



Solway Basketball Club – Coaching Drills

DRIBBLING

Name: Sharks and Minnows

Description:

Line up group on sideline with a basketball. Choose 1-3 to be a “shark” without the ball. The remaining players are “minnows.”

The minnows must dribble to the other side without getting their ball stolen by the sharks

If a minnow loses their ball to a shark, they then put their ball away and become a shark.

If a minnow is fouled, they get a free pass to reach the other side.

The game continues until all minnows are caught.

Variations:

Award a point for each successful trip and see who get the most.

Watch For:

1. Head up - see the court
2. Dribble ball with fingertips - not palms.
3. Stay low to enable you to keep control of ball while tipping or set cone right

