

Roseau Rams Girls Basketball Dribbling

Keys

- Keep your head up!
 - Change your Speed!
 - Change Directions!
 - Start! Stop! Explode!
 - Change Rhythm!
1. Control Dribble
 - a. Athletic Stance (Basketball Squat Position)
 - b. Knee to waist high dribble
 - c. Arm Bar to protect ball
 - d. Head up to see the floor
 - e. Body, body, ball-your body between ball and defense
 2. Speed Dribble
 - a. Hand behind the ball
 - b. Push it in front, then catch up
 - c. Waist to chest high dribble
 3. Crossover
 - a. Hop stop
 - b. Lower than the other dribbles
 - c. Closer to your body
 4. Spin
 - a. Hop Stop
 - b. Extra Dribble Same Hand
 - c. Push it in front & Explode
 5. Between the Legs
 - a. Hop Stop
 - b. Same as crossover
 - c. Front to back to protect the ball

DRILLS

Heads up stationary dribbling

[Daily Dribbling Sequence!](#)

Zig Zag to half: 1 on 1 to score

Pressbreak 5 Dribbles, Pressbreak 1 on 2

Chicken Fights (team in arc, 5 in key, 2 in circle)

30 second Hot Dog

Tennis Ball Dribbling

2 Ball Dribbling

Ballhandling/Dribbling Tips

- Drills are in an appropriate teaching progression and get, gradually more difficult. The first eight drills are individual drills and the final four are with partners. Players should be proficient at one drill before they progress to another.

Individual Drills:**Damian Lillard Ball Handling** (Drills we do with the varsity daily)

1. Heads up stationary dribbles: Crouch down in athletic position and dribble the ball, with your head up at a moderate height (about 2 feet off the ground), then at a high height (shoulder level), and finally low (about 4 inches off the ground)- do with both hands. (Stressing the arm Bar)
2. Front V's: Stand almost straight up and dribble ball, from left hand to right and back again, in front of you, forming a V.
3. Machine Gun: Pound 1...2...crossover. Basically, you just stand in a crouched position (athletic stance) and perform crossover dribbles in front of you, in a "machine gun" fashion by dribbling the ball very low and fast.
4. Behind the back: V dribble behind the back
5. One-Handed in Front: Like a v format but only use one hand; dribble at moderate height. This will help with the "inside out" dribble move.
6. One-Handed side: Also known as the push pull dribble. Dribble ball back and forth in a rocking motion.
7. 30 Second Free Style: Dribble for 30 seconds in a confined area, using as many moves and combinations as possible.
8. Control Dribble: On the move protect the ball. Cross over at the free throw lines and at half court.
9. [Duke Ball Handling Drills](#) (Drills we do with varsity guys daily)

Partner or Team Drills:

1. Chicken Fight: (Dribble Knock out). Emphasis on protecting the ball.
2. Zig Zags: 1 on 1 to score: Dribble against defender, using a variety of moves in the back court, then play live 1 on 1 in front court.
3. Press break 1 on 2: Dribble against TWO defenders, using a variety of moves. Emphasis on the back dribble and other "escape moves."
4. Press break 5 dribbles: Dribble against a defender, using a variety of moves. Trying to get to the half court in 5 dribbles. Puts an emphasis on GOING SOMEWHERE with the dribble.

TWO BALL DRIBBLING

I think its great to expose players to many different ways of working. Although you will never be asked to dribble two basketballs in a game, the concept of dribbling two basketballs at the same time is a great way to challenge every player!

[Duke Players 2 Ball Drills](#) (Drills we do with varsity guys daily)

Tennis Ball Ball Handling: I really like to use tennis balls to work on balance, coordination, and dribbling!

[Marquette Tennis Ball sequence Dribbling](#)