

SUDBURY



**Youth
Basketball**

SYB FUNdamentals Skill Development Program

A Common Foundation

*Version 1.1
November 2010*



SYB FUNdamentals

A Common Foundation

Thanks to the many contributors to this guide both locally and nationally – all with many many years of youth sports, leadership, educational and basketball coaching experience at all levels.

OBJECTIVES

Focus of SYB FUNdamentals Program is to provide the players a consistent foundation in the basic skills of the game. We want to provide a common SYB language and approach for teaching the basics of the game.

The emphasis of the program is the identification of the key skills/concept areas each player should be exposed to, and the techniques, mechanics and buzzwords we, as coaches, should utilize to teach and reinforce good fundamentals.

This document is designed to be complementary to the SYB Coaches Guide and the variety of other online resources available that have many suggested drills and practice routines. The SYB Coaches Guide is a must read as well and contains great insight into practice management, preparation, and a wide variety of drills that will reinforce the skills described in SYB FUNdamentals program.

For Coaches, the goal is to cover all the skill areas in the FUNdamentals program through the course of your season so every player has the same foundation in the game.

GENERAL GUIDELINES

- Be positive with every player (for every 7 positives, kids remember the 1 negative)
- Development and progress are more important than winning
- Don't be too intense on winning – vary starting lineups
- Winning is when every player is successful, excited and having fun
- Find ways for each player to contribute/be successful (not just score)
- Give everyone a chance with the ball and different positions
- Avoid it's all about my kid scenario
- Teach fundamentals with technique and common language



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INDIVIDUAL SKILLS VS GAME STRATEGY (rough guidelines)

At the younger levels the emphasis should be on fundamentals and individual skill development vs team/game sets. Older groups typically do more team/game sets.

- Midget 3 should be all about skill development (90%+)
- Midget 4 should be 75% skill development and 25% team/game sets
- Bantam should be 50% skill development and 50% team/game sets
- Cadet should be 25% skill development and 75% team/game sets

PRACTICE AND GAME GUIDELINES

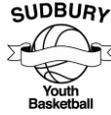
- Focus on skills development - not scrimmages
- Plan, plan, plan – write down practice flow before practice
- Keep it moving - drills that do not have kids idle – variety
- Maximize amount of kids who have ball and are moving
- Alternate intense running/cardio drills with slower “new skill” teaching
- Don't just run high pick for best kid; have multiple options
- Try to challenge each player based on development stage
- MAKE IT FUN

PARENT FEEDBACK

Each year we receive consistent feedback on parent frustrations – here are the top issues raised by parents to keep in mind....

- lack of positive feedback to the kids
- not letting all kids play different positions
- not making ALL kids successful
- favoritism and/or extra harshness on coach's own child
- too much focus on plays/not enough on fundamentals
- most plays only designed for 1 or 2 kids
- lack of parent communications

Thanks in advance for coaching in SYB and making a difference for our young athletes.



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PROGRAM OUTLINE

Basics of the Game

Individual Foundation Skills

- Dribble
- Pass
- Shoot
- Layups
- Pivoting & Triple Threat
- Man Defense
- Rebound
- Mental Focus and Hustle

Team Skills

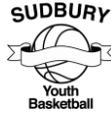
- Moving Without the Ball
- Pick and Roll
- Give and Go
- Getting to the Basket: 1-1 Moves

Game Concepts

- Offense Concepts
- Fast Break
- Out of Bounds

Fun Stuff (end of practice)

Practice Plan - Skills Focus By Week (Midget)



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BASICS OF THE GAME

- Court
 - boundary lines
 - foul line
 - key
 - 3 point line
- Rules
 - moving with ball (must dribble)
 - contact but can't slap or tackle
 - 3 seconds
 - Pressing restrictions
- Concepts
 - Team Game - Passing and Moving
 - Assisting and Scoring
 - Defense
 - Rebounding
- Positions
 - Point Guards (1) – primarily out top on offense - ball handling, passing, assists, shooting, fast break
 - Guards/Wings (2,3) – primarily out top and at elbows on offense - ball handling, passing, assists, shooting, rebounding
 - Forwards/ Low Post (4,5) – primarily down low under basket on offense – ball handling, passing, assists, shooting, rebounding/ boxing out, outlet pass on fast break
 - if helpful, coaches can describe using 1-5
- Conduct
 - Sportsmanship
 - Respect
 - Team support and camaraderie
 - No arguing

Review the basics with the players. All players should have chance to play multiple positions, especially Midgets.



