



# 30 TEAM DRIBBLING DRILLS

C O A C H M A C

[basketballforcoaches.com](http://basketballforcoaches.com)

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# HOW TO READ THE DIAGRAMS

**1**

This symbol indicates an offensive player that does not have possession of the basketball. The number will be between 1 and 5.

**1**

When a number is surrounded by a black circle this indicates that they are on the defensive team. The number will be between 1 and 5.

**1**

This symbols indicates an offensive player that does have possession of the basketball. The number will be between 1 and 5.



A straight, full-coloured line indicates a player is making a cut.



A dotted line indicates a player is making a pass.



A zig-zag line means a player is dribbling the basketball.



A line that ends with another line indicates a player is setting a screen.



This symbol similar to a hash indicates a hand-off between two players.



This symbol will represent either a cone or a chair depending on what you have available to you.

# INTRODUCTION

Hey there,

Thanks for checking out these 30 Team Dribbling Drills of the '*Championship Coaching Course*'.

Before we get into them, it's important to note that the following dribbling drills will be primarily targeted at the younger and more inexperienced teams.

The reason for this is because as players get older and improve, the skill of dribbling the basketball becomes more about being effective in as few dribbles as possible.

This is best taught using various small-sided games found in the '22 Small-Sided Games' PDF of this course.

Whereas for the younger age groups, dribbling drills are very important while they're setting the foundation and are a great way to keep all players occupied, improving, and having fun.

The two most important things a coach must focus on while running dribbling drills are:

## **1. Ensure players are developing the ability to dribble with both hands**

If you leave it up to the players, they're naturally going to dribble with whichever hand they're able to control the basketball best with.

For this reason, you must always keep a focus on developing both hands equally when you're running any drill.

For example, using the 'opposite hand only' rule in a game of dribble knockout.



I learned at a young age to dribble with both hands, and that allows me to be more creative when I go against bigger and stronger opponents ”

– Steve Nash

**2. Ensure player are practicing dribbling with their head up**

Similar to choosing their dominant hand, players will naturally look down at the basketball when they first start dribbling because it's easier.

Coaches must push players out of their comfort zones by encouraging them to keep their heads up while dribbling.

This will lead to more mistakes and a few loose basketballs rolling around the gym, but will lead to an in-game improvement much faster.

Good luck!

*— Coach Mac*

# 1-on-2 Full Court

## How the Drill Works:

One player with a basketball dribbles full-court against two defenders. The offensive player must attempt to beat the defenders by dribbling past them utilizing only one side of the court.

## Purpose:

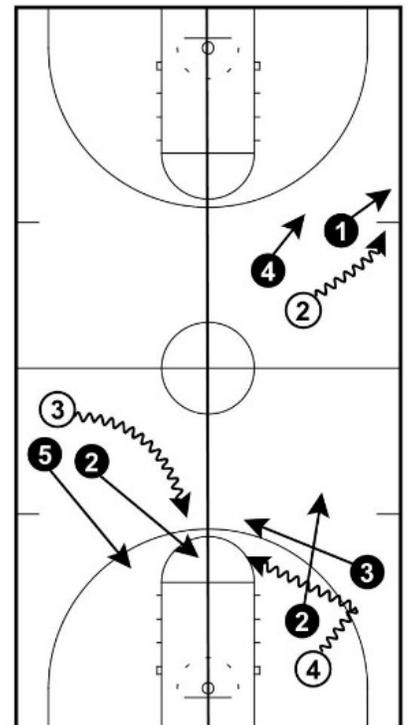
This drill takes the dribbler out of their comfort zone by putting them in a full-court disadvantage situation. The dribbler must be creative with the dribble to beat their opponents. It also improves communication and teamwork on defense.

## Setup:

- Players all get into groups of three.
- One offensive player starts with the basketball on the baseline.
- Two players start on the court in defensive stance.

## Instructions:

1. Dribbling only on one side of the court, the drill starts with the offensive player attempting to dribble past the offensive players while they attempt to trap and steal the basketball.
2. Each time the offense gets past the defense, they must stop and allow the defense back in front to continue the drill.
3. Each time the defense gets a steal or deflection, the basketball is returned to the offensive player and the drill continues down court.
4. When the offensive player reaches the three-point line, they must attempt to beat the two defenders and score at the rim.
5. The players then switch the offensive player and continue back down the other side of the court.



**Variations:**

**Dummy Defense** - Instead of attempting to steal the basketball, the defense must keep their arms out and focus on using their feet to stay in front of the offensive player.

**Two Basketballs** - If you're players are playing dummy defense, a tough variation is to have the offensive player attempt to dribble two basketballs down the floor.

**No Score** - In the above outline the offensive player attacks the rim when they reach the three-point line. You can remove this option and simply have the players dribble to the opposite end of the floor.

**Reduce the distance** – Start the drill from the half-court line if your players are having a hard time using the full court on offense against two defenders.

**Coaching Points:**

- The defense must use their feet to stay in front of the dribbler. Don't allow the defenders to simply slap at the basketball for steals and then get beaten.
- The offensive player should be using dribbling fakes and change of speed to drive past the two defenders.
- Start the next group of players when the group of three before them has crossed the half-way line.

# 55 Second Drill

## How the Drill Works:

Players complete four lengths of the court against the clock (not necessarily 55 seconds) while performing a variety of dribbling challenges.

## Purpose:

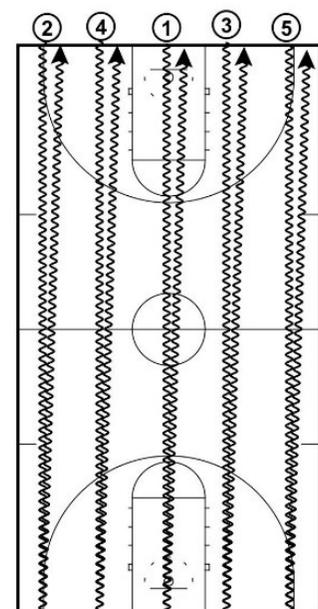
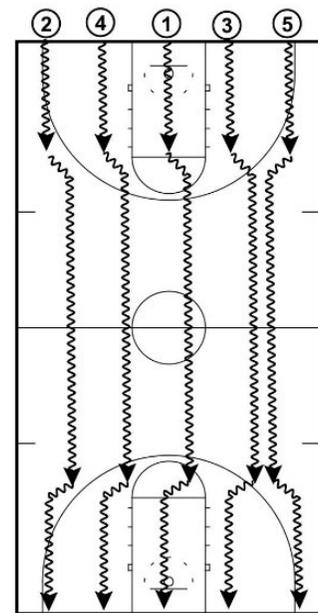
This is a great drill for developing dribbling skills while also incorporating conditioning.

## Setup:

- 4 - 5 players along the baseline. They should be an even distance apart.
- Each player needs two basketballs. They start the drill using only one but will need the second one on the last up-and-back.
- The coach must have a stopwatch or a way to time the drill.

## Instructions:

1. The first up-and-back consists of players dribbling to the end of the court with their right hand, and then back with their left hand.
2. For the second up-and-back each player must perform two dribble moves each direction. These can be through the legs, behind the back, crossovers, in-and-out dribble, spin move, etc. Must be 4 different moves.
3. The third up-and-back consists of the pretzel walk going forwards, and then on the way back players must perform the pretzel walk going backwards.
4. For the final up-and-back the second ball comes into play. The player must dribble up and back bouncing two basketballs at once.



**Scoring System:**

- This drill is scored by time.
- Players must finish the drill as fast as possible. A good time for a high school player is 55 seconds. For younger players, perform the drill once and see what they get and then try to beat it every time you run the drill.

**Variations:**

**Add More Lengths of the Floor** - This is a very customisable drill. Feel free to add anything you want to the drill but make sure to increase the time allowed.

**Change the Dribbling Moves** - For example you might not want your players to do the pretzel walk and instead choose for them to dribble up and down the floor backwards.

**Coaching Points:**

- Players must be keeping their heads up throughout the entire drill.
- Players must push as hard as they can throughout the entire drill. Don't let any of them slack off!

# Balloon Dribbling

## How the Drill Works:

This drill involves keeping a balloon in the air by a single player or pair of players while simultaneously dribbling a basketball. When the balloon hits the floor, the player or pair are out.

## Purpose:

A fun and competitive dribbling drill designed to improve a player's ability to control the basketball. The drill achieves this by forcing players to keep their eyes and focus on the balloon instead of the basketball. Great drill for young kids.

## Setup:

- Each player has a basketball.
- Each player is given one blown up balloon.
- All players find space on the basketball court.

## Instructions:

- 1.** Players begin the drill by dribbling the basketball and holding the balloon.
- 2.** When they're ready, the player throws the balloon directly up into the air.
- 3.** Each player is now required to continually tap their balloon in the air while also keeping their dribble alive.
- 4.** A player is out when they lose control of their basketball or their balloon hits the floor.



**Variations:**

**Players in Pairs** - Instead of running the drill individually, all players find a partner and have one balloon between them. The pair then tap the balloon back and forth until it hits the ground.

**Opposite Hand** - Players are required to dribble the basketball in their non-dominant hand only.

**Change Hands** - Players must switch which hand they're tapping the basketball with each time they keep the balloon alive.

**Coaching Points:**

- Ensure that players are in a low stance while maintaining the dribble. The closer the basketball is to the ground the easier it will be to control.
- Since the drill can seem simple, constantly vary the rules of the drill to keep players thinking and the drill moving quickly.
- Encourage players to keep their eyes on the balloon at all times. A player's eyes shouldn't be dropping down to the basketball.

# Catch Me If You Can

## How the Drill Works:

This drill involves players slowly dribbling up behind a player or coach with their back turned. When the coach turns around, the players quickly turn around and dribble back to the 'safe zone'. The players that the coach can tag before they get into the safe zone are out.

