




## CENTRAL LOUDOUN BASKETBALL LEAGUE - PRACTICE RESOURCES



# ***Dribbling*** **MANUAL**





# ***CLBL***

## ***Practice Drills Manual - Dribbling***

### **Included in This Manual**

- *Introduction to Dribbling*
- *Points of Emphasis for Dribbling Drills*
- *3 Drills with Detailed Pictures/ Descriptions*
- *Diagram to Show Proper Set-Up and Drill Execution*
- *Modifications for Beginner/ Advanced Athletes*

### **Important Information**

- *No part of this document may be reproduced, stored using a retrieval system, or transmitted by any means without written permission from the author*
- *Includes electronic, mechanical, recording, photocopying, and all other means*
- *The presented information is intended for use as an educational resource, not as a substitute for proper medical advice*
- *Please consult a physician or health care professional before performing the exercises in this manual or any exercise regimen*
- *Discontinue any exercise that causes pain or severe discomfort and consult a physician immediately*
- *The authors of this manual do not make any warranty in regard to the content presented and accept no responsibility for its misuse*

### **More Information**

- *For information about our training programs in northern Virginia and Maryland, please visit [www.TrueAP.com](http://www.TrueAP.com)*
- *For information about our other training resources, including performance training Manuals and DVDs, please visit [www.TrueAP.com/store](http://www.TrueAP.com/store)*
- *See Rob Rose's blog for weekly updates at [www.TrueAP.com/blog](http://www.TrueAP.com/blog)*

## ***Introduction***

As most coaches will tell you, taking care of the basketball can be the difference between winning and losing games. Having players of your team with the ability to dribble the basketball effectively can be a great asset for any basketball team.

Dribbling the ball effectively not only means controlling it with your fingertips and keeping your head up, but also includes the ability to change directions while keeping your dribble, change pace, and shield the ball from opponents. If every player on your team can develop their dribbling skills individually, they will become a greater threat on the court, allowing them to create more scoring opportunities for your team.

### **Key Points/ Cues:**

1. Control the ball with your fingertips, leaving space between the ball and the palm of your hand while dribbling
2. Do NOT slap at the ball! Soft hands allow you to have more control
3. Keep the height of your dribble at your waist or below! Especially in traffic, keep the ball guarded from the defender and keep a lower dribble to avoid having the ball stolen
4. Keep your HEAD UP! Dribbling with your head down will lead to turnovers and the inability to see your teammates as they try to get open
5. When dribbling in a fast break situation, longer dribbles will be needed to keep the ball in front of you as you try to get down the court as quickly as possible

Once your players have developed a level of comfort with how to control their dribble and be effective moving to the basket, begin to add more advanced techniques, especially as they look to change directions or avoid defensive pressure. Examples include a step-back dribble, crossover (keeping the ball low), spin move, and a between-the-legs dribble.

## One Hand Dribble (w/ crossover)

### Recommended Sets and Reps:

- 2 minute drill. Switch hands every 5 – 15 seconds depending on the ability of your players

