**South Muskoka Breakers Coaching Notes - Dribbling Development Drills**

These drills are intended to teach and train basic dribbling fundamentals.

Teach technique first – push don’t slap, dribble the ball low, head up – and then teach speed.

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| **Drill** | **Details** | **Level** |
| Wave Dribble | Everyone with a basketball, spread out on the court  -Coach points in a direction, players must dribble in that direction  -Start by giving slow directions | 1 |
| Mirror Dribbling | Everyone with a basketball and partner  -Partners stand facing each other, 1 or 2 strides apart  -One partner dribbles the ball and does different dribbling moves, while the other mirrors their actions  -Start stationary, add moving around once they can dribble with their head up | 1 |
| Knock Away | Everyone with a basketball, use court boundaries  -Players have to dribble their ball around, trying to knock other people’s balls away  -Once you lose your dribble or it goes out of bounds, you are out  -Can stand at edge of boundaries and try to knock other people’s ball away | 2 |
| Full Court Dribbling | Everyone with their own ball on baseline  -Dribble up the floor, doing a dribble move when they cross foul line, centre, foul line  -Emphasis on head up, dribble low, pound ball into floor (don’t slap it)  -Crossover, thru the legs, behind the back, in and out, hesitation, combinations | 2 |
| 2-Ball Dribbling | In partners, each with a ball  -One partner takes both basketballs and dribbles them at the same time  -Start with stationary, then do on the move  -In-sync, out of sync, one low one high, cross over, roll one dribble one, in and out | 3 |
| Dribble At | Groups of 2+, lined up across from each other  -front of each line dribbles at person across from them, when they meet in middle, each does the same dribble move, accelerate after move, then pass to next in line  -Work through all dribble moves (above), good 2 foot stop before they pass ball | 3 |
| Zig Zags | Groups of 2, set up in baseline corner  -1 on D, 1 on O with the ball, D slides as O dribble to centre of court, once at centre D forces O to the sideline  -Follow pattern to half court, at half court game is live | 3 |