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INDIVIDUAL SKILLS



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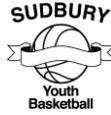
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DRIBBLE

- Define
 - be able to use both hands to control ball and move up/down court
- Mechanics
 - eyes and head up
 - fingertips on ball
 - bounce waist high (higher on breakaways OK)
 - protect with body (when defender near)
 - cross over - keep low and step across defender to protect
- Buzzwords
 - armguard
 - bodyguard
 - you have what they want!
 - see the court – don't look down
- Drills
 - ball taps - each player has ball
 - snake – all kids dribble
 - caterpillar – 1 ball in front passed back; 1 ball end of line dribbled up to front
 - stop and go (red light/green light) dribble
 - cops and robbers
 - dribble tag
 - players dribble and call out # of fingers coach has up
 - relays - right, left, alternate hands, backwards
 - weave cones and/or cross over at cones
 - stand/kneel/sit/lie down and reverse w/dribbling (advanced)
 - dribble 2 balls at once (advanced)

NOTE: remind new players, if you have the ball, you must dribble while you move or it is a "walking" violation.

Master strong and weak hand dribbling early!



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PASS

- Define
 - master basic passes (chest and bounce)
- Mechanics
 - push off back foot, step front foot, elbows out and extend thumbs out to point at teammate
 - chest - extend out - aim for chest
 - bounce - extend down - aim to bounce 2/3 of the way to teammate
 - when receiving, step to ball with arms extended
 - catch with triple threat, feet shoulder width, elbows/knees bent, shoot hand top, other hand on side
- Drills
 - pairs passing while not moving, 1 ball, 2 balls
 - pairs on the move, 1 ball, 2 balls
 - 4 corners - 1, 2, 3, 4 balls
 - warm-up layups w/passers
 - keep away
 - weave

Emphasize that basketball is a passing game. Show how no player can dribbler faster to go from A to B vs passing from A to B.

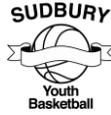


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SHOOT

- Define
 - Two-handed push shot to one-handed push shot to jump shot from all positions, angles & distances on court
- Mechanics
 - Face basket, hold ball at chest, legs shoulder width, bend knees, push-up with legs first, explode upper body, extend arms, launch ball toward basket, follow through with hands/ wrists bent and square to the basket
 - Roll ball off fingertips with backspin
 - Initially beginners may need to use two handed push, but will transition to the one-handed push from chest height
 - As players grow, the release of the shot will transition from waist/ chest to shoulder/ above head to jump shot
 - Guide hand will transition from extra handed push to ball stabilizer on side of ball
- Buzzwords
 - BEEF = Bend, Elbow, Extend, Follow Through
 - The follow through should be a “reach into the cookie jar”
 - When beginners are shooting after offensive rebound – use the “shot rockets”
 - When lining up bank shot, remember to aim for the “magic corner”
 - Intermediate and advanced players should set up ball by holding it in the “Waiter position”, like holding a tray at shoulder level
 - backspin
- Drills
 - Practice waiter form and flipping ball up – each kid has ball (no basket)
 - Shooting Technique Progression – one handed launch into air, using bent knees, then take short shot at basket, gradually moving out and using quicker motion
 - Wall Shooting – line up players and have them shoot ball with proper form to 10 ft height on gym wall
 - Around the World - from in close and then farther out
 - Shoot in front of cone/ chair/ player
 - Shoot off dribble, shoot after receiving pass, offensive rebound



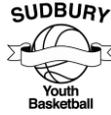
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LAYUPS