## Purpose:

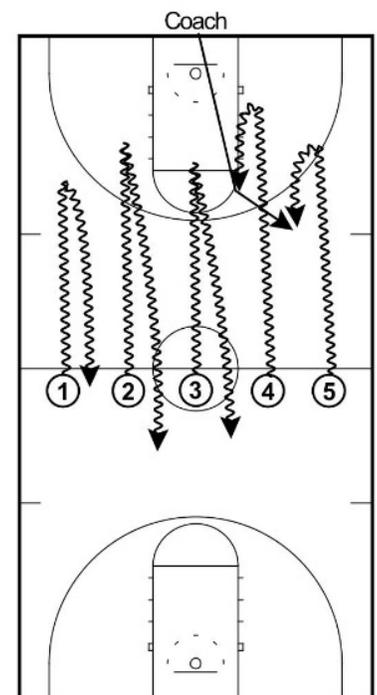
A super fun drill for younger players that encourages them to dribble with their heads up while controlling the dribble to see when the coach turns around. Also helps with quickly reacting and dribbling at full speed.

## Setup:

- The players line up along the half-way line each with a basketball.
- The coach starts on the baseline with their back to the players.

## Instructions:

- 1.** With their back towards the players, the coach calls out 'Go!' to begin the drill. The players start slowly sneaking up the court towards the coach with the goal of getting as close as possible.
- 2.** When the coach can hear the players close, they quickly turn around and chase the players back to the half-way line tagging as many as possible.
- 3.** Those that are tagged are out or receive 1 strike.
- 4.** The players and coach then return to their starting positions and the drill starts again.
- 5.** This continues for a set amount of time or until there's a winner depending on the rules and the age of the players.



**Variations:**

**Tennis Balls** - If you're coaching older players and need to incentivise them to get as far up the court as possible, place tennis balls in a straight line a few feet behind the coach. The goal for the players is to dribble up, grab a tennis ball, and get back to the safe zone without being tagged.

**Opposite Hand** - Have players dribble only with their opposite hand. This is great practice for young players as they're required to keep their head up the entire drill.

**Full Court** - Instead of only dribbling back to half-way, players have to dribble the length of the entire court to reach the safe zone.

**Player as Chaser** - You can have a player take the position of the chaser instead of the coach. If you do this, they shouldn't have to dribble a basketball to give them a chance to catch their teammates.

**Coaching Points:**

- I recommend starting the coach on the baseline instead of the players as I've seen some do. The reason being is that it's never a good idea having players run full-pace towards the baseline if there's not much space before the wall. Especially if they're being chased.
- This drill is fantastic for allowing absolute beginners (4-8 years old) to practice their dribbling. If players are older than that, there will be little benefit apart from fun.
- Players should be in a low stance so that they can react quickly when the coach turns around.
- When speed dribbling back, encourage the players to push the basketball far out in front of themselves so they can run onto it.
- Players are automatically out if they commit any traveling violations.

# Chaos Call Out

## How the Drill Works:

Players dribble around a designated area while avoiding 1 - 2 defenders who are attempting to steal the basketball off the rest of the players. The coach circles the playing area holding up numbers between 1 - 5 and the dribblers must call out the numbers while evading the defenders. When an offensive player fails to call out a number or has their basketball stole, they're out.

## Purpose:

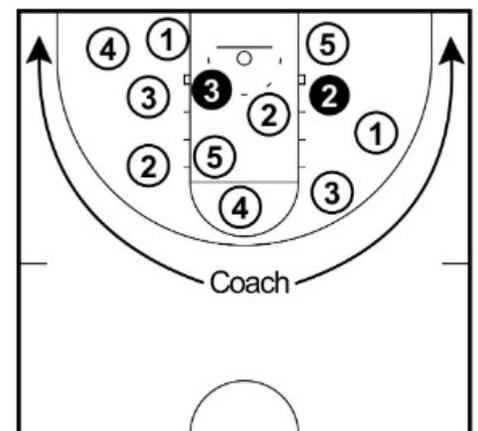
A fun dribbling drill that forces players to keep their heads up and focus on the the coach while evading defenders. This is important so players can read the other players on the court instead of looking at their defender.

## Setup:

- Decide on a playing area depending on the number of players you have. This can be the key area, within the three-point line, or a designated area using cones.
- 1 - 2 defenders without a basketball.
- The rest of the players have a basketball and start inside the playing area.
- The coach stands outside the playing area.

## Instructions:

1. On the coach's call, the drill begins and the offensive players start dribbling around within the designated playing area.
2. The defenders run around looking to deflect or steal the basketball away from the other players.
3. The coach will then walk circles around the playing area holding up numbers from 1 - 5.
4. The players must immediately call out the number the coach holds up or they're out. It's up to the coach to decide which players failed to call out the number.



5. If a player has their basketball stolen or deflected out of the playing area they're out.
6. The last player left in is the winner.

### Variations:

**Coach Doesn't Move** - Instead of walking circles around the playing area, the coach can simply stand at the top holding up numbers.

**Number of Defenders** - Select the number of defenders depending on the amount of players you have. This will vary depending on the level but there should generally be 1 defender for every 5 - 8 offensive players.

**Opposite Hand Only** - A fun variation is to instruct all offensive players to dribble only in their opposite hand. This usually means the drill will end quickly.

### Coaching Points:

- Offensive players should be in a low stance and have their arm bar up protecting the basketball at all times.
- The defenders must not foul. If an offensive player is fouled while having the basketball stolen from them or deflected, they stay in the drill.
- Players should be shouting out the number the coach is holding up loudly. The coach should be 100% sure each player called out the number.

# Collision Dribbling

## How the Drill Works:

Players are all in a small playing area and must dribble around dodging each other without losing their basketball and without accidentally hitting someone else's basketball away.

## Purpose:

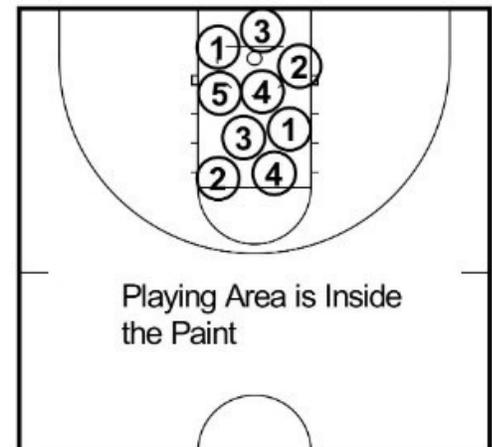
This drill is used to teach players to dribble in confined spaces and to keep their heads up. Players also learn to be creative with their dribble since there's not much space to dribble.

## Setup:

- All players have a basketball.
- The coach decides on the playing area depending on the size of the group. The playing area could be the key area, an area set out by cones, the three-point line, etc.

## Instructions:

1. On the coach's call, all players will start dribbling around each other in the small space aiming to keep their dribble under control.
2. If anyone loses control of the basketball, they simply retrieve it and enter back in the game.



## Variations:

**Competitive** - You can allow players to try and knock each other's basketballs out of play. This variation is known as 'Dribble Knockout'.

**Weak Hand Only** - One way to increase the difficulty of this drill is to only allow players to dribble with their weak hand.

**Coaching Points:**

- Don't allow players to all dribble in the same direction or it will be too easy.
- Keep reminding the players to keep their heads up!
- Encourage players to use both hands. Not just their strong hand.

# Court Knowledge

## How the Drill Works:

Players start the drill in the center circle with the basketball. The coach yells out a variety of spots on the court and the players have to run and stand in the designated spots.

## Purpose:

This drill is a great way to help younger players learn the terminology of the basketball court. It's also a fun dribbling game that young players always enjoy.

## Setup:

- All players start the drill with a basketball in the middle of the court.

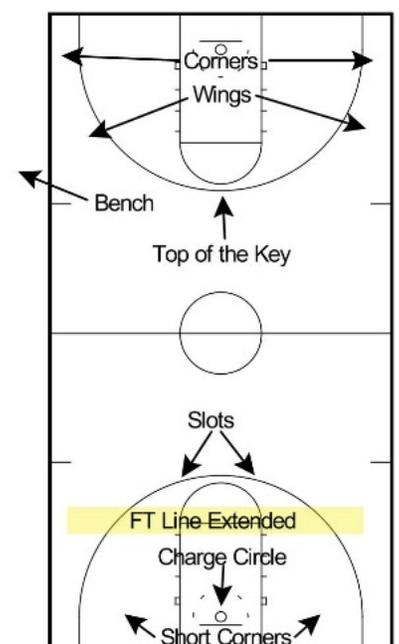
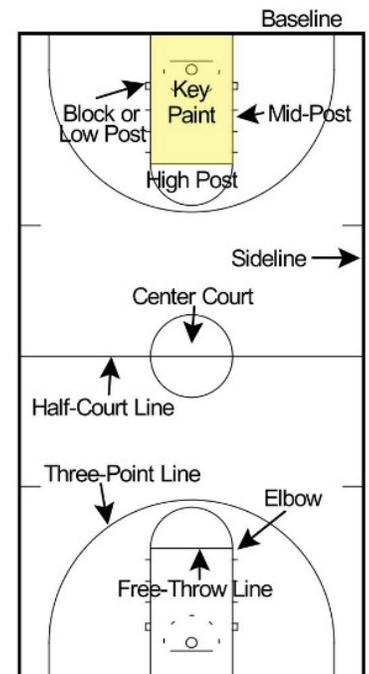
## Instructions:

1. The coach calls out an area of the court (for example the low block) and all players must dribble and stand on or close to that spot on the court. This can be at either end.
2. Once all players are in there, call out the name of the next area on the court and the players must dribble to it.
3. This continues for 2 - 3 minutes.

## Areas of the court to include:

Here's a list of recommended areas of the court I came up with: (Some of them will be the same spot with a different name. We want players to learn all terminology).

- Center court
- Half-court line
- Split line
- Sideline
- Baseline
- Key



- Paint
- Three-point line
- Elbow
- High post
- Free-throw line
- Free-throw line extended
- Low post
- Block
- Mid post
- Charge circle
- Slot
- Corner
- Short corner
- Wing
- Top of the key
- Bench
- And any more you can think of!

