

Sandy “Spin” Slade

The Sandy “Spin” Slade stuff is great for ball-handling. I had the opportunity to watch her play at Fresno and then watch her career sky-rocket afterwards. She did the whole BB Camp thing and blew everyone’s minds with what she could do with her hands. She went on to do school assemblies, half-time shows, instructional videos, and so forth. She is known Nation-wide and is considered the greatest female ball-handler. I was fortunate enough to work with her at several BB camps and then see her again last March at the Southwest District Conference. She is inspirational!

After experiencing her, I changed my opinion on ball-handling too! I insisted all my forwards and centers handled the ball as much as the guards. They did all the drills, skills, etc. that the guards did. I saw the difference it makes in the forwards/centers play when they have spent time practicing ball-handling. I was a traditionalist in the beginning of my coaching and only practiced/taught basic dribbling techniques. My eyes were opened after Sandy, and I pushed the players to try all sorts of different things, i.e. dribbling “blind”, backwards, spin moves, player’s made-up moves, etc, but always prefaced that we don’t necessarily do these in a game situation!