- Define
 - Dribble toward basket and take shot in one continuous motion
- Mechanics
 - Dribble with head up and follow other proper techniques.
 - Right side of basket: Dribble w/right hand, approach basket at 45 degree angle, plant left foot on court, move ball from lower leg to waist height, drive right leg up toward basket, move ball from waist to chest/ shoulder height, thrust upward to full extension, while launching shot w/right hand, aim for upper right corner of backboard square, follow through w/right hand toward basket, finish through the lane/under opposite side/ behind basket
 - Left side of basket: Dribble with left hand, approach basket at 45 degree angle, plant right foot on court, move ball from lower leg to waist height, drive left leg up toward basket, move ball from waist to chest/ shoulder height, thrust upward to full extension, while launching shot with left hand, aim for upper left corner of backboard square, follow through with left hand toward basket, finish through the lane and under opposite side/ behind basket
 - Beginners should walk through technique first with emphasis on correct dribbling/ shooting hand and foot work. Speed should be increased as technique, strength and confidence improves
 - Intermediate and experienced players should be encouraged (if not required) to follow proper technique. Slow down weak hand technique until proper execution
- Buzzwords
 - Aim for the “magic corner” on the backboard
 - Follow through by “taking a cookie from the jar on the shelf”
 - “Explode” up toward basket
- Drills
 - Start by practicing footwork and approach to basket without ball from close in, then add ball, then add dribble, progress further out, increase speed
 - Left/ right side layup lines – uncontested to begin and then add obstacles, and passive then active defensive players
 - Mikan drill – start every practice waiting for players to arrive
 - Layups after receiving pass with no dribble

Layup is best shot in the game - must master strong and weak hand early!

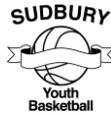


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PIVOTING AND THE TRIPLE THREAT

- Define
 - Positioning and options once the player has taken possession of the ball
- Mechanics
 - Receive ball and rotate on the ball of a single foot establishing the Pivot Foot - that foot must then remain stationary, the other foot may move in any direction, receive ball with one hand behind/one hand on side of ball; rip to protected position
 - The Triple Threat refers to the three options available to a player once they take possession of the ball – they can pass, dribble or shoot. All these options are only available if the player is in the proper TT position.
 - TT Position: Once receiving the ball, the player should move to face the basket by pivoting on a single foot (the pivot foot)., with eyes up to see entire court With ball held at hip/ side of waist, the player must protect the ball from the defense (which may require multiple pivots) and then either 1) pass by stepping toward a teammate (and by the defender) with the non-pivot foot and extending arms from chest 2) dribble by taking first step with non-pivot foot and “ripping the ball” and pushing the dribble past the defender or 3) take shot by bending knees and launching ball from waist through chest toward basket
- Buzzwords
 - “Pivot Dance”
 - “Triple Threat”
 - “Ripping the Ball”
 - “Extend past the defender”
- Drills
 - Pivot dance – all kids w/ball and practice moving w/pivot foot
 - Flip and rip to establish triple threat and pivot foot – do in pairs
 - Single player - jump stop, establish pivot, execute one of triple threat options, progress to adding “50%” to “100%” defense
 - Two player - jump stop, establish pivot, execute one of triple threat options, progress to adding “50%” to “100%” defense
 - Progress through each of the options one at a time, so players understand and can execute, before the must make a choice
 - 2 players in line, first dribbles 20 feet, turns/pivots and passes back to partner; partner does same, repeat



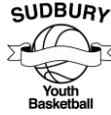
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MAN TO MAN DEFENSE

- Define
 - ability to guard your opponent and prevent from scoring or getting the ball
- Mechanics
 - stance
 1. bend knees and arms out
 2. weight on balls of feet
 3. slide feet - don't cross feet
 4. sit down position
 - positioning
 1. stay between man and the basket
 2. always see your man and the ball - man you ball
 3. head lower than offense player – eye on bellybutton
 4. defensive triangle (when man does not have ball)
 - advanced
 1. force weak side
 2. palm up/hand in pass lane
 3. close out - slow down as approach player who has dribble
 4. denial (bantam and cadet)
 5. help defense when on weak side (Cadet)
- Buzzwords
 - stay between man and the basket
 - always see ball AND your player – head on swivel
 - defense is not hard, it is just hard work
 - play dee with your feet not arms
 - protect the basket – force field
- Drills
 - Feet fire – kids on toes in dee position, jump left, jump right
 - Group slides (right, left, front, back, diagonal) - kids lead
 - 1-1 slide down court - zig zag
 - zig zag with hands behind back or with towel cross shoulders
 - play with hands behind back
 - run to offense player or cone, and slide down to protect hoop
 - king of the court, 1 v1
 - denial with 1 v1 and other player has ball
 - shell drill

Defense is critical skill that needs to be taught at all levels.

