

4. Push-Pull

Purpose:

Players practice dribbling fundamentals.

Setup:

Player with ball anywhere on the court.

Execution:

- * Player gets in good dribbling position with knees bent, arm bar out in front.
- * Player pushes ball forward and pulls it back in stationary dribbling position.
- * Ball should be dribbled with one hand.
- * After sufficient time or a mistake is made, player switches to dribbling with other hand.

Coaching Tips:

- * Player should start slow and then try to get faster and faster.
- * Players can also look at the ball during this drill if necessary but move towards looking forward and not down at the ball.