

## FDBA Domestic Coaches Drill Book: Dribbling

Name: Dribble Tip Over

Drill No: A7

### Description:

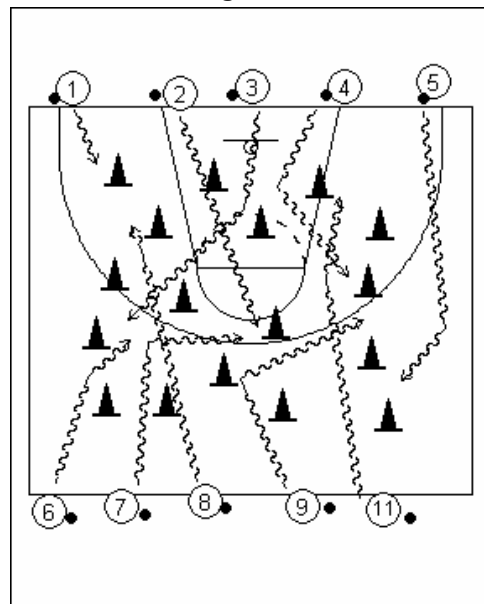
Place an equal number of cones upright within the half court and divide the group into two teams.

On given signal players on team one dribble while using the non-dribbling hand to knock over as many cones as possible. If a player loses control of the ball, he or she must return the cone to its upright position before recovering the ball.

Team two players dribble while returning the cones to an upright position. If a player loses control of the ball, he or she must tip the cone over again before recovering the ball.

After 30 seconds, signal the players to stop. One point is awarded to team two for each cone still standing. Teams reverse roles and play again.

Diagram A.



### Variations:

### Points of Emphasis:

1. Head up - see the court
2. Dribble ball with fingertips - not palms.
3. Stay low to enable you to keep control of ball while tipping or set cone right