

15. Mirror Dribbling

Purpose:

Players practice dribbling fundamentals.

Setup:

Coaches assign evenly skilled partners.

Partners stand facing one another with a basketball.

Execution:

- * One player starts as the “leader”.
- * The “leader” performs dribbling skills such as dribble right, dribble left, dribble back, dribble forward, crossover, between the legs, around the back, spin move, in/out, or push/pull.
- * The other player must keep their head up and “mirror” the “leader”.
- * Coach can keep the time for each leader at 30 seconds or 60 seconds, depending on the skill level. Once that time is up, the partners switch roles. The leader becomes the mirror and visa versa.

Coaching Points:

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