

# Two Ball Dribbling

## **Purpose:**

Players practice dribbling fundamentals.

## **Setup:**

Player with two balls anywhere on the court.

## **Execution:**

- \* Player starts out dribbling the two balls slowly – getting into a good rhythm.
- \* Player then works his way lower.
- \* From there he can go into a number of different drills: he can do in-out dribbles; push- pull dribbles; dribble high and hard; dribble low and fast; alternate hands high; alternate hands low; do one ball high, one ball low; crossover; go between the legs; and more.
- \* Additional drill options: dribble two balls up and down court; dribble one ball and juggle the other.

## **Coaching Tips:**

- \* Player should dribble with wrist and hands, not arms and shoulders.
- \* Player should have his head up and not be looking at the balls.