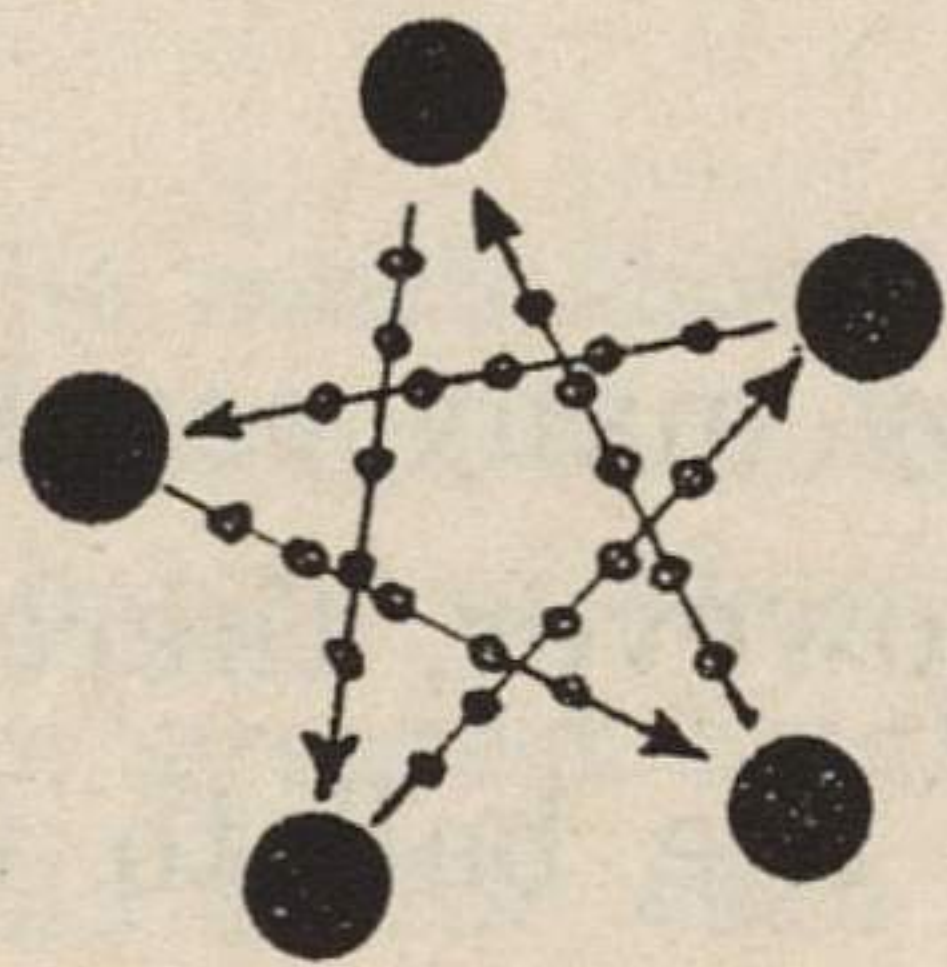


THE STAR DRIBBLE DRILL

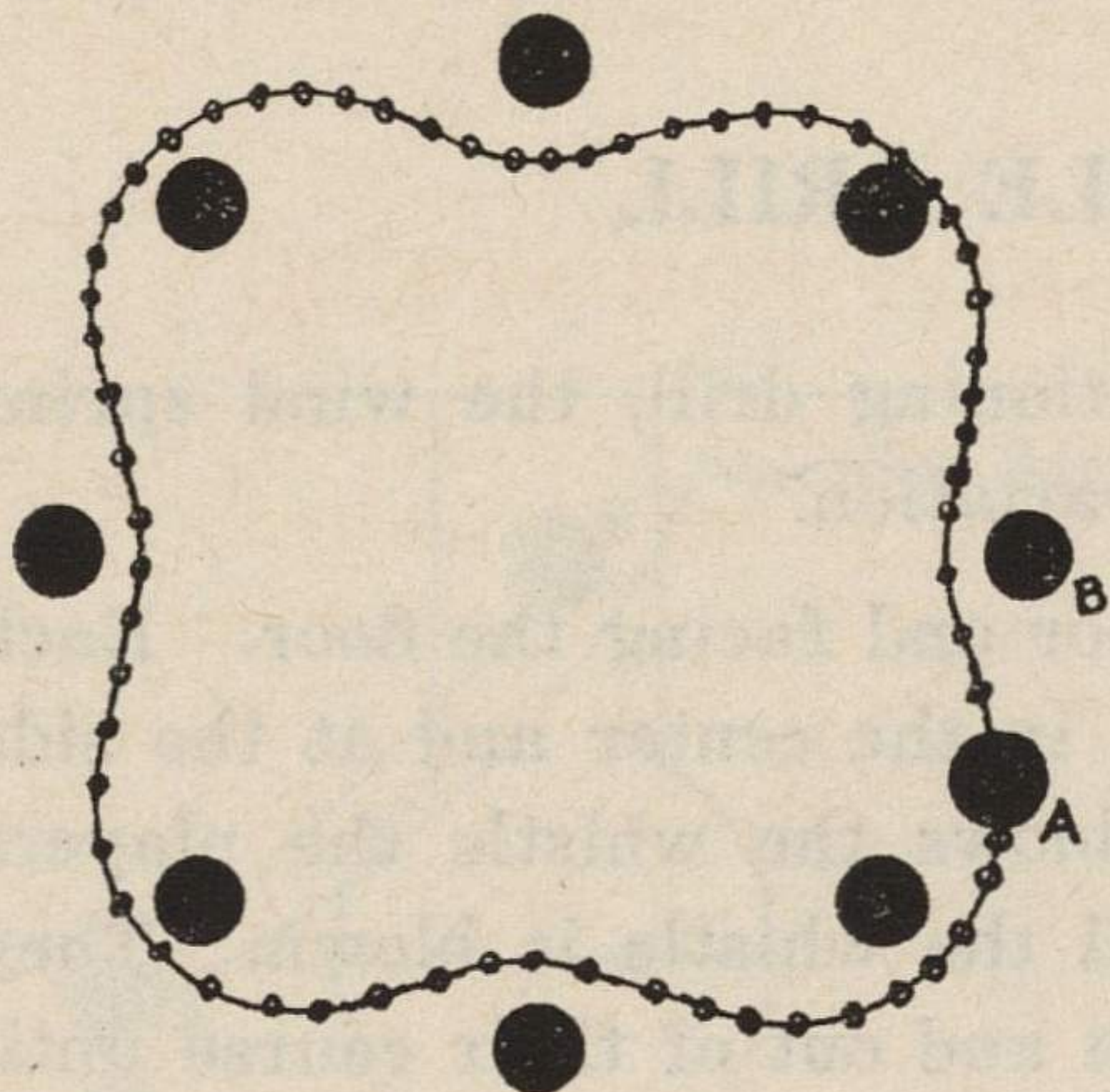


Squads of five men are grouped as shown in the illustration. The men are spaced about four feet apart. The men dribble to one another with the course of the ball making a star.

This drill is to teach "touch" and the picking up of the dribble. The cupped hand and finger "touch" should be definitely emphasized in this drill.

The dribbles should be made as fast as possible and in keeping with the best possible form.

CIRCLE DRIBBLE DRILL



The players are formed in a circle. One man, A, is designated as the dribbler at the start. He dribbles in and out, alternating in front and behind players of the circle. When he returns to his original position in the circle he passes the ball to the next man to his right who continues the drill.

Stress the fact that dribblers must learn to travel in broken paths and not in a straight line. Allow the players of the circle to fake at the dribbler as he passes but do not allow them to hit the ball as it encourages the man to dribble in too wide a circle and not set the feet as he passes the man and makes a sharp turn.

RETRIEVE LOOSE BALL-DRIBBLE DRILL

Place the men in a semi-circle near the center of the floor. The coach from under the basket rolls the ball toward the men; they pick up the ball and dribble in for a short shot. The drill is valuable in teaching men to drop the hips and knees and be free and loose in recovering this type of ball or low passes. It also teaches them to break fast on the dribble.

DRIBBLE COMPETITION DRILL

The purpose of this drill is to teach the proper hand position in making the dribble and to teach the hand and arm stroke. The competition is between members of the squad; each man is given a ball and dribbling in a stationary position sees how many bounces or dribbles he can make in ten seconds.