

## FDBA Domestic Coaches Drill Book: Dribbling

Name: Line Dribbling

Drill No: A1

### Description:

For straight line drills players line up in four lines at baseline (see diagram A).

Players dribble down the court, and at designated spots (e.g. free-throw line extended, centre line), or on whistle, make one of the following designated moves;

1. Change from speed dribble to control (protection) dribble.
2. Crossover.
3. Fake crossover (inside out).
4. Reverse dribble.
5. Stutter (hesitation) dribble.

For change of direction drills players line up in two lines near centre of court.

Players practice change of direction dribbles in a zigzag pattern down court (see diagram B).

They can make one of the following designated moves:

1. Crossover.
2. Behind the back.
3. Between the legs.

### Variations:

Follow the leader - all players follow moves of designated player.

### Points of Emphasis:

1. Head up - see the court.
2. Correct dribbling technique - fingertips not palms.
3. Dribble waist height
4. Stay low.
5. Explosive change of direction - plant the foot and push off.

Diagram A.

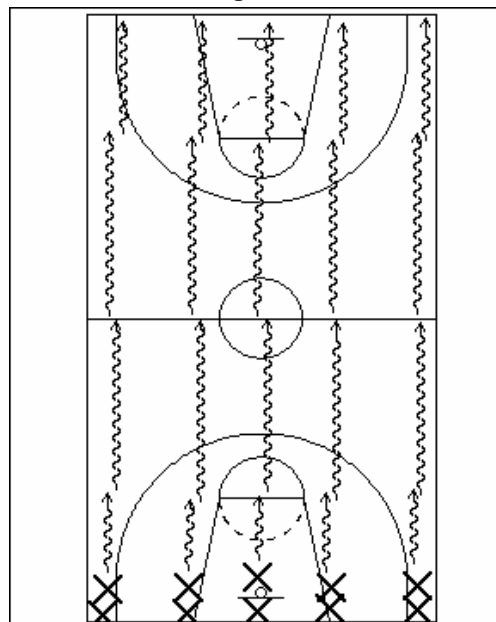


Diagram B.

