

3. In/Out with Crossover

Purpose:

Players practice dribbling fundamentals.

Setup:

Player with ball anywhere on the court.

Execution:

- * Player dribbles ball with one hand in an “in-out” motion then crosses over to other hand and does the same thing. So it’s “in-out-over.”
- * Player goes faster and faster until a mistake is made.

Coaching Tips:

- * This drill can be run without the crossover so focus is on dribbling with one hand.
- * Players can also look at the ball during this drill if necessary but move towards looking forward and not down at the ball.
- * Look for good, balanced body position from the player.