bounce from a lower point on the floor. You can also increase distance for more advanced levels. Two players, one is standing 5-10 meters away from the second player. One has a basketball, the other player who is the thrower has a Reactionbal in his hand. The player with the Reactionbal is standing sideways in a straight line from the one who is having the basketball. The one with the basketball is the dribbler-sprinter, and is standing in a position ready to sprint away. The one with the Reactionbal in his hand holds it high up in his hand. On the command "go" the dribbler pushes of his back foot, stays low, and sprints towards the falling bouncing Reactionbal, and tries to catch it, as soon as it hits the ground. He must not lose control over the basketball, while sprinting towards the bouncing Reactionbal.



www.reactionbal.com
info@reactionbal.com
+31 (0)6-17583604

