



ACROSS THE COURT DRIBBLING:

Either individually or if insufficient basketballs Start in groups of 3 players 2 on one side with 1 ball and the other player on the other side of the court. Players are to dribble from one side of the court to the other using the following techniques:

- 1) Right hand (RH)
- 2) Left Hand (LH)
- 3) Right hand to left hand (not a crossover)
- 4) low dribble
- 5) Speed dribble (once RH , once LH))
- 6) at 3 locations across the floor (explanation on page 2)
 - a) Crossover
 - b) Between the legs
 - c) behind the back
 - d) Hesitation
 - e) Retreat
 - f) Reverse dribble
- 7) Dribble body wrap style around one leg
- 8) Dribble body wrap style a figure 8 through your legs
- 9) Dribbling along the wall
- 10) Dribbling while patting the wall with one hand
- 11) Dribbling crossover while alternate patting the wall.
- 12) 2 ball dribble a
 - a) alternate
 - b) together
 - c) one behind the back
- 13) NZ slapping drill }
- 14) NZ pushing backwards resistance drill } RIGHT AND LEFT HAND
- 15) NZ pushing sideways drill }
- 16) Dribble while catching your own tennis ball }
- 17) Dribble while catching a tennis ball from your partner } RIGHT AND LEFT
- 18) dribble while catching 2 tennis balls from your partner }
- 19) dribble whilst reading kiddies books (this will show if they can concentrate on other things and not the dribbling)

TECHNIQUE

1. Pound the ball – the quicker it gets back into the hand the less chance of a steal
2. Ensure it comes off the fingers.
3. Waist high, no higher
4. Head AND eyes up.
5. NO slapping or patting– it is not a dog.

NOTES:

- a) Crossover (“monkey arms” terminology , below knees and from outside knees to other outside knees)
- b) Between the legs (feet facing forwards, doing the splits and bounce the ball between heel and toe)
- c) behind the back (hand to slap your opposite butt, bring the ball to the front don't leave it hanging behind you)
- d) Hesitation (dribble while running, come to an opponents with a slight hesitation (slow the speed slightly like you are about to pass or stop) and then accelerate at full pace.
- e) Retreat (dribble up to an opponent, turn side on to an opponent, move the dribble to behind you)

These drills have been used by the New Zealand National teams as conditioning for game physicality.

NZ SLAPPING DRILL:

Player 1 dribbles the ball across the court while player 2 physically BUT gently slaps the dribbling arm. this is aimed to get use to the physicality of a game situation.

NZ RESISTANCE DRILL:

Player 1 dribble across the court while the second player put their hands on the dribblers shoulders and GENTLY retards their progress across the court.

NZ SIDEWAYS DRILL:

player 1 dribbles along a court line marking whilst player 2 tries to push them off the line.



STATIONARY DRIBBLING

Player's stationary but ready to pair up:

- 1) Right hand speed dribble
- 2) Left Hand speed dribble
- 3) speed crossover dribble
- 4) Between the legs
 - then around the front of the leg and back through
 - between each leg continuously doing scissor actions
- 5) Behind the Back
 - then around the front in a circular motion
 - continuous behind the back note: the players have to be virtually sitting and getting their bums right over the ball.
- 6) By the side V dribble
 - both R and L
 - in the same direction
- 7) Figure 8 dribble
- 8) Around 1 leg – then the other leg
- 9) Around the body
- 10) Square Up (Face forwards) between the legs
- 11) Sit on the ground
 - speed dribble (both R and L)
 - ISO dribble (hand under knee and dribbling in between the legs)
- 12) TWO BALL DRIBBLE: (your partner watching)
 - a) Speed dribble (both R and L) both balls in time
 - b) Speed dribble alternating dribble
 - c) between the legs and crossover
- 13) By the side V dribble
 - same direction
 - alternating direction