### Variations:

**No basketballs** – For the first time you run it, consider not using basketballs at all and allowing the players to focus on learning the different areas of the court.

**Weak hand dribbling** - Players are only allowed to dribble with their weak hand.

**Players call out spot** - After they reach the area of the court you called out, players must call out where they are. This will hopefully lead to better memory of the terminology.

### Coaching Points:

- Make it fun!
- Consider turning this into a game. The last player who arrives at that spot on the court is out. Similar to musical chairs.
- Give time for all players to arrive at the next spot before calling out the next one.

# Dribble Course

## How the Drill Works:

Players complete a course that will allow them to practice different dribbling moves. The coach can customise the drill to what their team needs to work on.

## Purpose:

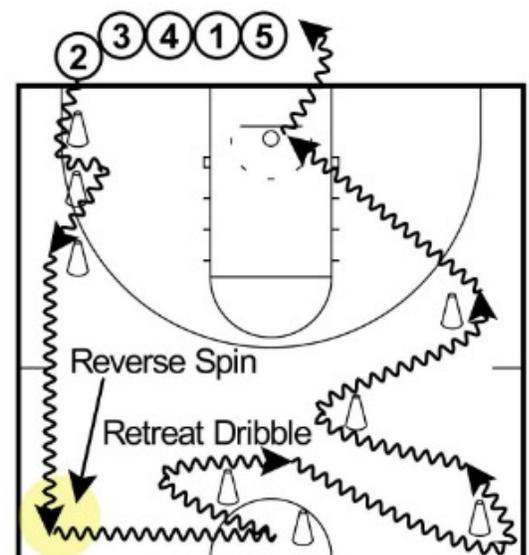
The drill is designed to improve the dribbling and ball-handling skills of the players on your team by working on different moves that they would use throughout a game.

## Setup:

- Every player has a basketball.
- All players begin the drill on the baseline in the corner of the half-court.
- Cones or D-Men if you have them.

## Instructions:

1. The drill begins with all players on the baseline with a basketball.
2. The first player in line completes the dribble slalom through the 3 cones.
3. They then speed dribble to the corner before slowing down and completing a reverse spin at the corner.
4. After the first player has completed the reverse spin, the next player in line starts.
5. Players then perform a retreat dribble at the next set of cones.
6. They then perform a wider slalom making sure to use both hands.
7. Finally, they finish the course with a layup, midrange shot, or three-point shot before joining the end of the line.



**Variations:**

**Create Your Own Course** – Improvise and experiment with a different types and combinations of dribbling moves. The list of potential courses you can create is endless!

**Weak Hand Only** – A fun variation I sometimes use in the drill is to get players to only use their weak hand. Doing so will get them out of their comfort zone and improve it.

**Coaching Points:**

- Players must keep their heads up while completing the course.
- The course must be completed at game speed. Encourage your players to push themselves!
- Make sure to go through all the different stations/moves with the players before starting the drill so that they understand how to perform them.

# Dribble Knockout

## How the Drill Works:

All players dribble around in a small area and the goal is to knock other players' basketball out of the area while keeping your own basketball alive.

## Purpose:

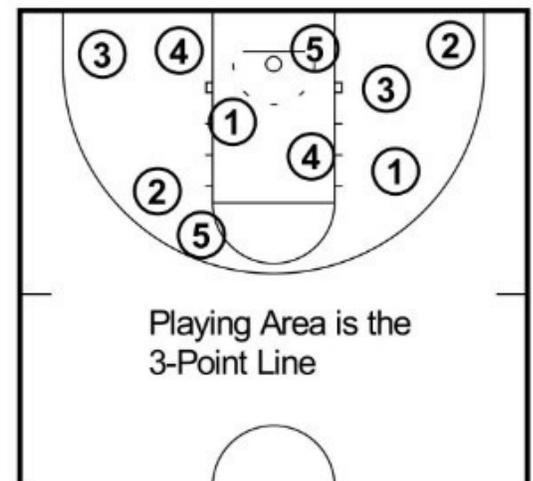
A great drill to work on dribbling skills and protecting the basketball all while evading other players in a tight space.

## Setup:

- The first thing the coach must do is determine the area the players will be dribbling in. This will depend on the amount of players you have but will usually be the three-point line or the 1/3 court line.
- All players must have a basketball.

## Instructions:

1. On the coaches call, all players try and steal the ball away from each other while keeping their own dribble alive.
2. When a players ball is knocked away out of the designated area, they are then out and must go and stand on the sideline and wait till the rest are finished.
3. Coaches must watch and if a player either travel or double-dribbles, they are automatically out.
4. As the group gets smaller and smaller, you should move them to a smaller space like only the key area.
5. The last one in wins!



**Variations:**

**Weak-Hand Only** - To make this game much harder and to work on weak-hand dribbling, play a game of dribble knockout in which all players are only allowed to dribble with their non-preferred hand.

**Never Out** - When a player's basketball is knocked out of bounds they simply receive it and join back in the game. This is often the best way to play with very young players.

**One Player Without a Basketball** - Instead of all players attempting to steal from each other, select one player and have them chase everyone around within the designated area attempting to tap the basketball away from everyone.

**Coaching Points:**

- If a player fouls someone else, travels, or double dribbles, they're out. It's the coach's job to keep an eye out for these things.
- Constantly remind players to keep their head up.
- Have a designated area for players that get out or you'll end up with kids everywhere!



**Variations:**

**Taggers Don't Dribble** - If the taggers are having a lot of trouble getting other players out, consider allowing them to run around without dribbling.

**Two Balls** - If you have enough basketballs for two each and your players are skilled enough, give each player two basketballs that they must dribble while the taggers only have to dribble one.

**Coaching Points:**

- If the taggers are struggling to tag anyone, consider allowing them to run around without having to dribble a basketball.
- Vary the size of the court and amount of taggers depending on the amount of players you have.
- If a dribbler commits a dribbling violation, they are automatically out.

# Dribble Warfare

## How the Drill Works:

Players dribble up the court challenged by 3 defenders in one-on-one situations. Dribblers execute two dribble moves to beat the first two defenders who can only slide horizontally and then attempt to score against the final defender.

## Purpose:

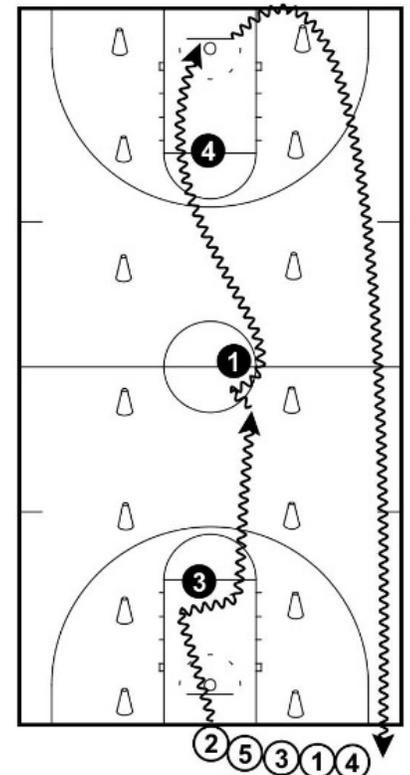
This drill focuses on improving a player's ability to execute dribbling moves to beat their defender as well as scoring in a one-on-one situation. Also a great drill for conditioning!

## Setup:

- Create a lane down the middle of the court using cones. The width of the lane will depend on the age and skill level of the players.
- Select three defenders and then place one on each free-throw line and one on the half-court line.
- All other players have a basketball and start on the baseline.
- Optional: Set up a dribbling course on the side of the court.

## Instructions:

1. The first player in line starts the drill by attacking the first defender on the free-throw line.
2. The defender on the free-throw line can only slide horizontally in an effort to stay in front of the offensive player.
3. Once the offensive player has dribbled past the first two defenders, then attack the third defender at speed and attempt to finish at the rim.
4. After completing the length of the court, the offensive player will dribble down the outside of the court back to the start of the drill.



5. Once the offensive player in front has passed the 2nd defender, the next player in line begins the drill.
6. Every 2 minutes switch the defenders.

**Variations:**

**Dribble Course** - Create a small dribbling course on the side of the court for players to complete as they dribble back down the court to the starting position.

**No 1-on-1** - Instead of having the players finish with one-on-one at the end of the drill, use the third defender the same as the other two and simply get the offensive players to dribble over the baseline.

**Coaching Points:**

- Encourage your players to use a variety of moves as they beat defenders dribbling up the court. Get the comfortable with a variety even if they specialise with 1 or 2.
- Emphasize the importance of the hesitation dribble during this drill. It can be incredibly effective when the player is stationary.
- Focus on the footwork of the players completing the dribble moves.

# Dribble Lines

## How the Drill Works:

All players start on the baseline with a basketball. The coach then instructs them to perform different dribbling moves as they dribble up and down the court.

## Purpose:

This is a simple drill to teach the basics of dribbling to new players.

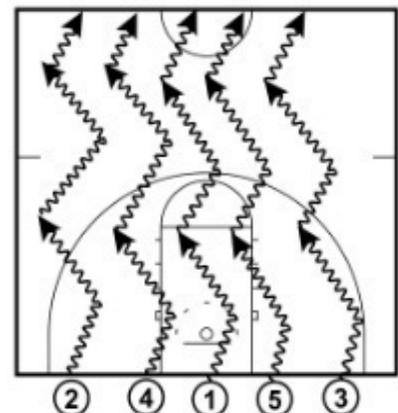
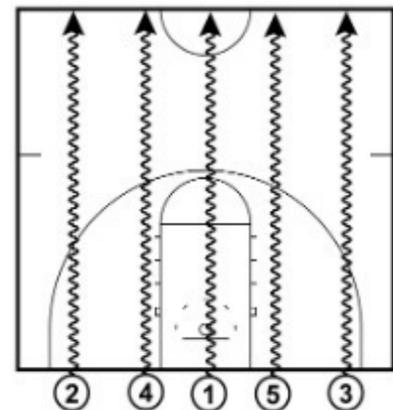
It's a good way to introduce new moves without overwhelming them and will also help to improve the technique of the movements players already know.