### Description:

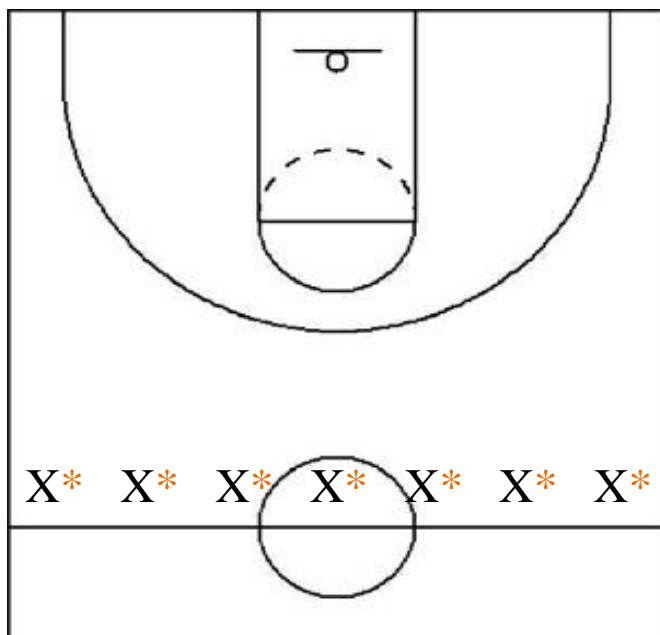
- 1). Players line up on a line with at least 5ft between each other.
- 2). Coach whistles or yells out for the players to begin dribbling with 1 hand.
- 3). After (5-15) seconds the coach yells out switch and the players crossover the ball over to the other hand and continue dribbling.
- 4). After 2 minutes the coach whistles or yells out for the players to bring the ball up and hold it close to their bodies.
- 5). Repeat the drill beginning with the opposite hand.

### Drill Set-Up:

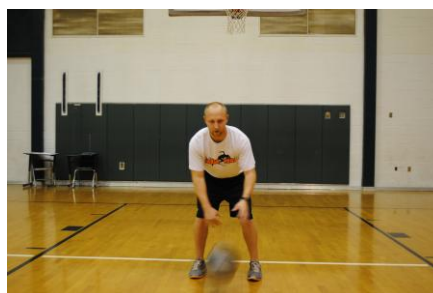
- Have athletes stand in a line at half-court or baseline
- Make sure they keep proper spacing!

**X = Athlete**

**\* = Basketball**



## DYNAMIC: DRIBBLING



## PROGRESSIONS:

1. Slow Pace/ Looking at Ball
2. Fast Pace/ Looking Up
3. Low Dribble
4. Jog to a Cone and Crossover
  - a) Set up 4-5 cones in a straight line across the length of the court
  - b) Players jog to cone, break down, and crossover dribble
  - c) Continue to next cone and repeat
5. Run to a Cone and Crossover
  - a) Same as Progression #4 but at game speed!



## 4 Corner Dribble

### Recommended Sets and Reps:

- Drill lasts for 2 minutes, and then change directions

### Description:

- 1). Start all of the players in one corner of half court.
- 2). 1<sup>st</sup> player begins dribbling.
- 3). When that player gets approximately halfway to the first corner, then the next player follows.
- 4). This process repeats until all players are dribbling around the box in the same direction.
- 5). Repeat the drill for 2 minutes then stop and begin the drill in the opposite direction.

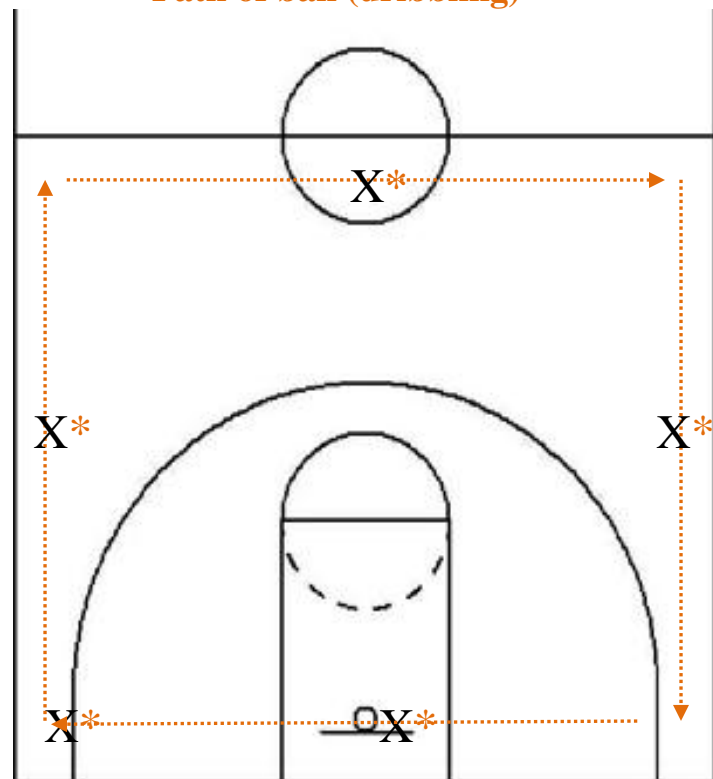
### Drill Set-Up:

