

Dribbling

It is important to do some form of ball handling and dribbling in every session. If you are struggling with the time constraints of training then have players warm up with a ball. It is also important to push each player's limits with ball handling and dribbling. If they have mastered drills on the spot, have them do them on the move. If they have mastered on the move, have them use two balls. There are many ways to add difficulty to dribbling drills. Make sure you keep challenging your players. Many drills also combine dribbling with other skills e.g. layups. Dribbling goggles (blinders) can be worn to stop players looking down when they dribble - these are located in our storage room under the bleachers.

Stationary ball handling and dribbling

Ball handling should be introduced to players at a young age and players should be encouraged to do ball handling in their own time. Some examples with pictures are below, along with a ball handling recording sheet (APPENDIX A). All these skills can be done whilst walking/running to make the skill more difficult. I have made a youtube video that runs through ball handling and stationary dribbling skills: https://www.youtube.com/watch?v=aEMvq5_g1II

Corridor dribbling

Purpose: Dribbling without looking at the basketball

Method:

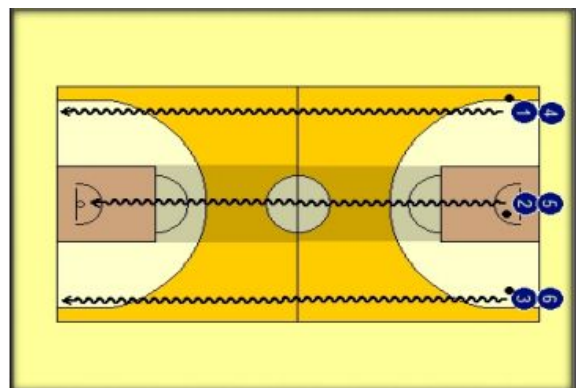
- Players line up on the baseline in three lines.
- Each line has a corridor within which to dribble - can teach left, right and middle lanes.
- Each player at the start of each line dribbles down the court.
- Once they cross foul line extended the next player in the line goes.
- Forming a new line at the end of the court.
- Defence can be added to apply pressure and make the drill more game specific.

Examples of dribbling skills to perform:

- Control dribble
- Speed dribble
- Crossover
- Behind the back
- Through the legs
- Onside/hesitation
- Retreat and go
- Retreat and crossover

Examples of double move skills to perform:

- Crossover, crossover
- Crossover, behind the back
- Crossover, through the legs
- Through the legs, behind the back



2 ball dribbling

2 ball dribbling can be introduced to players to test their dribbling skills further - it also forces players to use their weak hand. 2 ball dribbling can be done stationary or on the move. Here is a Youtube video I created that is a variety of 2 ball dribbling stationary drills:

<https://www.youtube.com/watch?v=8B49AAAdF5XI>

Wall dribbling

Wall dribbling can be used to help develop players hand strength and ball control. Wall drills are also great for improving one handed and two handed catching. Wall dribbling also helps add variety to your sessions, instead of doing the same dribbling drills over again, you can keep it fresh by mixing it up with these drills. To do these drills, players need a wall and a ball (or two balls for advancement). Players then dribble the ball on the wall. You can find a range of drills here: <https://basketballhq.com/wall-basketball-dribbling-drills>

Ball Protection Drill - Dribbling

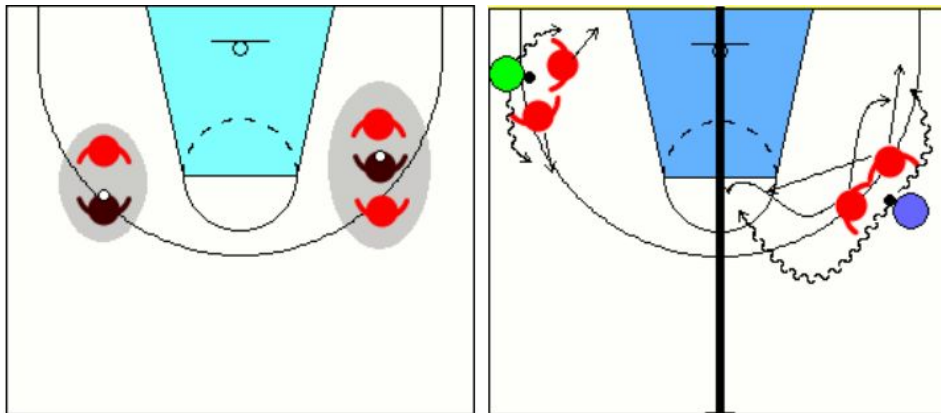
Purpose: Dribbling under pressure from defence.

Method:

- Pair up - offence has the ball within a small area e.g keyway.
- Defence tries to steal the ball from offence by constantly attacking for 30 - 45 sec.
- If Defence gets ball give it straight back to the Offence & go again.
- Progress the drill by making it 2 defenders vs. 1 offensive player. Offence & Defence both need to be strong & aggressive.
- Offence needs to work on different dribbling skills. Offence needs to try and refrain from using reverse drills - want to help players learn face the defence at all times.

Progression:

- Play from 3 point line to try and score. Adjust start position e.g. wing, corner, point.
- Give offensive player a time limit
- Do not tolerate bad shots.