## Setup:

- Every player must have a basketball.
- All players lining up along the baseline. If you have more than 8 players, create two lines.

## Instructions:

1. The first thing you must do is explain the dribbling move you want them to perform. The best way is by demonstration.
2. Then the coach calls out 'go' and the players either dribble to half-way or full-court and back performing the dribble move.
3. Each trip down the floor, change which type of dribble move the players use.



**Variations:**

**Dribbling Moves** - Here are a few of the different dribbles I like to use with beginner players...

- Right hand up, left hand back
- Crossovers
- Behind-the-back
- Through-the-legs
- Dribble low
- Dribbling backwards

**Players Start at Opposite Ends** - To run this drill with more players you can have player start at the opposite end too. This results in more players improving and an extra obstacle that will force players to keep their heads up!

**Coaching Points:**

- Players must keep their heads up at all times.
- Once they develop good technique, focus on the players pushing off with their outside foot when making a move.
- Write down the dribbling moves so that you don't forget them. I always do!

# Drive-By Dribbling

## How the Drill Works:

One player starts on the baseline and one player starts on the free-throw line. The player on the baseline attempts to dribble past half-court without getting tagged by the player starting on the free-throw line while both of them dribble a basketball. This is done at both ends of the floor.

## Purpose:

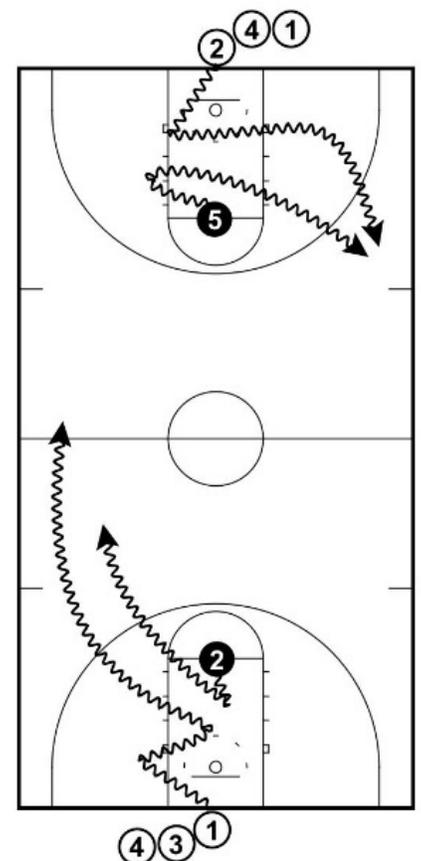
A fun and competitive drill that will which will improve each player's ability to dribble the basketball. The drill focuses on players keeping their heads up, reacting to the opposing player, faking with the drill, and changing speeds.

## Setup:

- Select two defenders and place them on each free-throw line facing the closest baseline.
- Halve the rest of the players up and line them up under the basket at each baseline.
- All players have a basketball.

## Instructions:

1. The drill starts with both players dribbling the basketball.
2. When the coach calls out 'Go' the dribblers have 8 - 10 seconds to advance the basketball over half-way without getting tagged by the defender.
3. If both the offensive players make it over half-way, they dribble to opposite ends of the floor and the drill is run again with new offensive players and the same defenders.
4. If an offensive player is tagged, they become the new defender.
5. This continues for the drills set amount of time.



**Scoring System:**

- If you want to make this drill more competitive, give players 1 point every time they dribble over half-way without getting tagged.
- First player to reach 10 points is the winner.

**Variations:**

**Different Rotation** - Instead of switching the defender each time an offensive player gets tagged, keep the defenders in for a set amount of time (2 minutes) before switching.

**Two Taggers** - Include two taggers if the current defenders are having difficulty catching the offensive player. You can include two offensive players, too!

**Coaching Points:**

- Players should be down in a low stance in order to react as quickly as possible to the movements of the opponent.
- Any dribbling violation results in a win for the defense.
- The offensive player should use change of direction and change of pace to get around their opponent and dribble to half-way.
- The offensive player only has 8 - 10 seconds to advance the basketball.

# Follow the Leader

## How the Drill Works:

Players will form one line and follow a leader as they dribble around the lines of the court. The leader will change every couple of minutes so that everyone has a turn at being the leader.

## Purpose:

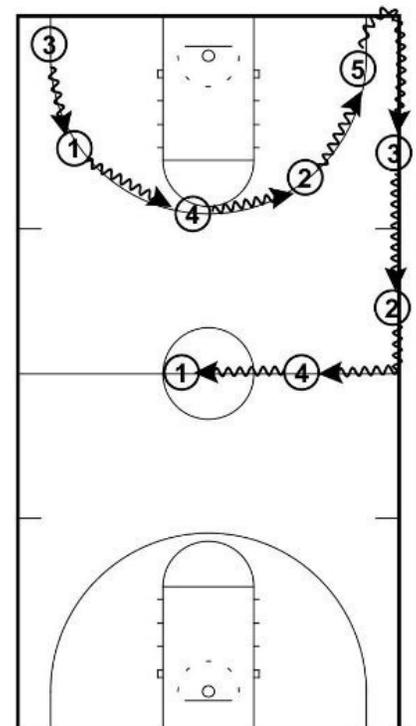
This is a great drill for players first beginning to learn how to dribble a basketball. This game makes it easy to teach the basics while still holding the player's attention.

## Setup:

- Everyone starts with a basketball and all players line up in a straight line along the baseline.
- When everyone's lined up, the coach picks a direction (either right or left) for the whole group to face. This will be the direction the group dribbles and the first player in line becomes the first leader.

## Instructions:

- 1.** The leader of the group starts the drill off by dribbling anywhere they want on the court as long as they stay on the lines.
- 2.** The other players must follow the leader as they dribble around the court while staying in a single file.
- 3.** After a minute or so, send the leader to the back of the line and the next player in line becomes the new leader.
- 4.** The drill is over once all players have had a turn at being the leader.



**Variations:**

**Two Basketballs** - If your team is advanced enough and you have enough basketballs to accommodate everyone, you can give each player a second basketball to dribble.

**Dribble Moves** - If your team finds dribbling on the lines too easy, incorporate dribbles moves each time the players turn. The leader performs any type of dribble move and the rest of the players must perform the same one at the corner.

**Coaching Points:**

- If the player that's leading is better than their teammates, ask them to slow down so the others can keep up with them.
- No overtaking another player unless they lose their basketball and leave the line.
- Make sure the players are dribbling with their opposite hand too!

# Full Court Dribbling

## How the Drill Works:

Players dribble full laps of the court finishing with layups on each end. The coach can add cones/chairs to act as obstacles that players must dribble around on each lap of the court.

## Purpose:

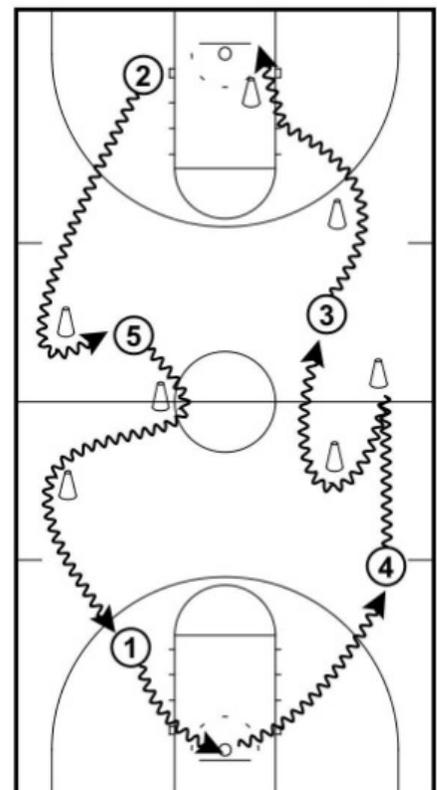
A great warm-up dribbling drill to get players moving and handling the basketball. The dribbling course on the floor can be highly customised and the intensity can be adjusted to focus more on conditioning the athletes.

## Setup:

- Split the group up into two lines and start them in a straight line at half-way on opposite sides of the court. This will provide even spacing.
- Each player has a basketball.
- If you want to, set up a small dribbling course using cones or chairs on the wings.

## Instructions:

1. Both lines start dribbling around the court in the same direction gradually spacing themselves out from the people behind and in front of them.
2. The players continue dribbling around the court completing the dribbling course and finishing with a layup on each length of the floor.
3. Mid-way through the drill, the coach calls out 'reverse!' and players swap directions for the remainder of the drill.



**Variations:**

**Dribbling Course** - Be creative in setting up the dribble course for your team. Include as many chairs and cones as you like to make it different!

**Specific Dribbling Moves** - Select specific dribbling moves that players must complete at certain stages of the course. For example, behind-the-back, in-and-out, retreat dribble, etc.

**Different Scoring Moves** - Instead of finishing with regular layups, elect variations that players must complete on each basket. For example, euro step, floater, reverse layup, etc.

**Coaching Points:**

- Adjust the intensity of this drill depending on the goals of the drills and which stage throughout practice you use the drill. You don't want players going 100% if you're using it for a warm up!
- Ensure players are dribbling with their heads up.
- Players should be making a noticeable change of speed when they're performing dribbling moves. Explode out.
- Focus on the footwork of the players when they're performing the different dribble moves and when they're finishing at the basket.

# Half-Court Relay

## How the Drill Works:

The group is split up into teams who compete in a relay race from half-way. Each player must dribble down to the rim they're facing, make a shot, and the dribble back and hand-off the basketball to the next player in line.

