

# 17. Snake Dribbling

## Purpose:

This drill does a great job of developing ball-handling skills. It allows all players to be working on ball handling at the same time, and forces players to keep their heads up and avoid defenders when they are dribbling.

## Setup:

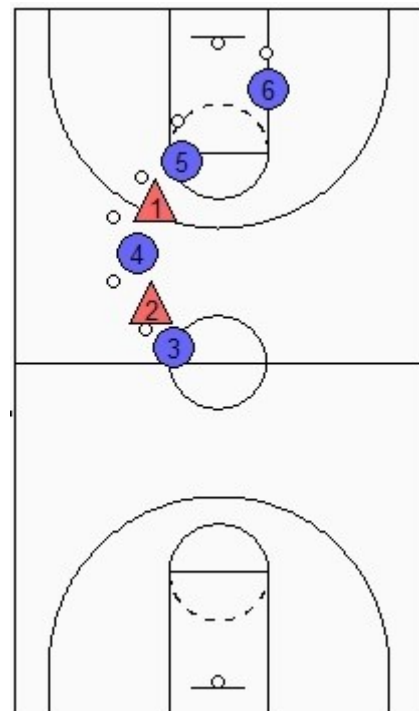
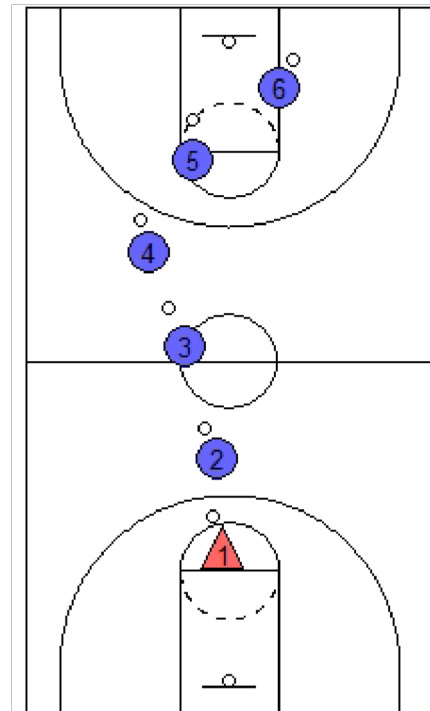
- \* Each player has a ball.
- \* Players form a winding line that resembles a snake, each with a ball in their hand.

## Execution:

- \* The last person in line must dribble the ball low with their head up through the snake, until they reach the front of the line and stop.
- \* Each time a player becomes the tail of the snake they must work their way to the front and stop.

## Coaching Points:

- \* Remind players to keep their heads up to navigate through the snake. Players must also vary their dribble and use their body to protect their dribble. If you have a large group of players, you may need to form more than one snake.



**Variations:**

- \*Variations of this drill include only allowing players to use their dominant or non-dominant hand while dribbling through the snake.
- \* Another variation allows for the other members of the snake to attempt to knock away the player's ball, forcing the ball handler to protect their dribble.
- \* If there is a large group of players and more than one snake is formed, have the snakes compete to see which one can get around the gymnasium in the shortest amount of time.