

FDBA Domestic Coaches Drill Book: Dribbling

Name: **Dribble King**

Drill No: **A2**

Diagram A.

Description:

Vary the court space used depending upon the size of your group.

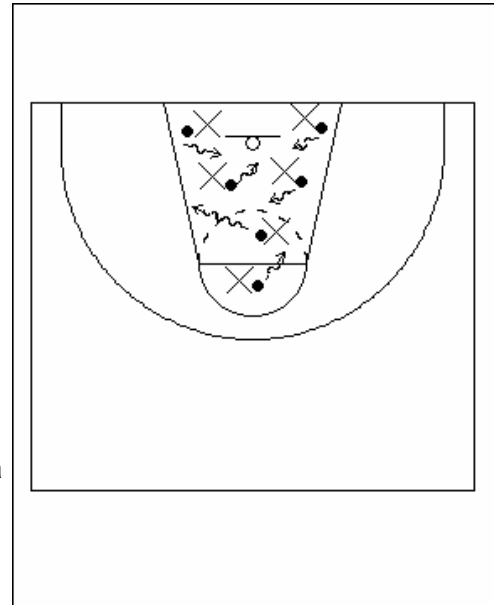
For a group of eight to ten start off within the three point line and baseline.

Each player has a ball and must dribble continuously within the designated area whilst trying to knock away the ball from other players.

Any player who cannot maintain their dribble or goes outside of the designated area is out and should step out of the designated area.

As number of players reduces further restrict the playing area (e.g. key, circle, top half of circle).

Last player left wins.



Variations:

Players only use weak hand to dribble.

Points of Emphasis:

1. Head up!
2. Fingertip control - use the wrist - push the ball to the floor.
3. Low dribbling stance - protection stance.