

10. Collision Dribbling

Purpose:

Players practice dribbling fundamentals.

Setup:

All players have a basketball and are in a small space determined by the coach.

Execution:

* On the coach's whistle, all players start dribbling around each other in a small space (younger players – within the 3 point area, older players – within the paint) aiming to keep their dribble under control.

* Similar to dribble knockout except players aren't allowed to hit the basketball of the other players away. Instead, the aim of the drills is to navigate through and dodge all the other players using dribbling moves and by being creative with the dribble.

* This drill will improve ball-handling because players must react to other players and can't predetermine their actions. It also forces all players to keep their heads up or they'll run into someone!

* If a player loses control of the ball and it rolls out of the predetermined area, the player is out.

Coaching Tips:

* Don't allow players to all dribble in the same direction or it will be too easy.

* Keep reminding the players to keep their heads up!

* Encourage players to use both hands. Not just their strong hand.