

# Dribbling Drills

**Key Points to Remember:** 1. Perform all drills at **game speed**. 2. Keep **eyes up**  
3. Perform each drill with **both hands**. 4. Work on your **weak hand** 5. **Push yourself** (If you are not making a mistake, you may need to work harder). 6. Practice a variety of drills for a small amount of time (**5-10 minutes**) **each day!**

Number of Drills mastered at GAME SPEED with EYES UP:

**16-20: Conference Champ**

**22-24: Section Champ**

**25: State Champ**

## Tennis Ball Drills

Equipment Needed: one basketball, one tennis ball

Drill Variations: Perform while pivoting, walking, or running

1. Toss and catch tennis ball in one hand and dribble with the other.
2. Toss tennis ball to other hand and cross over dribble.
3. Toss and catch tennis ball in one hand and cross over twice before catching tennis ball.
4. Toss and catch tennis ball in one hand and cross over between legs
  - a. cross 1x while tennis ball is in air.
  - b. cross 2x while tennis ball is in air.
  - c. cross 3 x while tennis ball is in air.
  - d. cross 4x while tennis ball is in air.
5. Toss and catch tennis ball in one hand while you cross over and go behind back with basketball.

## Two Ball Drills

Equipment Needed: Two basketballs

Drill Variations: Perform while pivoting, walking, or running

1. Dribble both at same speed and height
2. Dribble both at different heights (one high and one low) and alternate
3. Dribble both balls inside out fake crossover
4. Dribble push both front to back on each side of body
5. Cross over both balls so that each ball ends up in opposite hand.
6. Two ball figure eight dribble
7. Two Ball Spider: Dribble both balls between legs back and forth with both hands at the same time.

## Cone/Chair Drills

Equipment Needed: One basketball, three cones, chairs, or other obstacles

Set up 3 obstacles five to ten feet apart, and repeat moves before each obstacle at full speed.

1. Cross over in front
2. Cross over between legs
3. Inside out with same hand fake crossover
4. Behind back
5. Cross over in front and between legs
6. Cross over in front and behind back
7. Cross over in front and spin
8. Behind back and spin
9. Inside out with same hand, cross over, behind back