



## Solway Basketball Club – Coaching Drills

### DRIBBLING

#### Name: Run & Chase

##### Description:

The players are divided into two teams (one ball each) and are lined up at half court (one team one basket and the other faces the other basket); they stand back to back.

Each team is given a number (one or two) a colour (black or white) and is either the sun or moon.

Every time that the coach calls a number, a colour or the sun or moon, the team that is called dribbles to their end line and the other team, after turning, starts to dribble and tries to tag those who are running away.

Those who reach the end-line are safe, while those that were tagged must raise their hand (no one is eliminated). The team which manages to tag the most children in a set period of time or attempts wins.

##### Variations:

Vary start position: lying, sitting, and kneeling.

##### Watch For:

1. Head up - see the court.
2. Dribble ball with fingertips - not palms.