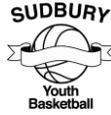


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REBOUNDING

- Define
 - Secure possession of the ball after a shot by your team or the opposing team
- Mechanics
 - Defensive rebound: From the defensive position (facing offensive player, back to the basket, player between offense and basket), pivot to face the basket after shot and position backside into offensive player below waist/ on thigh, push offensive player as far back as possible, keep hands above shoulders, bend knees and explode upward toward ball as it comes down off rim, backboard or air-ball. – turn away from middle and outlet
 - Offensive rebound: From the offensive position (facing basket, defender between player and basket), move around defender, positioning between basket and defender, place backside into defensive players below waist/ on thigh, push defensive player as far back as possible, keep hands above shoulders, bend knees and explode upward toward ball as it comes down off rim/backboard
 - Ball usually comes to opposite side from where shot is taken
 - Offensive rebound/ shot: After securing possession of ball, position facing square to basket (by pivoting or with single quick dribble), bend knees and explode upward and launch shot. If no need to re-position, keep ball above head, bend knees and explode upward with legs and launch shot
- Buzzwords
 - BOX OUT
 - Rebound with your entire body
 - Box Out and Push Back
 - Butt in stomach
 - Anticipate the ball (usually opposite side from shooter)
 - CRASH THE BOARDS
- Drills
 - Without ball, lineup pairs, say go and defender does box on stationary offense guy
 - Man on Man – first with coach throw ball against backboard, then progress with player shooting
 - Around the World w/ Team – first with coach throwing ball against backboard, then progress to players shooting
 - Wrestling Circle – first with single ball man-on-man, progressing to single ball two sets of man-on-man



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MENTAL/HUSTLE

- Define
 - focus on what is happening on the court
 - mental sharpness - brain exercise
- Mechanics
 - be ready
 - go after the ball
- Drills
 - circle the players and call out instructions (forward, backward, right, left) - players first do what you say, then they must say and do what you say; then have players say opposite and do what you say then have them say opposite and do opposite, etc
 - dive and drive - 1 line under hoop, roll ball out, player dives on ball, passes back to coach and cuts to basket for pass/layup - run at high speed; note, teach kids that they cannot get up w/the ball or it is a walk
 - suicides
 - taps off the board (Bantam and Cadet)
 - agility ladders for footwork

Hoops is a game of focus, hustle and conditioning.



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TEAM SKILLS



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MOVING WITHOUT THE BALL

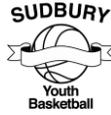
- Define
 - Positioning on the court and maneuvering to get open

- Mechanics
 - Player without the ball may “shake” defender using a “V-Cut” maneuver by moving in toward basket (or away from teammate with ball) and then quickly lunging back toward ball with arms extended. This creates two important advantages – 1) separation from the defender and 2) shortening the distance the pass will need to travel between players.
 - Player without the ball may “lose” defender using a “Back Door” maneuver by moving away from the basket (or toward teammate) and then quickly changing direction toward basket. This creates two important advantages – 1) if defender is “over-playing” in hopes of stealing the primary pass, the offensive player’s change in direction will result in a secondary pass opportunity 2) once executed successfully, the defender will avoid over playing and this will make the primary pass easier to execute
 - Player without the ball may “Move through the pivot” against a defender using a “Post-Up” by traveling across the court to establish an offensive position with player’s back close to the basket (typically defender behind), arms up ready to receive a pass from teammate. This maneuver provides two important advantages 1) the player may lose his defender in the process of establishing the post-up position and 2) with the back to basket, the player offers a large passing target to the teammate with the ball.
 - player can step to the left and cut back to right to basket and vice versa

- Buzzwords
 - Make your defender work and get tired chasing you
 - “Shake your defender” with a “V-Cut” maneuver
 - “Lose” your defender with a “Back Door” maneuver
 - “Move through the pivot” with a “Post-Up” maneuver

- Drills
 - 2 lines, 1 cutters and 1 passers on opposite side, have kids fake to outside and cut to ball side and basket to receive pass on the run
 - One/Two player V-Cut adding 50% and eventually 100% defense
 - Two player Back Door adding 50% and eventually 100% defense
 - Two player Post-Up adding 50% and eventually 100% defense
 - Have offense know which maneuver and require defense to adjust
 - Ray Allen drill – players move around court, in and out of cones/players

Players should not be standing still on the court.



