

HOW TO SLAM DUNK

#1 -

Practice dunking on a hoop lowered to your current maximum jumping ability.

Doing this allows you to get used to the feeling of dunking right away. To prepare yourself for the real thing, the height of the hoop should still require you to jump your highest in order to dunk. If the rim is too low, then you won't be building the muscles or memory for dunking on a regulation-height rim. Our DreamHoops are great for this as they can be lowered to 5.5 foot.

#2 -

You will need to be able to touch the rim with your wrist to be able to get the ball over the rim and slam it in the basket. If you're a little bit shorter, then you have your work cut out for you but it is possible. Being able to do a one-handed dunk requires less vertical ability than a two-handed dunk. For a lot of players being able to jump off of one foot from a running start makes it easier to jump high enough to jam. There are plenty of exercises and training that can help with your vertical leap.

#3 -

To begin, start off by using small balls and increase the size of balls used while you start to develop your technique and coordination for dunking. Some great examples of increasing ball sizes are 1. A table tennis ball, 2. A tennis ball, 3. A size 1 basketball, 4. A netball, 5. A size 6 basketball and finally a regulation size 7 basketball. If you're unable to palm the ball, you will need to learn how to have the ball in two hands until the last minute then switch to one hand for the dunk, or you will have to be able to jump high enough to dunk it with two hands.

#4 -

Learn how to finish the dunk safely.

Going up for a dunk comes with extra risks in a game and when practicing. Some of these risks are you can get tunnelled or get your legs caught up with defenders near the rim, causing you to fall awkwardly from a significant height. You can be thrown off balance by trying to hang on the rim and losing grip, resulting in awkward falls. If you are in heavy traffic on the dunk, then being able to grab and hang on the rim until all players underneath you have cleared is a safety technique. If there are no players around on a dunk, then avoid hanging on the rim at all as this avoids the risk of slipping off the rim. Whatever the situation whether in a game or in practice, you need to come down with control and balance.

REMEMBER TO BE SAFE AND HAVE FUN!

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