

# 13. Dribble Relays

## **Purpose:**

Players improve ball-handling skills by sprinting up the court without losing control while improving their endurance.

## **Setup:**

Form at least 2 lines and divide players evenly.

The first player in each line gets a basketball.

## **Execution:**

- \* The drill begins when the coach call's out 'GO'.
  
- \* The first player in each line dribbles up and down the court as quickly as possible.
  
- \* The dribbler must hand the ball to the next person in line in order for their teammate to start dribbling.
  
- \* Continue this until the last dribbler has finished.
  
- \* The team to get all of their players up and down the court the fastest wins.

## **Coaching Points:**

- \* Emphasize the following points: head up, eyes forward, dribble at or below the waist, dribble with fingertips.