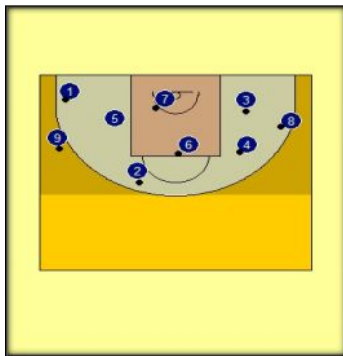


Dribble knockout

Purpose: To teach players to dribble with head up, while protecting the ball

Method:

- Each player begins with a ball.
- The coach specifies the area within which players are allowed. (e.g. Inside keyhole, if ball goes outside the player is ruled out).
- Players must dribble while outside the area.
- The coach reduces the area as more participants are eliminated.
- The last player remaining is deemed the winner.
- Can make this a non-elimination game by having players do star jumps etc. and rejoin the game if their ball is knocked out.
- Can make harder by doing this with two basketballs.

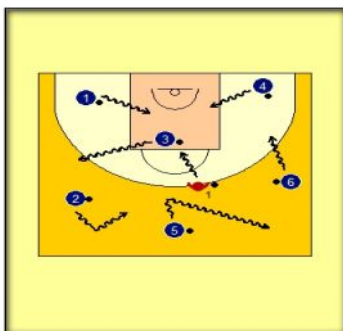


Dribble tag

Purpose: To teach players to dribble with head up. Teach change of pace, control under pressure.

Method:

- Each player has a ball in the area designated by the coach e.g.: Half Court.
- One (or more) player is chosen as "it" and does not have a basketball.
- Players with a ball must keep away from "it" - if they are tagged players swap jobs - "it" becomes a dribbler and the dribbler becomes "it"
- Game continues for a time period.

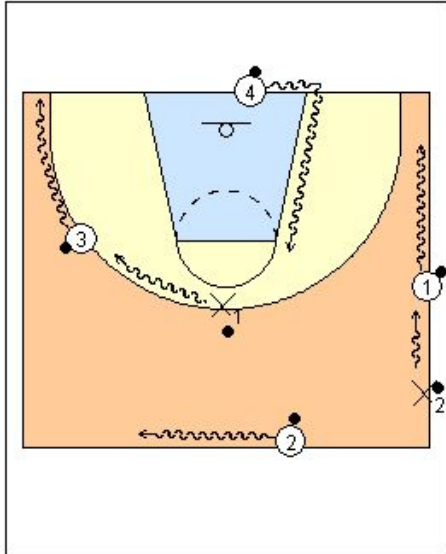


Line tag (Pacman tiggy) dribbling

Purpose: Dribbling technique. Eyes up dribbling. Control the ball in limited space.

Method:

- All players have a ball and dribble only on floor lines in a designated area.
- One or two players are "it" (here X1 and X2) and tag other players with their non-dribbling hand, how long does it take them to get everyone out?
- Repeat with new taggers.
- (Option - how many players can they tag in a set time, players are not out when tagged)

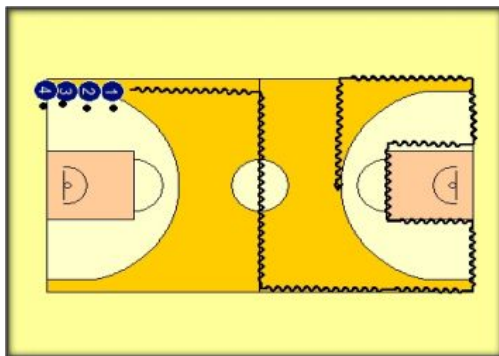


Follow the leader dribbling

Purpose: Dribbling techniques. Eyes up when dribbling.

Method:

- Players start in baseline corner as diagrammed.
- The player at start of the line is the leader.
- The player at the start of the line may follow any line on the court.
- Each player must follow and execute the same skills as the person in front of them.
- The coach changes the leader throughout the drill.



Straight cone dribbling

Purpose: Dribbling on the move with eyes up.

Method:

- Place 6-8 cones in a line about 1-1.5 metres apart
- Each player has a basketball and weaves through cones
- Skills to practice:
 - One dribble, onside
 - One dribble, crossover,
 - One dribble, behind the back
 - One dribble, through the legs
 - Through the legs, behind the back, crossover

Variations:

You position the cones so the players are doing a layup at the end of dribbling to change things up a bit and make it more challenging.

Tennis ball dribbling

Purpose: Hand eye coordination; dribbling with eyes up

Method: There are many different ways to incorporate a tennis ball into dribbling to add some difficulty to regular drills. Tennis ball dribbling forces players to keep their eyes up whilst dribbling. Dribbling can be done stationary, on the move, as individuals or in pairs.

Stationary examples:

- Dribble basketball with one hand whilst throwing and catching a tennis ball with the other hand.
- Dribble basketball with one hand whilst dribbling a tennis ball with the other.
- Perform stationary crossovers with basketball, whilst throwing the tennis ball with the other.
- Dribble basketball with one hand whilst your partner throws a tennis ball for you to catch with the other hand.
- For more examples:
<https://basketballhq.com/tennis-ball-basketball-dribbling-drills-stationary>

Moving examples:

- Dribble basketball down the court whilst throwing and catching tennis ball
- Dribble basketball down the court whilst performing crossover dribbles and throwing tennis ball in the air to swap hands
- Dribble basketball down court with one hand whilst your partner continuously throws a tennis ball for you to catch with the other hand
- For more examples: <https://basketballhq.com/tennis-ball-basketball-dribbling-drills>

REMEMBER: Challenge your players. Once they master a skill, give them something harder to work on.

“If it doesn’t challenge you, it doesn’t change you”

