



## Solway Basketball Club – Coaching Drills

### DRIBBLING

#### Name: Two Ball Dribbling

#### Description:

Give each player two basketballs, or split into small groups with two ball in each group.

Give each player a chance to practice dribbling the two balls whilst stationary before letting the players dribble on the move.

#### Types of Dribbles:

*Simultaneous* - Bounce both basketball off the ground at the same time

*Alternating* - Bounce one ball at a time

*High/Low* - Bounce one high and one low. Aim to get low ball below knee and high ball above shoulder.

*Pound Em' Low* - Bounce as hard as you can, as low as you can.

*Pound Em' High* - Bounce as hard as you can, shoulder height.

#### Watch For:

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

