



Solway Basketball Club – Coaching Drills

DRIBBLING

Name: Line Tiggy

Description:

Each player has a ball and 1-2 players are designated as “it.”

Each player must stay within a defined area and can only dribble on lines, if a player strays off a line they are out.

The “It” players must dribble and tag with the non-dribbling hand.

Time how long it takes to get everyone out then see if the next group can do it faster.

Variations:

Scarecrow Tiggy - Players dribble freely within a set area, if tagged they become a scarecrow and can only rejoin the game if a free player rolls their basketball between a scarecrows legs.

Stuck in the Mud Tiggy - Players dribble from one baseline to the other. If they are tagged or pick up the dribble along the way they become “stuck in the mud.” They can then tag players who run past while keeping one foot planted on the ground and pivoting with the other.

Watch For:

1. Head up - see the court.
2. Dribble ball with fingertips - not palms.
3. Stay low and dribble waist height.

