



Basketball English Lesson 5

Dribbling Terms

1. Handles:

Meaning: Dribbling.

Example sentences:

- She's got great handles.
- Nice handles!
- Got to work on my handles.

Your own example sentence.

2. Change of pace:

Meaning: To speed up or slow down your dribble.

Example sentences:

- Great change of pace.
- He uses a change of pace.
- Good change of pace.

Your own example sentence.

3. Crossover:

Meaning: dribble from one hand to the other while shifting your weight.

Example sentences:

- Easy crossover.
- Keep working on your crossover.
- Nice behind the back crossover.

Your own example sentence.

4. Inside out:

Meaning: shifting your hand and feet to change direction.

Example sentences:

- Wow! That's an inside out dribble.
- Let's practice the inside out dribble more.
- He set up his shot with an inside out dribble.

Your own example sentence.



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