

5. Blindfold or Goggles

Purpose:

Players practice dribbling without looking at the ball.

Setup:

Player with ball anywhere on the court.

Execution:

- * Player puts on blindfold or dribble goggles.
- * Player gets in good dribbling position with knees bent, arm bar out in front.
- * Player uses fingertips to push ball down to the floor and back as he dribbles.
- * Player or coach counts how many dribbles done blindfolded. Throughout the season, player works to improve the number of dribbles done blindfolded.
- * After sufficient time or a mistake is made, player switches to dribbling with other hand.

Coaching Tips:

- * Player should start slow and then try to get faster and faster.
- * Player can add in different kinds of skills depending on their skill level such as dribbling with right hand, dribbling with left hand, crossover, in/out dribbling, push/pull dribbling, between the legs, and around the back.