## Purpose:

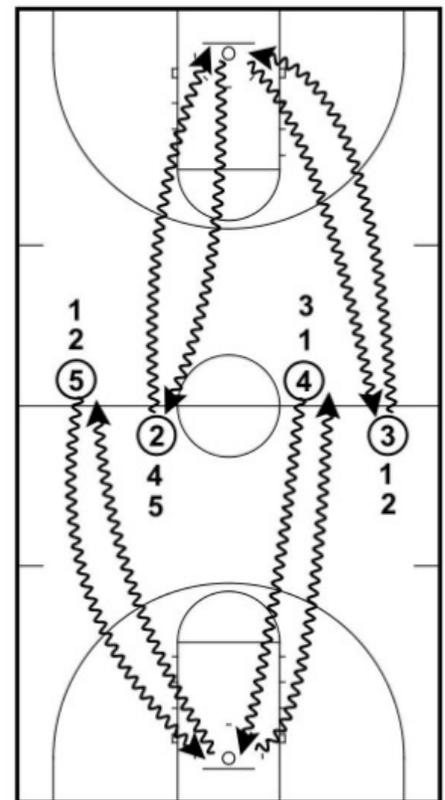
A fun drill for kids that works on dribbling the basketball as well as shooting or finishing at the rim with a layup in a team environment.

## Setup:

- Divide the group into 2 - 4 teams of players.
- Each team is lined up behind the half-court line facing the basket they'll be shooting on.
- The first player in each line has a basketball.

## Instructions:

1. On the coach's whistle, the first player in each line speed dribbles towards the basket and scores a basket as quickly as possible.
2. After making the shot, the player quickly dribbles the basketball back to their line and must hand the basketball to the next player in line.
3. The next player in line will then complete the same trip by dribbling towards the basket, scoring, and then dribbling back and handing off to the next player.
4. The drill continues like this for a set amount of time or until one team has scored a specific amount of baskets.



**Variations:**

**One Shot** - If you're using this drill with very young players who struggle to make a shot, have them take one shot and then return to the line whether the shot is made or missed.

**Opposite Hand Dribbling** - In this variation players are only allowed to dribble with their opposite hand. You can even challenge specific player having only them use this rule.

**Coaching Points:**

- As this is a beginner drill, focus on the fundamentals. Players should keep their head up while dribbling the basketball and do your best to encourage players not to travel.
- Focus on layup footwork. Players should be stepping right-left for a right hand layup and left-right for a left hand layup.
- The fewer the amount of players in each line the better. Having fewer players will give every player more dribbling and shooting repetitions.

# Musical Dribbling

## How the Drill Works:

Similar to regular musical chairs except all players are dribbling a basketball. Players dribble around chairs and when the music stops (or whistle blows), players have to quickly dribble in and sit down on a chair. The player who doesn't get a chair is out until the next game.

## Purpose:

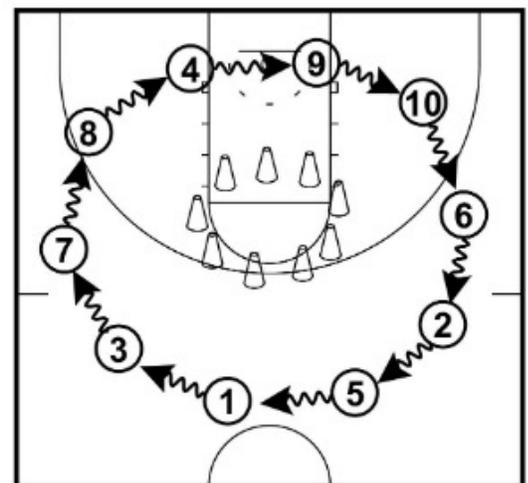
A fun game that most players are already familiar with which makes it easy to teach. Great drill for holding the attention of young players while also practicing dribbling.

## Setup:

- Set up the chairs in the middle of the court. There should be one less chair than there are players.
- Players form a large circle around the chairs.
- All players have a basketball.
- Coach prepares the music if it's available.

## Instructions:

1. The coach starts the drill by playing the music (or blowing the whistle).
2. Players begin dribbling around the outside of the chairs in a large circle. Players must stay in the circle formation and cannot dribble past the person in front.
3. After 10 - 20 seconds the coach stops the music and all players must immediately dribble in and find a chair to sit in.
4. Whichever player doesn't find a chair is out until the drill starts again.
5. Every time a player goes out, remove one more chair from the middle.
6. The last player to sit in the chair when there are two people left is the winner.



**Variations:**

**Hoops Instead of Chairs** - Coaches can choose to use hula hoops instead of chairs. This means that when the music stops players will have to find a hoop to stand in instead of a chair. Only one player per hoop.

**Speed of Dribbling** - Depending on the skill level of the players you're coaching, you can have the players dribble while walking in the circle or increase the pace to a jog or run.

**Coaching Points:**

- Make sure that you change directions half-way through the drill so that players are practicing dribbling with the opposite hand.
- Players should always dribble with the outside hand.
- In my experience, the louder the music gets, the more the players love it!
- Encourage all players to keep their heads up while dribbling.

# Parrot Drill

## How the Drill Works:

Players find a partner and stand 2 metres away facing each other with a basketball. One player is the leader and one is the follower. The leader continuously performs stationary dribbling moves while the follower must attempt to mimic them and keep up.

## Purpose:

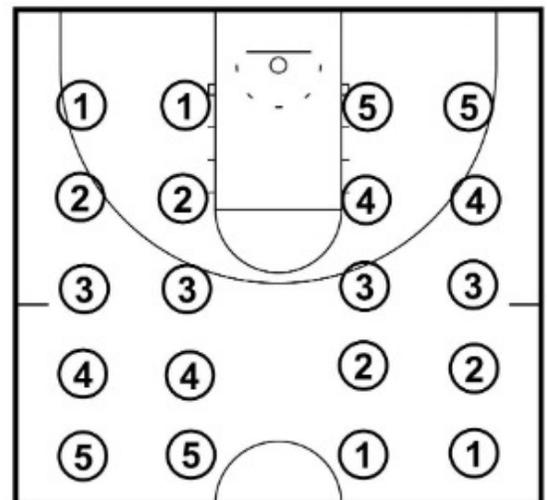
A fun drill for improving a players ball-handling ability. The follower is forced to keep their head up throughout the drill and the leader must be creative and constantly improvise.

## Setup:

- All players find a partner.
- Every player must have a basketball.
- Players line up approximately 2 metres away facing each other.

## Instructions:

1. The drill begins with the coach choosing a leader from each of the pairs.
2. The coach then starts the drill by calling out 'Go!' or blowing a whistle.
3. The leader immediately starts performing stationary dribbling moves or ball-handling moves.
4. The follower must keep their head up and do their best to mimic exactly what the leader is performing.
5. Every 30 seconds the coach must call out 'Switch!' and the players swap roles.



**Variations:**

**Two Basketballs** - For advanced players, you can have each player controlling two basketballs throughout the drill.

**Coaching Points:**

- Players can either use dribbling moves (behind the back, through the legs, crossover, low dribble, high dribble, in-and-out dribble, etc) or ball-handling moves (around the waist, around the head, around one leg, candy cane, etc). Let them get creative and have fun!
- Encourage players to push themselves out of their comfort zones. Praise the players who are working hard even if they lose the basketball.
- Watch that players aren't dominating the basketball with their strong hand. All players must be working hard to improve their weak hand.

# Pirate Navigation

## How the Drill Works:

One player is blindfolded and to prevent them from seeing the cones and the basketball and their partner must direct them to the end of the court using their voice to navigate their partner around the cones. The first pair to pick up the tennis ball at the end is the winner.

## Purpose:

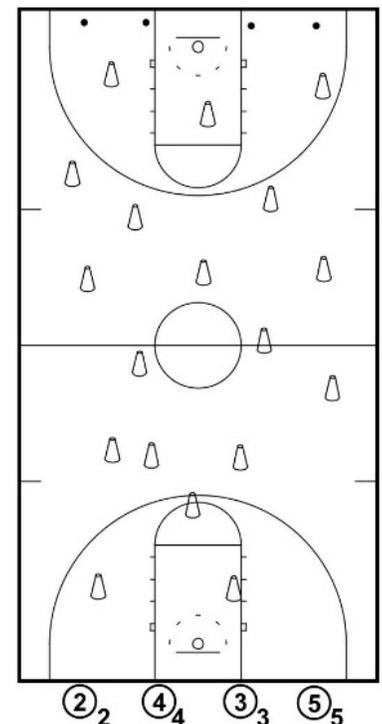
This is a super fun drill for young players to develop their sense for the basketball and also to work on building team chemistry, leadership, communication, and trust between players.

## Setup:

- Each player must find a partner and get one basketball between the pair.
- All pairs start behind one of the baselines.
- The coach randomly scatters cones and other objects around on the court.
- Place tennis ball for each group at the end of the court.
- Give each pair something to use as a blindfold.

## Instructions:

1. The drill starts with each pair of players deciding which one will be blindfolded and which one will be the navigator.
2. Once everyone is in position, the coach calls out 'go!' and the players begin dribbling slowly up the court.
3. The navigator follows closely behind the dribbler and must use voice commands to direct them around the objects on the court and towards the tennis balls.
4. If the blindfolded player loses the dribble or makes contact with one of the objects, the pair must return to the baseline and start again.
5. The first pair to navigate successfully through the course and retrieve a tennis ball are the winners.



**Variations:**

**Sideline to Sideline** - Instead of covering a distance as large as the full court, run the drill from sideline to sideline. This can even be done in the half-court if you have a small number of players.

**Two Basketballs** - If you're coaching skilled players, have the blindfolded player dribble two basketballs instead of one.

**Knockout** - Start with one less tennis ball than you have pairs of players and remove a tennis ball each time you run the drill. Pairs will be gradually knocked out until there is a winner.

**Difficulty** - Gradually adjust the difficulty of the drill depending on the skill level of your players. You can do this by adding an extra basketball, only allowing players to dribble with their non-dominant hand, or increasing the number of obstacles on the course.

**Coaching Points:**

- Encourage players to start the drill by dribbling slowly and under control. As the pairs improve their communication, they can then speed up.
- The navigator is never allowed to touch the blindfolded player while they're on the course. You'll be surprised how quickly players become frustrated and will attempt to physically direct their partner.
- Take a mental note of which players respond well to instruction and which players get frustrated quickly. You'll learn a lot about your players.

