

# 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



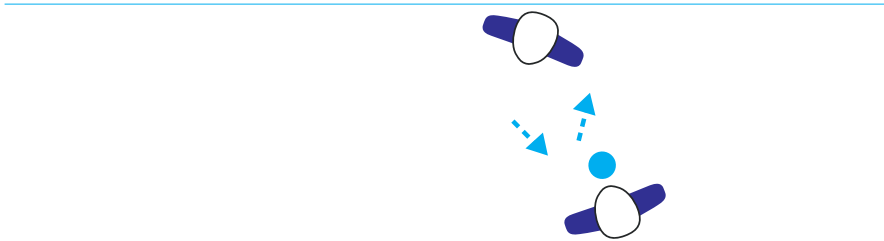
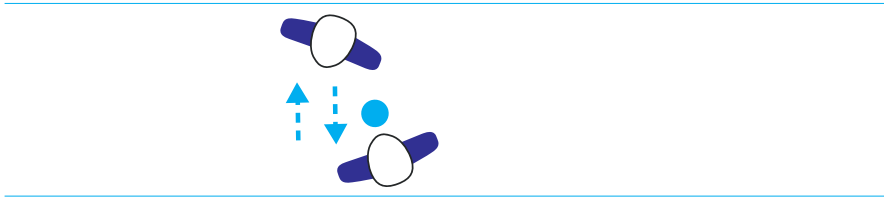
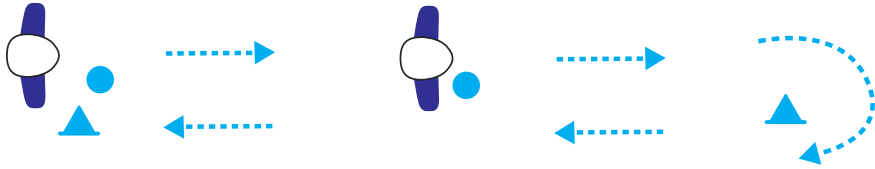
## Instructions

- 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