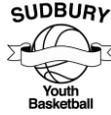
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PICK AND ROLL (AND PICK OFF THE BALL)

- Define
 - Use teammate to free a lane to the basket
- Mechanics
 - dribbler waits for teammate to come/stop/stand next to his/her defender - must wait for pick
 - picker stops before running into defender, jumps stops, feet wide, hands down, stand still – focus on good pick technique
 - dribbler goes direction so defender is blocked by picker, rubs shoulder with picker
 - picker waits 1-2 seconds and then turns to ball and cuts to basket
 - pick and pop variation - rolls sideways to open space for shot
 - dribbler goes to basket or can pass to picker
- Buzzwords
 - rub shoulders
- Drills
 - 2 lines; 1 line has dribbler and defender, other line comes to pick
 - move lines around the court
 - do same drill with pick off the ball

Basic pick skills are key on and off the ball. Start with pick and add roll.



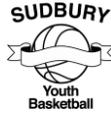
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GIVE AND GO

- Define
 - pass and keep moving to the basket
- Mechanics
 - person with ball passes to teammate and cuts to basket
 - teammate looks to pass right back to cutter
 - cutter can fake going other direction
- Buzzwords
 - wherever you want to go - go the other way first
 - always on the move
- Drills
 - 2 lines - 1 line with ball and defender - passes to teammate on wing and cuts to hoop
 - Move lines around the court

Players should always be moving, especially after they pass - often they will be wide open if they cut after passing.



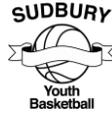
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ONE ON ONE AND GETTING TO THE HOOP

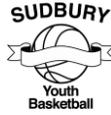
- Define
 - score with the ball by getting to basket
 - drive and dish
- Mechanics
 - moves
 1. hesitation move
 2. cross over move
 3. pivot and fake - jab step
 4. up fake
 5. drive, jump stop and power layup
 6. drive and dish (advanced)
- Buzzwords
 - where ever you want to go, go/fake the other way first
 - think opposite to shake the defender
- Drills
 - line of kids w/ball drive to hoop with those moves
 - no defense, light defense and full defense progression
 - 1 line underneath pass to outside line and then practice move and finish

All players should build confidence to try to get the basket and score/pass to open teammate.



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GAME CONCEPTS

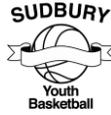


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OFFENSE CONCEPTS - GENERAL

- Define
 - Offensive approach that best involves all players and enhances the develop of a broad range of individual and teamwork skills
- Mechanics
 - Attributes of a good offensive scheme would include the following:
 - a. Movement of all players without the ball
 - b. Picking away from the ball, in addition to the player with the ball
 - c. Multiple ball handlers, shooters
 - d. Emphasis on passing over dribbling
 - e. Multiple passing/ scoring options :
 - Give & go
 - Back door
 - Pick & roll
 - f. Cutting to basket without ball & clearing the lane for teammates
 - g. Recycling or re-setting mechanisms
 - Attributes of a poor offensive scheme would include the following:
 - a. Movement of only 1-2 players without the ball
 - b. Picking player with the ball, outside the 3-point line
 - c. Emphasis on dribbling over passing
 - d. Limited ball handlers/ shooters
 - e. Unorganized approach - players “freelance” to score
 - f. Set plays that only “feature” the dominant team members and minimizes the novices/ beginners
 - g. No recycling or re-setting mechanism, so players are left to fend for themselves if structure breaks
- Buzzwords
 - Move off the ball
 - Assists = scores
 - “Celtics Basketball” – make five passes before shooting
- Drills
 - Break offensive schemes down and teach/ drill in segments; put together at end of session and practice in “game-like” conditions
 - No dribble rule – kids play 3v3 but can only pass or shoot layup