- All players start in one corner of the half court.
- Players continue dribbling around the court for 2 minutes and then repeat in the opposite direction.

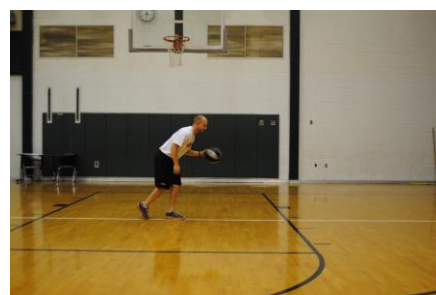
**X = Athlete**

**\* = Basketball**

**.....> = Path of ball (dribbling)**



## DYNAMIC: DRIBBLING



## PROGRESSIONS:

1. **Slow Pace – Keep Ball in Outside Hand**
2. **Fast Pace – Keep Ball in Outside Hand**
3. **Fast Pace – Add Crossover at Corners**  
 \*After crossover dribble, add another crossover immediately so ball is back in outside hand
4. **Fast Pace – Add Spin Move at Corners**  
 \*After spin move, add a crossover so ball is back in outside hand
5. **Fast Pace – Add Between the Legs Dribble at Corners**  
 \*After between the legs dribble, add a crossover immediately so ball is back in outside hand

## Cone Cutting Dribble

### Recommended Sets and Reps:

- 10 total repetitions through the drill

### Description:

- 1). Progress from stopped position to full speed cuts.
- 2). Full speed cuts will include the following:  
“crossover” and “between the legs”

### Drill Set-Up:

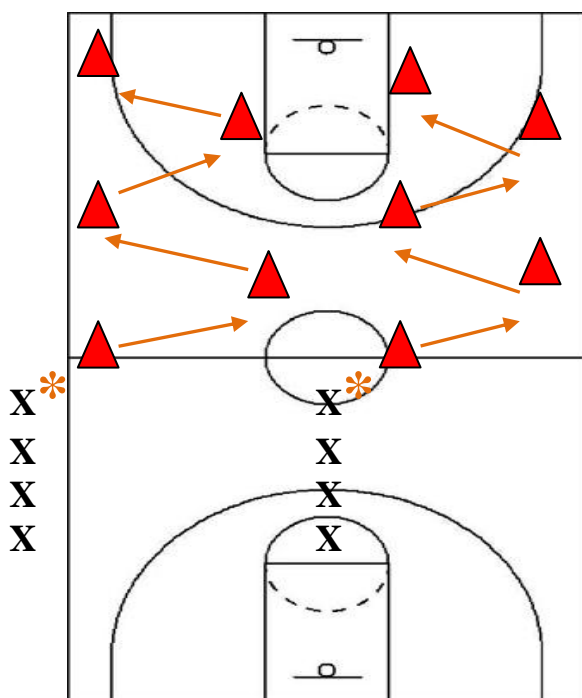
- Set up 2 sets of 5 cones in a zig-zag pattern between 5-7 yards apart
- Have athletes begin in 1 single file line and each athlete starts drill when previous athlete is half-way through the drill

**X = Athlete**

**\* = Basketball**

**▲ = Cone**

**→ = Path of the ball (dribbling)**



## DYNAMIC: DRIBBLING



## PROGRESSIONS:

1. Jogging Pace Cuts
2. Full Speed Cuts
3. Add Between the Legs Dribble at Cones
4. Add Spin Move at Cones
5. Add a Defender