

ONE BALL DRIBBLE DRILLS

POUND IT:

In a good dribbling position dribble very firm with your right hand only. Alternate to left.

KILLS:

Dribble the ball waist high at the side, and then suddenly "kill" the dribble as low as you can go. Then bring it back up and do it over again.

FRONT V-DRIBBLE (1 HANDED):

Bend at the waist and knees. Dribble the ball right hand low in front of you. Swing it toward the middle, then allow your hand to roll over the top of the ball to the inside and push (dribble) it back outside. Do left hand.

SIDE V-DRIBBLE:

Bend at the waist and knees. Dribble the ball low on your right side. With your right hand in front and on top of the ball, bounce it backward. Roll your wrist over and receive the ball behind and bounce it forward. Rotate your wrist back over and receive the ball in front. Do left hand.

LOW/SLOW:

Dribble the ball as low as you can and as slow as you can from end line to half court and back.

SCISSORS

Place your left foot ahead of your right and bounce the ball between your legs from your right to your left hand. As the ball gets to your left hand shift your feet so that your right leg goes ahead of your left and bounce the ball back between your legs. Shift your feet with every bounce.

FIGURE 8 DRIBBLING

Dribble the ball as quickly as possible in a figure 8 through and around the legs. Use the fingers when you dribble, and dribble very low and quickly. Switch from the right to the left and back to the right.

SIT-UP DRIBBLE

While doing bent-knee sit-ups, dribble up with your right hand as you sit up, and around your feet, then switch hands to your left as you go back down, and then dribble with your left hand as you sit up, back around your feet, switching back to your right hand.

TENNIS DRIBBLE:

Catching a tennis ball in one hand whilst dribbling a basketball in the other. Alternate balls.

WALL DRIBBLE:

The wall dribble drill is a great way to improve your finger, wrist, and arm strength. Standing next to the gym wall, dribble the basketball at shoulder height against the wall. Dribble the ball a half inch or inch from the wall, really pounding the ball hard against the wall, moving it up and down and left to right. Do this for 20-30 seconds at a time with one hand, then switching to the other hand. Repeat with the right and left hand.

WALK/DRIBBLE BETWEEN LEGS:

Walk forward while dribbling through your legs. Then try it walking backwards!

ONE ON TWO

A good drill to use to better your dribbling under pressure is to try to advance the ball against two defenders. This will force you to use a variety of maneuvers while being alert to the defense.

PASS AND CATCH

With 2 hands, make a bounce pass between your legs from front to back and catch the ball with 2 hands behind you. Then bounce the ball through your legs from the back to the front, and catch the ball in front of your body. This is a good drill for body awareness.