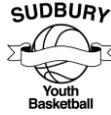


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OFFENSE CONCEPTS - 3v3

- Define
 - Break down offense by starting with 3v3 to show basics
- Mechanics
 - Always moving - choices
 1. Pick ball
 2. pick away
 3. cut to basket
- Mechanics – 2v2
 - Pass and pick
 - Give and go
 - Pass and follow and get handoff
 - Vcuts and backdoor
- Mechanics – 3v3; point and 2 wing set
 - Pass and pick the ball
 1. Pass to wing, follow and set pick, and roll
 2. Other wing rotates to top
 - Pass and pick away
 1. Pass to wing, pick away and roll back to hoop
 - Back screen by wing
 1. Wing comes across and sets back pick for other wing
 - Pass and follow ball for handoff
- Mechanics – 3v3; triangle with post on one side
 - Pass and pick away
 1. Pass to post, and pick away to wing
 2. Pass to post, wings interchange
 3. Pass to baseline, pass to post and point goes back door to hoop
- Buzzwords
 - Always moving without the ball (most of time you don't have the ball)
 - Fake one way go another
 - Crash the boards
 - Heads up
- Drills
 - 3v3 set – no defense, then light defense, then full defense
 - Other 4 play 2v2

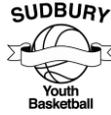


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FAST BREAK (more for Bantam and Cadet)

- Define
 - Push ball down court before defense ready
- Mechanics
 - Rebound and quick pass out to side
 - Ball to middle of court if vs 2 defenders
 - ball to 1 side if vs 1 defender
 - fill lanes to the blocks
 - stop at foul line and pass to cutters
- Buzzwords
 - split the defenders
 - spread the floor
 - fill the lanes - get to the blocks
 - look up
- Drills
 - 3 and 2, 2 on 1
 - 3x3 with 3 on side - 3 on side jump in after turnover and play team coming the other way



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OUT OF BOUNDS UNDER YOUR OWN HOOP (Bantam and Cadet)

- Define
 - Team has ball under their own basket (5-10 per game)
- Mechanics
 - box lineup and then run pick up, pick across or pick diagonal
 - 4 across foul line lineup and then outside players cross top and cut to basket, inside guys cross and cut to basket
 - stack lineup and then bottom to corner, next to basket, next to corner, next to basket
 - in bouncer call out play
 - in bouncer wait to see who is open - often 2nd/3rd choice and rollers
- Drills
 - walk thru with and without defenders

This is great chance to execute teamwork and score basket - typically 5-10 times a game.

Patience leads to layups - often it is option 2, 3 or 4 that is wide open.



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FUN STUFF END OF PRACTICE (examples)

- **Team competitions:** (a) dribbling races – can be teams of 2 or more; (b) spot shooting – teams of three (baseline, middle, baseline) – rotate spots after 3 makes (group or individual) – go to each spot, then step back. Can also add ball fakes and two dribbles, etc.; (c) half court suicides, each player with a ball; fastest player wins (Bantam)
- **Two Line Shooting Contest:** This is a fun contest for younger players. Split your players into two lines, one at each elbow. The first person in each line has a ball. At the coach's signal, the players start shooting the ball. They must get their rebound and continue shooting until they make a basket. They must shoot from wherever they get the rebound. Emphasize the importance of hustling after the ball, getting set to take a good shot, and making a good pass to their next teammate in line. Helps younger players learn to shoot in a lot of commotion. (Midget)
- **Team Foul shooting:** Player retrieves ball on rebound; runs to far foul line, takes foul shot (practice proper form) (Midget); or team shooting – track how many the whole team makes and make goal for team to make 5 of 10, or 7 of 10, etc
- **Hot Shot:** setup spots on the court, assign points to each spot and time each player 30-45 seconds for points; build team camaraderie by all cheering players that are shooting
- **Three point and rebound (no one eliminated):** similar to 2 line shooting above; 2 lines at 3 point arc; 1 ball in each line; 1st person shoots 3 – if make (3 points), then pass to next guy in line, if miss, must shoot from where they rebound until they make it (2 points); first team to 30 wins (Cadets)
- **Relay Races:** dribble variations

**PLEASE SEND ANY COMMENTS OR FEEDBACK TO BRAD SINGER
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