# Pursuit Dribbling

## How the Drill Works:

The group is split up into two teams and lined up on each side of the half-court line. The coach will then call out a team name and that team must speed dribble to the closest baseline while the opponent they were line up against chases and attempts to tag them.

## Purpose:

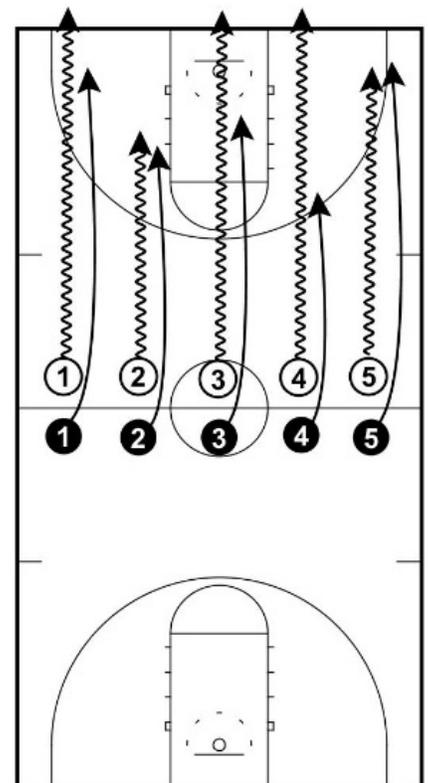
A fun drill for younger players which focuses on dribbling at a high speed while keeping the basketball under control and also quick reactions.

## Setup:

- Split the group up into two teams and then get each player to find a partner from the opposite team.
- The partners then line up on opposite sides of the half-court line to each other. Each player should be roughly 2 - 3 feet from the line.
- Every player should have a basketball.
- Allow the two teams to select a team name.

## Instructions:

1. The coach starts the drill by calling out the name of one of the teams.
2. The players on the team which was called out turn and dribble as fast as they can towards the baseline.
3. Their opponents immediately chase them while maintaining the dribble and attempt to tag their partner before they reach the baseline.
4. Players will then return to the half-court line and the drill starts again.



**Variations:**

**Individual Competition** - Players keep score and compete individually against each other. Each time the chaser tags their partner before they reach the baseline, the tagger receives 1 point.

**Team Competition** - In this variation, the score is added up for the whole team. Each time the drill is run, the chasers receive 1 point for each tag and the players on the team which was called out receive 1 point for every player that gets home safely.

**Opposite Hand Dribble** – Players are only allowed to dribble in their non-dominant hand.

**Coaching Points:**

- Don't run this drill if there isn't much space between the baseline and the wall at the end of the court. Tagging players can occasionally accidentally push when tagging and all the basketballs can result in a player tripping.
- Experiment with how close the players should start to the half-way line depending on the age and skill level of the players you're coaching.
- Ensure players have their heads up while dribbling.
- The coach must be relatively even when calling out the different teams so that everyone has an equal opportunity to chase and evade.

# Racing Circles

## How the Drill Works:

All players form a circle spread out evenly. One player with a basketball dribbles around the outside of the circle while the players forming the circle attempt to pass one full rotation before the dribbler can dribble around the circle.

## Purpose:

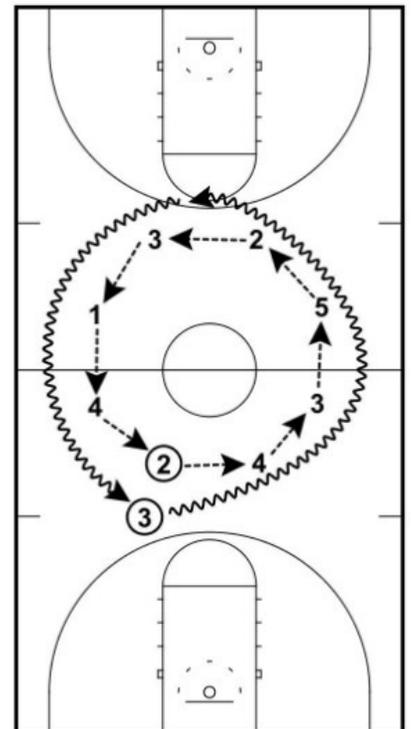
A fun youth basketball drill primary for younger players. This will improve passing, focus, and dribbling skills all while the kids are having fun in a competitive game.

## Setup:

- All players except one form a circle large enough for players to make decent length passes.
- One player who is apart of the circle has a basketball.
- One player has a basketball and is standing outside the circle directly behind the person the other person with a basketball.

## Instructions:

1. On the coach's call, the player with the basketball starts to dribble all the way around the outside of the circle.
2. At the same time, the player in the circle holding the basketball passes to the next player the same direction as the dribbler is going.
3. It's now a race to see whether the player dribbling or the players passing will make it back to the start first.
4. After that, get the dribbler to switch with another player in the circle. Keep doing this until all players have had a turn at dribbling.



**Variations:**

**Use a variety of passes** – Beside chest pass, you can use the bounce pass or have players use alternate passes (chest, bounce, chest, bounce...).

**The size of the circle** – Vary the size of the circle to make it easier or more challenging. If the circle is very small, the dribbler may have to make it around twice while the players passing only have to pass one rotation. If the circle is large, it's harder for the dribbler.

**Change direction** - Make sure you vary which direction the players are dribbling and passing. It's important to work on both sides and get the dribblers working on their opposite hand.

**Coaching Points:**

- Players must follow the basics of passing principles: arms fully extended and fingers pointed to target after the pass.
- Receiver must have their target hands up and ready when expecting a pass.
- Players must call the name of the player they're receiving the basketball from. Communication is always important.

# Red Light, Green Light

## How the Drill Works:

This drill involves players dribbling up and down the court and the coach calling out 'Go' and 'Stop'. When the coach calls out go, the players dribble. When the coach calls out stop, the players perform a jump stop. Can also add pivots.

## Purpose:

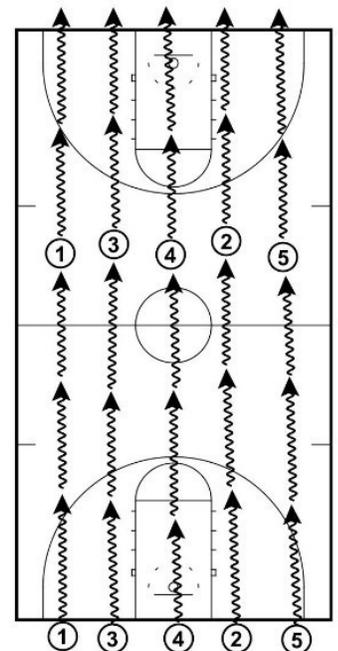
This is a perfect drill for teaching the jump stop and pivoting. It's one of the few drills I use with all youth basketball teams.

## Setup:

- The drill starts with every player line up along the baseline holding a basketball.
- If you have more than 10 players, I recommend creating two lines.

## Instructions:

1. Everyone starts on the baseline in triple threat position.
2. The coach will then lead the players up the court by calling out 'go' and 'stop'. On go, the players begin dribbling at a comfortable pace towards the opposite end of the court. When the coach says stop, the players must immediately perform a jump stop.
3. This continues until the players reach the other end of the court.
4. Once your players are comfortable with the jump stops and are performing them correctly, you can make the drill more advanced by adding pivots.
5. You can either say 'pivot' and allow them to pivot either way. Or you can be specific and say 'right foot pivot' or 'left foot pivot'.



**Variations:**

**Pivots** - Once the players have got experience using the jump stop, consider adding both front and reverse pivots to the drill.

**Stride Stop** - Instead of using the normal jump stop, have your players stride stop.

**Coaching Points:**

- Players must not jump too high on the jump stops.
- Make sure players in good stance when they land after the jump stop. Knees bent and head up.
- If adding pivots, make sure players don't raise out of their stance when pivoting.

# Retreat Attack

## How the Drill Works:

Players attack hard at the front cone. When they reach it, players protect the basketball and retreat dribble out past the first cone using two dribbles. They will then make a dribble move and attack the rim with a layup or midrange shot.

## Purpose:

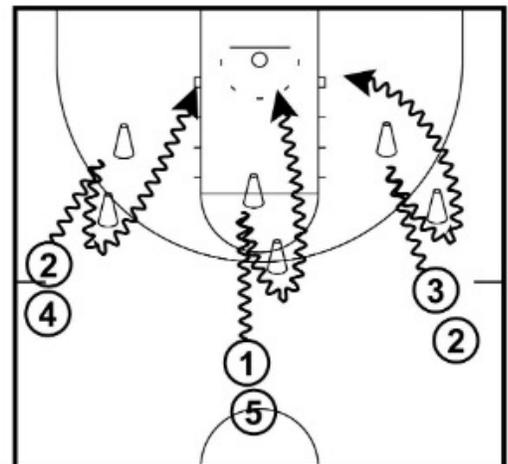
This drill will simulate getting trapped and needing to use the retreat dribble to get out of trouble while protecting the basketball from the defenders. Then attacking the rim after beating a defender with a dribble move.

## Setup:

- Place two cones on both wings and at the top of the key. The front cone should be slightly to the left or right depending on which way you want the players to attack the rim.
- Players form lines approximately 3 metres behind the cones.
- Players all have a basketball.

## Instructions:

1. The first player in each line begins the drill by attacking the front cone with 2 - 3 hard dribbles.
2. When the players reach the front cone, they decelerate and protect the basketball by turning to the side and keeping their arm bar up.
3. Players then slide back for two dribbles until they're higher than the first cone.
4. Players will then use a dribbling move (crossover, behind-the-back, through-the-legs, etc) and drive above the first cone to the rim using 1 - 2 dribbles.
5. Once a player has started this drive, the next player from the same line can start.



6. After finishing the shot, players rotate lines.

### Variations:

**One Cone** - The first cone helps because it simulates a defender stepping out on the retreat dribble, but it's not 100% necessary. If you don't have enough cones, use one cone so players know where to stop and then have them retreat and drive.

