

FDBA Domestic Coaches Drill Book: Dribbling

Name: Ring of Fire

Drill No: A6

Diagram A.

Description:

Split group in half. Half the group are dribblers and the other half are stationary taggers.

The dribblers dribble around within the 3pt line and avoid the taggers.

Taggers must not move but can tag a dribbling player if he or she comes within reach.

Drill last for 20-30 seconds then swap roles

Variations:

Change size of ring to make the drill easier or harder.
Allow the taggers to choose a pivot foot.

Points of Emphasis:

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

