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### **When less is more**

One of my favorite sayings as a coach for a long time has been less is more. I have no idea who coined this phrase and it certainly falls into the category of a Yogism, and like most of the sayings of Yogi Berra, there is a lot of truth to that phrase.

One of the ways less is more manifests itself in the game of basketball is the skill of dribbling the ball. Players today dribble entirely too much. A skilled point guard can push the ball the length of the floor in five dribbles and a great point guard can accomplish the same feat in four dribbles. The more the ball is dribbled, the slower the ball moves and the more opportunity for a turnover exists.

Players can drive from the three point line to the rim in one dribble. When running half court offense players can improve their passing angle or reverse the ball with two dribbles or less.

Players need to learn to go somewhere with their dribble. If players are limited in the number of dribbles allowed in practice, their initial reaction will be one of dismay and frustration. But in a short period of time, they will be surprised at how much of the court they can cover with a two dribble limit. It will also make them more aggressive in their attacking the goal and improving passing angle.

Think about it. Less is more in the case of dribbling. Try limiting the number of dribbles allowed during practice. It will greatly improve the efficiency and aggressiveness of your team on offense and it will make your offense that much more difficult to defend.