



## Solway Basketball Club – Coaching Drills

### DRIBBLING

#### Name: Collision Dribbling

#### Description:

Split the group into four corners with a ball in each corner.

Players dribble through to opposite corner and avoid the traffic.

#### Variations:

Change distance of lines.

Progress to two ball dribbling.

Add change of direction move to avoid traffic.

Make it a ball handling skill instead - walking leg wraps etc.

#### Watch For:

1. **Head up!!!** - avoid the traffic
2. Dribble ball with fingertips - not palms.
3. Stay low and dribble waist height.

