

DRIBBLING DRILLS

The use of the dribble has been discouraged by many coaches as the passing game has increased in favor. However, there is still a great need for the dribble in advancing the ball to the offensive sector, in changing floor positions, in breaks for the basket, and in other phases of the offensive. Some time spent in teaching and practicing the dribble will pay every coach.

WIND SPRINT DRIBBLE DRILL

Where wind sprints are used as a conditioning drill, the wind sprint dribble drill may be used as an interesting variation.

The men are lined up at the end of the floor and facing the floor. Each is given a ball. The coach takes his position in the center and at the side of the floor. He has a whistle. When he blows the whistle the players dribble as fast as possible and continue until the whistle is blown. They are then allowed to dribble slowly, weaving in and out of their course until another blast of the whistle indicates full-speed dribble again.

This drill may be carried out by having half of the men dribbling and the other men just sprinting and walking. After a while, have the dribbler change with the sprinters and continue the drill.

PERIPHERAL VISION DRILL

In this drill the dribbler has no set course but must keep his head up and look at the ball only as a last resort. This is sometimes known as the blind man dribble drill. The drill is a splendid practice for the ball handling involved in the dribble. The drill develops peripheral vision or ability to focus the attention on more than one object at the same time, and develops the touch necessary in good dribbling.