**Two Groups** - Having 3 groups at one end of the court can often be very congested in the lane. If you don't have many players, use two groups (1 on each wing).

**Scoring Variations** - After the dribble move at the top, players can finish with a regular layup, floater, power layup, euro step, midrange shot, etc.

### Coaching Points:

- The player must protect their dribble when retreating by turning their body to the side in the opposite direction to the where they'll be driving, ensuring their arm bar is up, dribbling the basketball behind their back foot, and by staying in a low stance.
- Make sure players are keeping their heads up when retreating. They must be able to see the floor to know where the defenders and traps will be coming from.
- When crossing over for the drive, players should push off the trail foot and push the basketball out in front to ensure an explosive drive.
- The less dribbles on the drive to the hoops, the better. Challenge your players to get to the hoop and finish on one dribble.

# Scarecrow Tiggy

## How the Drill Works:

Players all start in the half-court. There are one or two taggers and everyone else has a basketball. The taggers must run around trying to tag players dribbling. If tagged, the dribblers must stand as 'scarecrow' until another dribbler frees them by rolling a basketball through their legs.

## Purpose:

This drill is great for developing dribbling skills because the players must keep their heads up and focus on the taggers and not put their head down and watch the dribble.

## Setup:

- The coach selects one or two players to be the taggers depending on the size of the group.
- Preferably these taggers have different coloured singlets on so that other players can quickly identify them.
- All other players have a basketball and are standing in the playing area.

## Instructions:

1. When the coach calls out 'Go', the game begins.
2. The taggers must run around and attempt to tag all the players dribbling a basketball.
3. When tagged, the dribbler must stand with the basketball on their head and their feet apart.
4. When a player is tagged, other dribblers must attempt to free them by rolling their basketball through the tagged players legs.
5. Scarecrow Tiggy never has a winner unless the taggers happen to get everyone out at one time (this doesn't happen often).
6. Every couple of minutes change who the taggers are until everyone has had a turn.



**Variations:**

**Elimination** - To make this game more competitive, you can try the variation where once players are tagged they're out and must sit on the sideline until there is one dribbler left who is the winner.

**Coaching Points:**

- Players are not allowed to throw the ball between a teammates legs, the ball must be rolled.
- Dribblers are not allowed to travel, double dribble, or any other violation. If they do, they're out.
- Change up the amount of taggers and the size of the playing space depending on how many players you have.

# Sharks and Minnows

## How the Drill Works:

Sharks and Minnows is one of my favorite drills for youth basketball. The aim of the game is for the minnows (dribblers) to dribble from baseline to baseline without getting tagged by the sharks (taggers).

## Purpose:

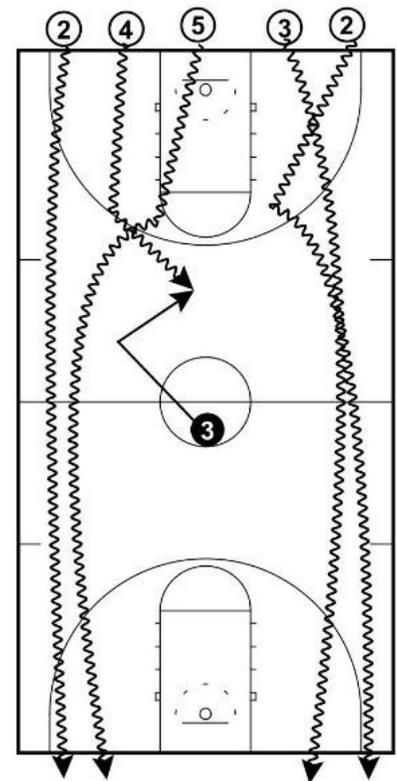
A super fun drill that forces the dribblers to keep their heads up and dodge the defenders in front of them.

## Setup:

- All players have a basketball and line up along the baseline.
- The coach selects one or two players to be taggers. Taggers don't have a basketball and are preferably in a different coloured singlet.
- The taggers stand in the middle of the court.

## Instructions:

1. The game starts when either the taggers or coach call out 'go'. On this signal, all the minnows (dribblers) attempt to dribble from one side of the court to the other without getting tagged by the sharks.
2. If a shark does tag them, they must stand in the spot they were tagged, place the basketball between their feet, and now are scarecrows. If a minnow comes within reach of them, they can tag them to get them out.
3. The last minnow that hasn't been tagged is the winner.



**Variations:**

**Taggers Dribbling** - Depending on the age and skill of your players, decide whether you want the sharks to be dribbling a basketball or not.

**Number of Sharks** - Adjust the number of sharks to the skill level of your team and who you're selecting as the sharks.

**Coaching Points:**

- As always, if there's a dribbling violation by a minnow they are immediately out.
- Scarecrows must hold the ball between their feet at all times and stay on balance. This stops them moving too far and cheating.
- Implement a time limit if players are taking too long to get from one side to the other.

# Sideline Screens

## How the Drill Works:

Players form two lines near half-court. Each line dribbles down to the screen on their side of the court and uses a variety of moves and finishes to score off the sideline screen. After scoring, players switch lines so they practice on both sides of the court.

## Purpose:

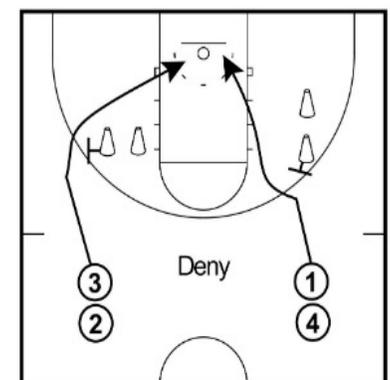
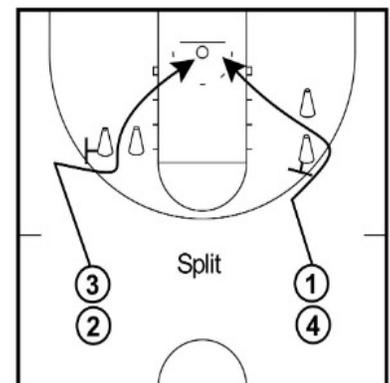
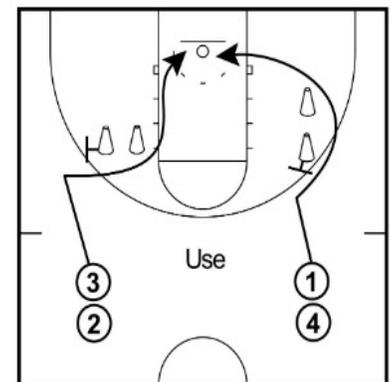
This drill will improve each players ability out of pick-and-roll situations as the ball-handler. Players will practice a wide variety of moves and also finish at the rim with a wide variety of shots.

## Setup:

- Place two cones on each wing as shown in the diagram. This ensure a screen set towards the middle and one set towards the baseline.
- Players are split up into two lines near half-court.
- Every player has a basketball.

## Instructions:

1. The first player in each line dribbles down towards the screen pretending to set up their defender.
2. Players then either deny, split, or use the screen depending on what the coach instructs the players to work on (I've attached images of all options).
3. Once players have used a move on the screen, they can then finish at the basket with a variety of finishes or pull up from midrange.
4. After players have had their shots they join the opposite line so that they're practicing on both sides of the court.



5. The next player in line begins immediately after the player in front as attempted their shot.

### Variations:

**Using the Screen** - There are 3 ways a player can use the screen off the dribble. Either by denying the screen, splitting the screen, or by using the screen (shown in images).

**Dribble Moves** - When dribbling past the screen, players can use a crossover, behind-the-back, through-the-legs, hesitation, spin move, in-and-out, etc.

**Finishing the Shot** - After the dribble move, players can pull up for a midrange shot or finishing at the rim using a layup, floater, euro step, reverse layup, power layup, etc.

**Live Competition** - If you have enough players for it, once the players understand the fundamentals of the pick-and-roll, use 4 players to simulate a pick-and-roll situation live.

### Coaching Points:

- Very important that players are changing speed when they're making their dribble moves off the pick-and-roll. They must practice this during practice.
- Correct footwork is the key to being fast and efficient when using dribble moves. Keep and eye on your team's footwork and correct when necessary.
- Players should be attacking the rim with pace. Remember that players will play as they practice!
- Remember to switch the direction of the screens on each side of the court mid-way through the drill so that players are practicing on both sides of the court.

# Snake Dribbling

## How the Drill Works:

All players have a basketball and continually form a line resembling a snake. The last players in line weaves in and out of the players forming the snake and stops when they reach the end. Then the next player dribbles through the snake. All stationary players are dribbling with their heads up.

## Purpose:

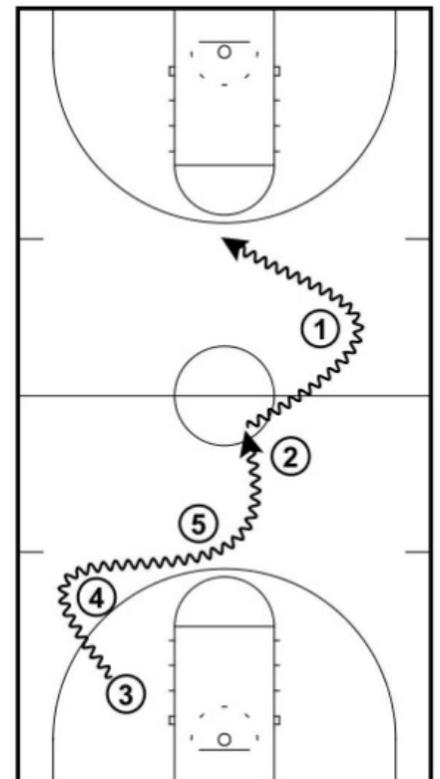
A fun dribbling drill for coaching young kids still learning the game. It involves players dribbling at all times throughout the drill whether they're stationary or moving.

## Setup:

- Players set up the drill by quickly forming a snake-like line on the court.
- Every player has a basketball.

