

19. Cone Tip-Over Drill

Purpose:

* This is an ideal drill to help develop dribbling skills. It also initiates team development as players learn how to work together.

Setup:

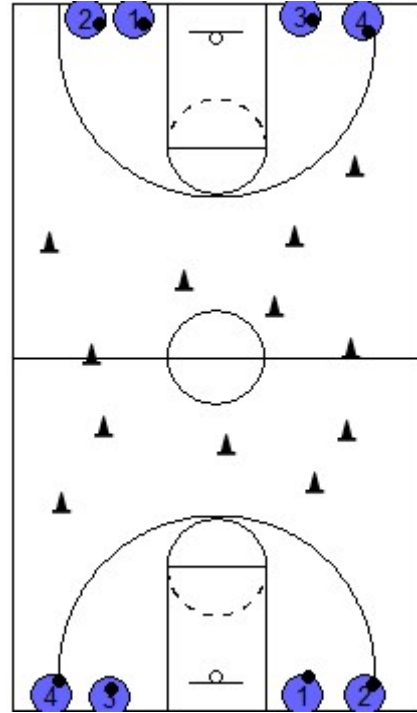
* Set up 5 to 10 cones on each half of the court. Have two teams and each player needs a ball.

Execution:

* On the whistle, team 1 knocks over as many cones as possible while maintaining their dribble. Team 2 tries to pick up any cone that is knocked over while maintaining their dribble.

* If a player from team 1 loses their dribble, they must pick up a cone. If a player from team 2 loses their dribble, they must knock down a cone.

* After 30 to 60 seconds. One point is awarded to team 1 for each cone that is knocked over and team 2 receives a point for each cone still standing. The team with the most points wins.



Coaching Points:

* Encourage players to focus mentally on exactly what they are doing and to avoid being distracted.

* Have them dribble with either hands, only their strong hand, or only their weak hand.