

FDBA Domestic Coaches Drill Book: Body Movement & Control

Name: Ball Scramble

Drill No: J5

Description:

Each player starts with a basketball and dribbles around one half of the court.

On the coach's command, the players will drop their basketball and run to the Ft line circle at the other end and then return.

While the players are running, the coach will remove one of the basketballs.

When the players return they must immediately grab a basketball.

The player without a ball is out of the game.

Variations:

Remove more than one ball.

Make the players dribble with weak hand.

Points of Emphasis:

1. Stay low and athletic to jostle for position
2. Run in straight lines
3. HUSTLE and don't give up

Diagram A.

