

TWO BALL DRIBBLE 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

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.

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.