

Dribbling Skills and Ball Control

Difficulty: Low



Equipment

- 1 basketball per lane (4 players per lane)
- 2 cones per lane (4 players per lane)



Set-Up

Create lanes of cones at each end of the court.



Field Dimensions

Basketball court



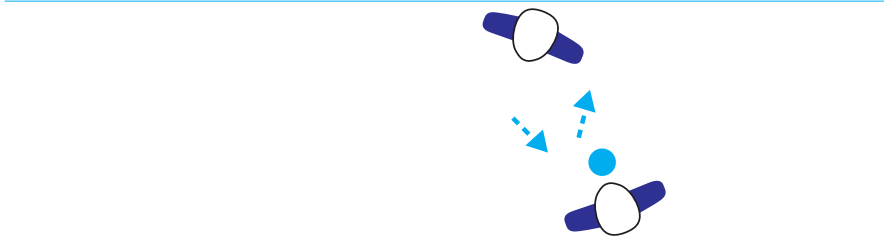
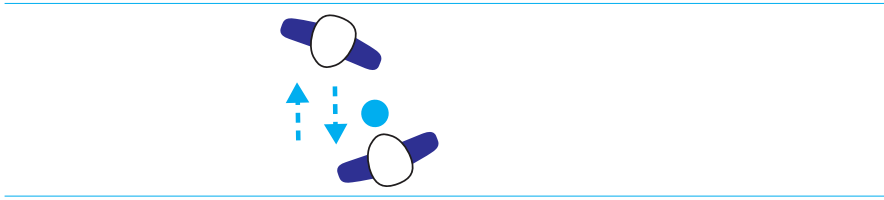
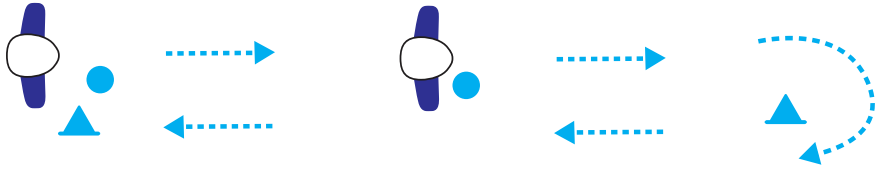
Instructions

- Run 3 lengths:
 - Lap 1: Dribble right only.
 - Lap 2: Dribble left only.
 - Lap 3: Dribble both.
- Passing drills:
 - Lap 1: Bounce
 - Lap 2: Chest
 - Lap 3: Both
- No double dribble, traveling, carryovers.



Tips & Variations

- Explain double dribbling (dribble, stop and hold, return to dribbling), carryover (palming or carrying ball from the bottom), and traveling (taking 3 or more steps without dribbling).
- Less-advanced players start with stationary dribble.
- Have strong players use weak hand.
- Match players by ability.



Full Court

Lay-Up Drills

Difficulty: Low



Equipment

- 3 to 4 basketballs per line, more or less as required



Set-Up

None



Field Dimensions

Basketball court



Instructions

- This activity is designed to improve hand-eye coordination for both dribbling and shooting a lay-up.
- Players in 2 lines at half court; shooters/rebounders.
- Lay-up on right side, then on left. One attempt only.
- Join opposite line when done.



Tips & Variations

- No double dribbling or traveling.
- Seasoned players to use weak hand.

