

## The Importance of Two Ball Dribbling



If you are like many young basketball players you have tried to master the dribble you've seen plenty of books, articles or videos on 2 ball dribbling. Is it really necessary to take the time to practice 2 ball drills?

While young players are finding dribbling one ball hard enough when starting out, who has time for two balls right? Well there are many advantages to working with 2 balls and the earlier the better.

At most camp settings you'll find single ball usage due to the wide range of abilities in players. To introduce 2 ball dribble in a large group could be a mistake. This is why at HOOPZONE you need to reserve some Private session time to get introduced to 2 ball dribble.

### Are Two Balls Better Than One?

One of the most important things you can do to be a good dribbler is to be versatile with both hands. Not just be a right handed dribbler or a left handed dribbler, but be able to go the same both ways, right and left.

When it comes to hand-eye coordination and ability I think two ball dribbling is probably one of, if not the best thing you can do in basketball for your ball handling. Developing coordination with the basketball and developing a rhythm will only make you better. But in addition to learning this 2 ball stuff you will also greatly improve your weak dribbling hand. And that is a huge plus!

If you have a weak hand, as most do, and you attempt two ball dribbling, that weak hand will show itself. So it only makes sense that the more you work in this area, the more you can balance out both hands and become a more proficient ball handler.

If you think dribbling two balls is all you need to get great at ball handling think again. Remember, the game is played with one ball so mastering being explosive with a single ball is crucial.

Working out at game speed is extremely important in developing your ball handling skills. Know your limits and start slow and easy but when you feel ready get up to game speed. But push yourself to improve, work on quickness, and that's how you get better. Lazy practice makes lazy players!

### Two Ball Drills

If you are new to this type of ball handling training here are some simple workouts I'd recommend you do. Even if you're a seasoned ball handling, I'd still recommend you add these to your regular workout and in time challenge yourself with most advanced ones.

It doesn't need to be complicated either with two balls, keep it simple. Make sure your 2 balls have the same amount of air pressure in them. Here are the drills:

#### **2 BALL WAIST**

Dribble both balls together up to waist height.

#### **2 BALL LOW:**

Dribble both balls low to the floor, below knees. Pound it!

#### **2 BALL HIGH:**

Dribble both ball shoulder height

**Two Ball Drills** (continued)**2 BALL POUND IT:**

Dribble both balls very hard to waist level.

**2 BALL KILLS:**

Dribble both balls together waist high, and then suddenly "kill" the dribble as low as you can go. Then bring it back up and repeat.

**PISTONS:**

Like the pistons in an engine, one ball is down while the other is up, and vice versa.

**1 HIGH-1 LOW**

Dribble a ball on each side, one as high as you can with the other low to the floor.

**2 BALL SIDE V-DRIBBLE:**

Dribble the balls low on both sides. Roll your wrists over and receive the ball behind and bounce it forward. Rotate your wrists back over and receive the ball in front.

**WIPERS;**

Just like car's windshield wipers. Roll your hand over the top of the ball, outside to inside.

**2 BALL JUGGLE:**

Keep both balls moving in the same direction in a circular motion. Bounce one ball over, hand the other over, bounce over, hand over, keep going.

**ZIG/ZAG:**

With a ball in each hand, start dribbling at a 45 degree angle toward the right side of the court. After 3-4 dribbles, plant your right foot and change directions so you're dribbling at a 45 degree angle toward the left side of the court. After 3-4 dribbles, plant your left foot and head back toward the right. Repeat this zig-zag pattern all the way up the court. First do Piston dribble then Together dribble.

**2 BALL SIT-UP DRIBBLE**

While doing bent-knee situps, dribble up with both hands as you sit up. Stay up for 2 seconds still dribbling then return back to floor still maintaining your dribbling. Repeat.

**2 BALL PYLONS**

Set up pylons in a winding circuit. Start at the first pylon and dribble the two balls around each of the pylons set up. After you have gone through the circuit once, incorporate different exercises to be performed at each of the pylons on your second run.

**2 BALL WALL DRIBBLE:**

Standing next to the gym wall, dribble both basketballs at shoulder height against the wall. Can move up and down.

**STOP & GO:**

Speed dribble by pushing both balls forward. Stop sharply with your body under full control. Keep dribbling as you stop. Move up the court using the stop and go dribble with two balls.

There are many more 2 ball drills you'll find at our Private Sessions to enhance your skills even further yet!

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TO YOUR ASPIRATIONS**