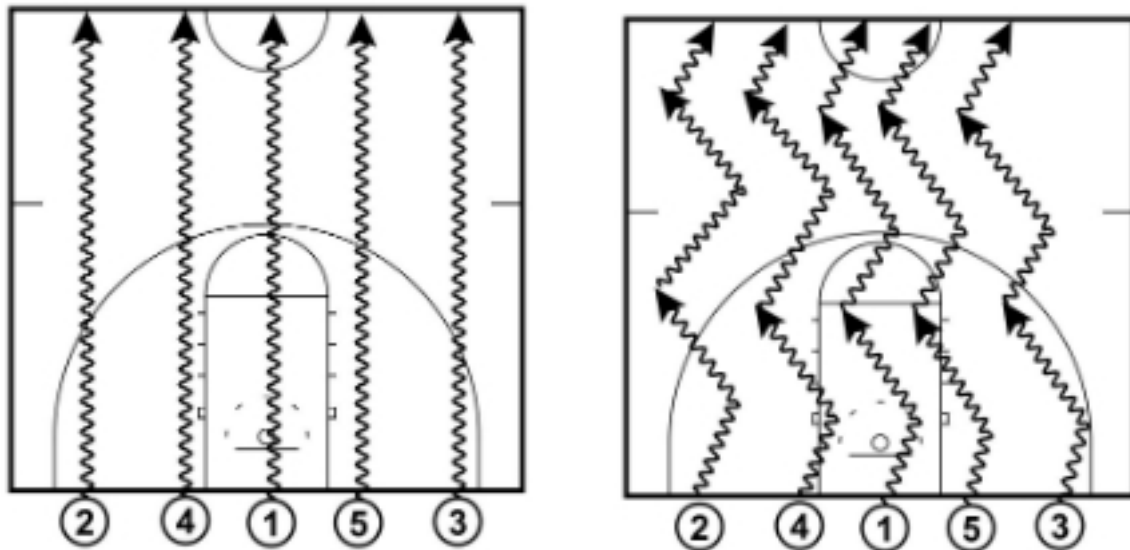


1. Dribbling Lines – Dribbling Drill



Overview:

This is a simple drill to teach the basics of dribbling to new players.

It's a good way to introduce new moves without overwhelming them and will also help to improve the technique of the movements players already know.

Setup:

Every player has a basketball and lines up on the baseline.

If you have more than 8 players, create two lines on the baseline instead of one.

How it Works:

The coach will instruct the players to use different dribbling movements to dribble up to either the half-court line or full court.

Tell them the dribble movement you want to be performed first, and then say 'go'.

Here are a few ideas:

- Right hand up, left hand back
- Crossovers

- Behind-the-back
- Through-the-legs
- Dribble low or power dribble
- Dribbling backwards

Coaching Points:

- Players must keep their heads up at all times.
- Once they develop good technique, focus on the players pushing off with their outside foot when making a move.
- Adjust the dribbling skill and difficulty per age and ability level.