

Dribbling Skills and Ball Control

Difficulty: Low

Equipment

- 1 basketball per lane; 2 cones per lane, more for additional lanes

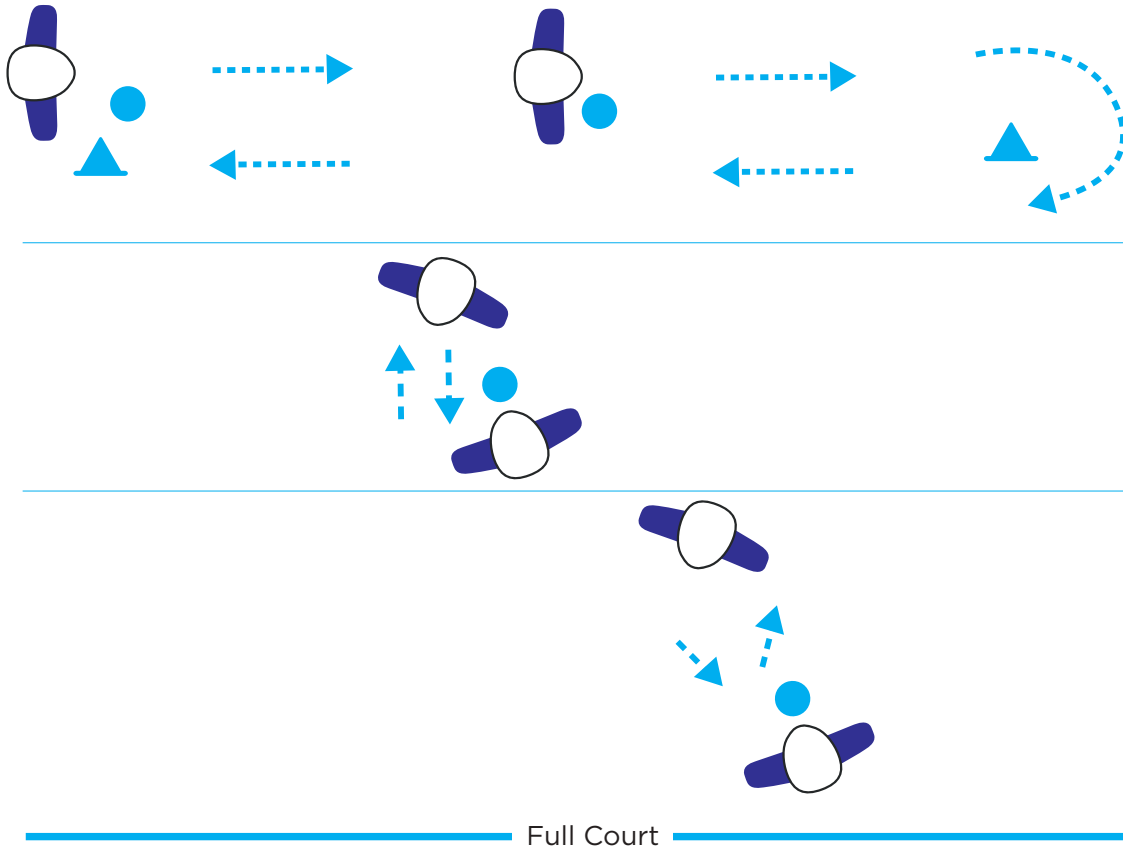
Set-Up

Make 5 lanes of cones located at each end of the court.

Field Dimensions

Basketball court

Diagram



Player Positions

- Player pairs or groups are formed in each lane behind the baseline.
- Limit lines to 4 or fewer players.

Instructions

- This activity introduces the importance of proper dribbling techniques, ball control and ball protection.
- Players will run three laps:
 - Lap 1: Players dribble up and back using right hand only.
 - Lap 2: Players dribble up and back using left hand only.
 - Lap 3: Players dribble up and back using both hands.
- For the next round of laps, introduce partner passing:
 - Lap 1: Bounce pass
 - Lap 2: Chest pass
 - Lap 3: Both
- No double dribbling, traveling or carrying over.
- Players join end of line when finished.

Tips

- Explain and demonstrate the rules for double dribbling, traveling and carrying over. Show the correct and incorrect way for each.
- There will generally be a large gap in player ability. Experienced players will find this very easy. Challenge them to use their weak hand as much as possible. Players will resist using weak hands; enforce the rule.
- Make sure players dribble in a straight line up and back.

Variations

- **Beginner:** Players stand still instead of running.
- **Advanced:** Add a defensive player but don't allow stealing.