## Instructions:

- 1.** The drill starts with all players dribbling their basketball in a stationary position.
- 2.** Once everyone is dribbling, the player at the very end of the line starts weaving in and out of the other players until they get to the front of the line. When they do, they peel off either direction about 1 meter from the next player in line.
- 3.** As soon as they get to the front, they yell out 'snake!' and then the next last player in line starts weaving until they're at the front.
- 4.** This continues with all players maintaining their dribble for a set amount of time.



**Variations:**

**Competition** - Split the group up into two even teams and have them perform the snake all the way down the court in a straight line. Whichever team gets to the opposite baseline first is the winner.

**Dribble Moves** - Select specific dribbling moves that players must perform while weaving in and out of the other players. For example crossovers, behind-the-back, through-the-legs, spin, etc.

**Opposite Hand Only** - Players must complete the drill using only their non-dominant hand. I often use this rule for players in a stationary position.

**Defenders** - Allow the players inside the 'snake' to tip the basketball when the dribbler is weaving in and out of the line. This will force the players to protect their dribble.

**Coaching Points:**

- Players should be keeping their heads up the entire time throughout the drill.
- Teach players to keep an arm bar up when dribbling. This is important as they're dribbling through the other players and when others dribble past them.
- If the players are performing the drill easily, encourage them to push themselves and dribble as quickly as they can through the snake while still under control.

# Speed Change

## How the Drill Works:

Players complete full-court layups in a large circle changing speeds when they pass different cones. This can be used for hesitation practice or simply changing the speed of a dribble.

## Purpose:

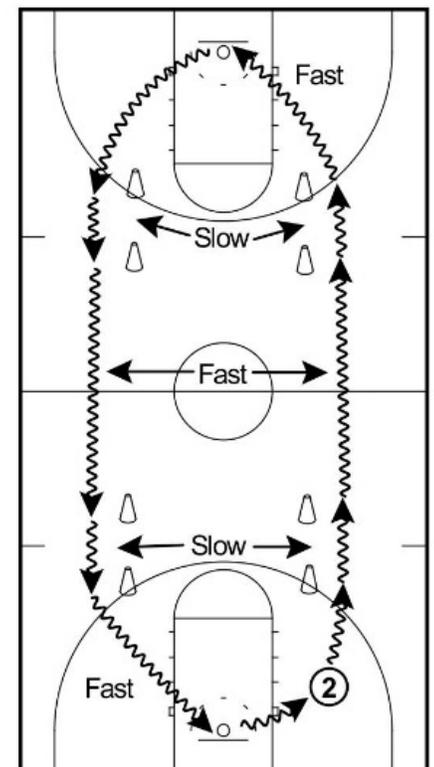
This drill allows players to practice quickly changing speeds during a game. Being able to change speeds is one of the most over-looked areas of being a great dribbler.

## Setup:

- Set up 4 cones on either side of the court. Two cones should be paired up close to the free-throw line at both ends of the court as shown on the diagram.
- Every player has a basketball and start behind the baseline.

## Instructions:

1. The first player in line start by dribbling down one side of the court with their outside hand.
2. When they reach the first cone, they must slow down their dribble.
3. When they reach the second cone, the player must quickly change speed and explode out dribbling down the court.
4. The same process happens at the opposite end of the court before speed dribbling in to finish the layup.
5. The player completes the same process as they dribble back down the opposite side of the court.
6. The next player in line begins as soon as the player in front has passed the first set of cones.
7. Eventually all players should be dribbling on the court in a large circle.



**Variations:**

**Hesitation Move** - In the original players simply change speeds during the drill. For variation, have players perform a hesitation move before exploding out with their dribble. This refers to quick, sharp steps before pushing the basketball out in front.

**Change Direction** - Make sure that you change directions of the drill half way through so that players are practicing the same moves on their opposite hand.

**Coaching Points:**

- If you have them available to you, use different colors for the cones. Yellow cones can indicate slowing down, and green cones can indicate speeding up the dribble. This gives players a visual reference.
- There must be a noticeable change of pace when players are performing this drill.
- Players should lift their head up quickly and look to where their teammates would be or the rim when slowing down. This is a great way to get the defense out of their stance.
- Players must push the basketball out in front on the change of pace or the hesitation move.

# Stationary Dribbling Series

## How the Drill Works:

All players have a basketball and find a spot on the floor where they can see the coach and have space to dribble. The coach then takes them through a series of stationary dribbling and ball-handling drills.

## Purpose:

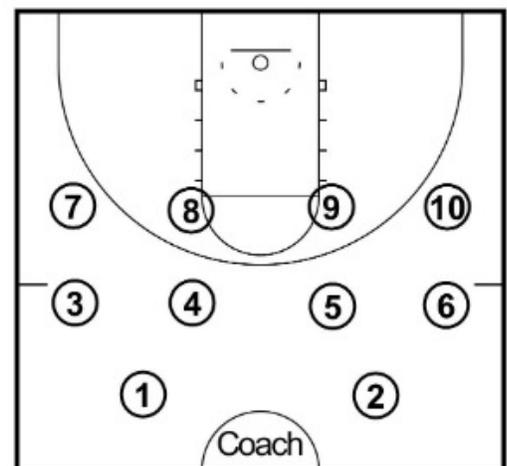
Simple ball-handling drill to use with younger players. Players work on keeping their heads up while performing a variety of creative dribbling and ball-handling moves to improve their feel for the basketball.

## Setup:

- Players spread out on one half of the court facing the coach.
- All players have a basketball.
- The coach stands at the front of the group with a basketball.

## Instructions:

1. The coach stands at the top and calls out a variety of different dribbling and ball-handling drills listed below.
2. Each drill should last 15 - 30 seconds depending on the level of the players and which drill the players are doing.
3. The entire set should last approximately 5 minutes.



**Drills:**

- a. Ball slaps
- b. Ball flips
- c. Pound dribble (waist height) - right hand
- d. Pound dribble (waist height) - left hand
- e. Shoulder high dribble - right hand
- f. Shoulder high dribble - left hand
- g. Low pound dribble - right hand
- h. Low pound dribble - left hand
- i. Continuous high to low
- j. Continuous crossover
- k. In-and-out crossover
- l. Behind-the-back continuous
- m. Through-the-legs continuous
- n. Scissors
- o. Dribble around left leg
- p. Dribble around right leg
- q. Figure 8 dribbling
- r. V dribbling on each side
- s. Wraps around head
- t. Wraps around waist
- u. Wraps around legs
- v. Candy cane
- w. Wraps around right leg
- x. Wraps around left leg
- y. Figure 8 wraps
- z. etc...

**Variations:**

**Two Basketballs** – If the players are accustomed to the drill and maintaining control of one basketball, add a second basketball for each player and complete two-ball drills.

**Count Numbers Out Loud** - A great game to have players to keep their heads up is to hold up numbers from 1 - 5 with one hand. The players must keep their heads up while performing the drills and yell out which number you're holding up.

**Coaching Points:**

- Encourage players to push themselves out of their comfort zone once they understand the drill. Players should be making occasional mistakes or they're not going hard enough.
- Use drills that you think are slightly out of the ability of the players you're training. It's a great way for players to get creative and improve their dribbling.
- Don't allow the players to simply go through the motions!

# Turtle Dribbling

## How the Drill Works:

Players complete the drill by slowly rolling a basketball along the ground with one hand while simultaneously dribbling a basketball in their other hand.

## Purpose:

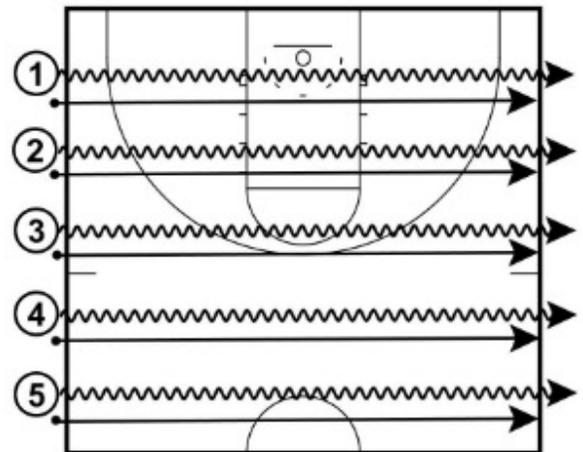
This drill teaches players to stay in a low stance while dribbling and also pushes them out of their comfort zones by maintaining control of two basketballs.

## Setup:

- All players spread out along the sideline of the court.
- All players have two basketballs.

## Instructions:

1. Players start the dribbling by placing one basketball on the floor and holding the other in their right hand.
2. On the coach's call, the player start dribbling the basketball in their right hand at shoulder height and gently pushing the other basketball along the ground with their left hand.
3. The basketball along the ground should be pushed at a speed that the dribbler is adjusting the speed and direction of the basketball every few feet.
4. When players reach the other side of the court, they switch hands and dribble back on the left hand while rolling the basketball with their right hand.



**Coaching Points:**

- Players should always be in control of both basketballs. They're not allowed to push the rolling basketball out too far in this drill. It must stay close.
- Remind the players that the drill isn't a race. Maintaining control and keeping both basketballs close is the most important part of this drill.
- When possible, players should do their best to keep their heads up throughout the drill.

# CONCLUSION

I hope you enjoyed the 30 Team Dribbling Drills and that they can assist you to improve your team's dribbling!

Two more things before you go...

1. If you have any questions, suggestions, or comments, feel free to reach out to me at [coachmac@basketballforcoaches.com](mailto:coachmac@basketballforcoaches.com) I welcome all feedback and love hearing from the readers of BFC.
2. This PDF is part of the '*Championship Coaching Course*' program from the team at Basketball For Coaches. If you're reading this PDF without having purchased the program, please send us an email at [coachmac@basketballforcoaches.com](mailto:coachmac@basketballforcoaches.com) and let us know where you accessed it. We put a lot of work into these PDF's and would like to keep them exclusive for those who purchased.

Thanks!

— *Coach Mac*