

FDBA Domestic Coaches Drill Book: Dribbling

Name: Two Ball Dribbling

Drill No: A5

Description:

Give each player two basketballs, or split into small groups with two ball in each group.

Give each player a chance to practice dribbling the two balls whilst stationary before letting the players dribble on the move.

Types of Dribbles:

Simultaneous - Bounce both basketball off the ground at the same time

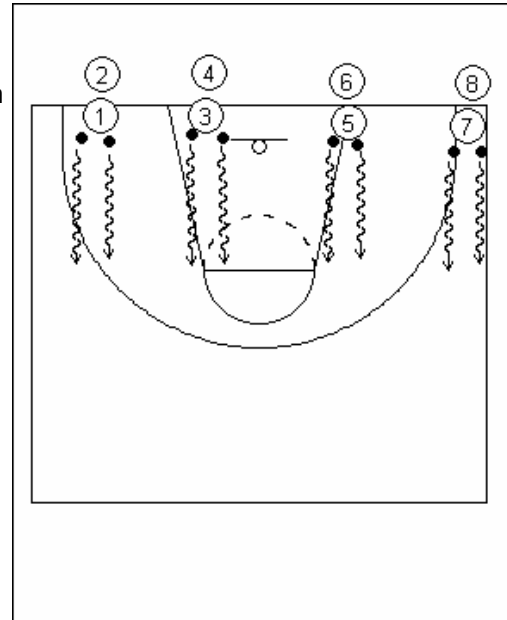
Alternating - Bounce one ball at a time

High/Low - Bounce one high and one low. Aim to get low ball below knee and high ball above shoulder.

Pound Em' Low - Bounce as hard as you can, as low as you can.

Pound Em' High - Bounce as hard as you can, shoulder height.

Diagram A.



Points of Emphasis:

1. Head up - see the court
2. Dribble ball with fingertips - not palms.
3. Stay low and dribble waist height.