

FDBA Domestic Coaches Drill Book: Dribbling

Name: Musical Dribbling

Drill No: A8

Diagram A.

Description:

This is the basketball version of musical chairs. If you don't have access to a music player use the whistle to start and stop the game.

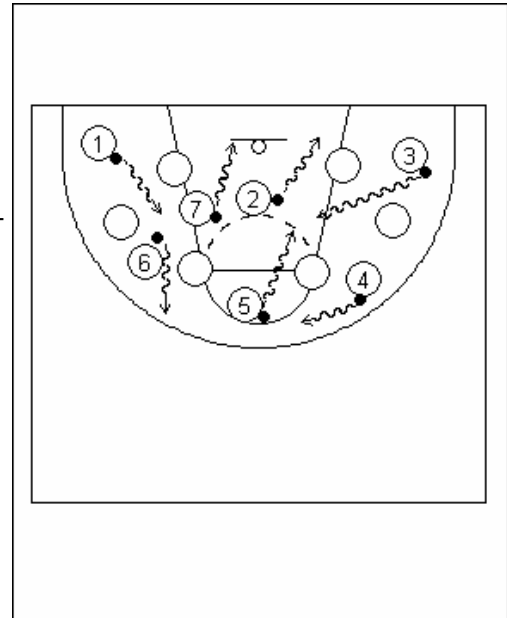
Place hoops around floor, one the start of music players dribble around the court on the stop of the music the must run to find a hoop.

Start decreasing the number of hoops until you have one left for two players.

Variations:

Have the player perform a predetermined skill before entering a hoop.

Progress to two ball dribbling



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