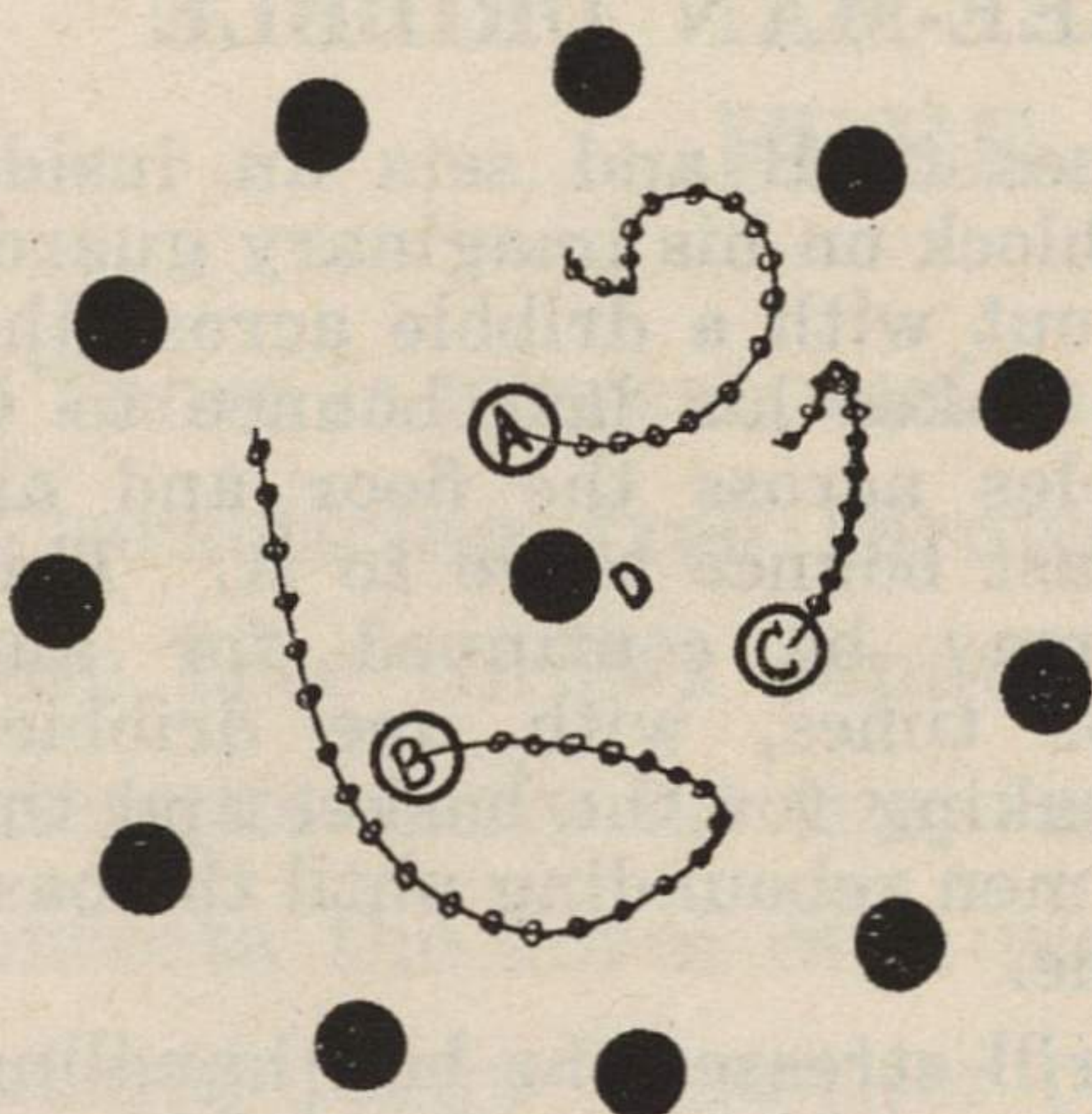


DOUBLE CIRCLE DRIBBLING DRILL



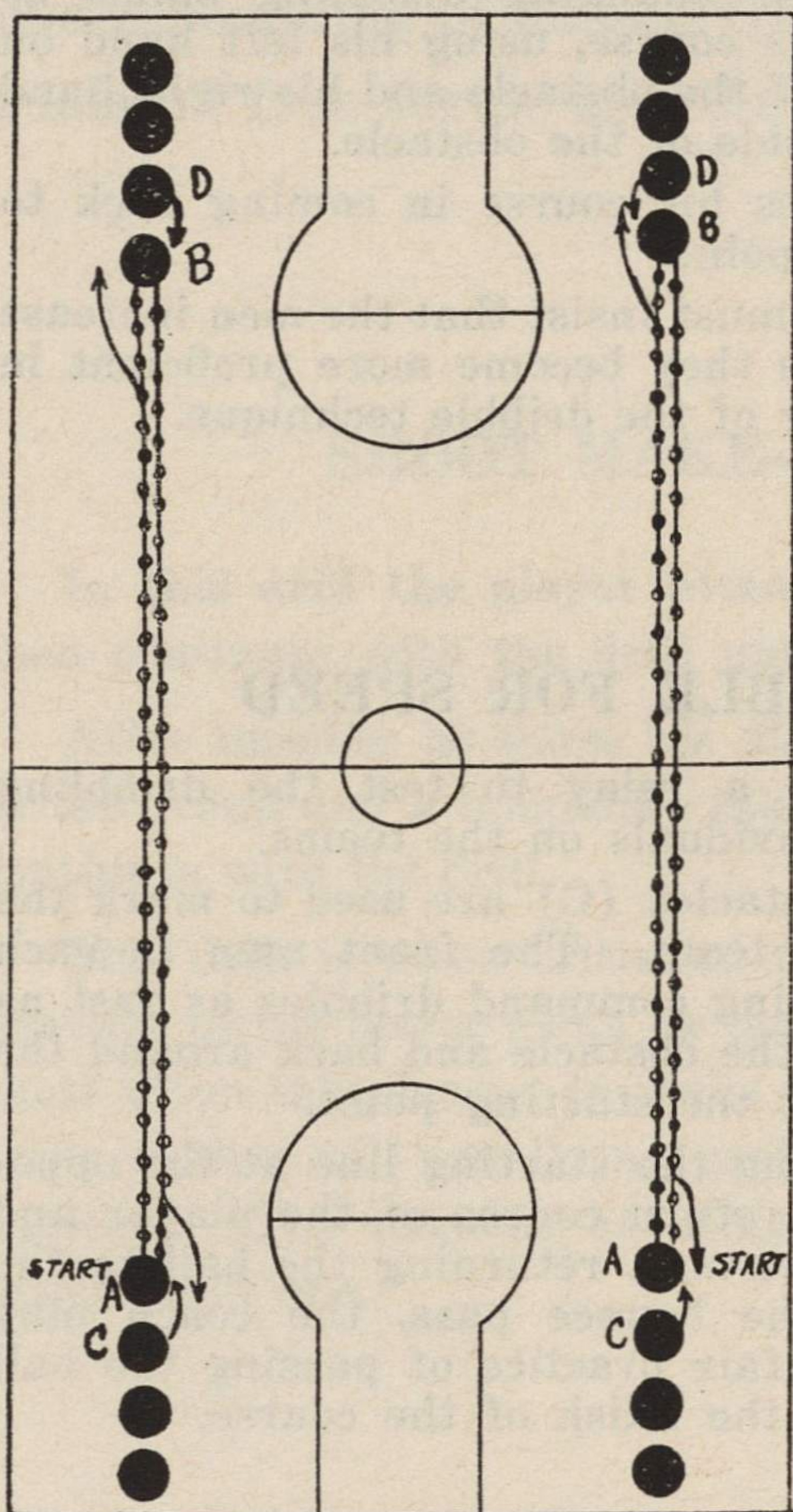
A large outer circle of from ten to fifteen players is formed. From three to five men are placed inside of this circle. These men have basketballs and must keep dribbling them. An extra man designated as the guard is also placed inside of the circle.

The dribblers must evade the guard and still keep away from the men in the outer circle. These men are allowed to reach as far as possible toward the dribblers without shifting their feet and attempt to break the dribble and get the ball. If a man in the circle obtains the ball, he takes his place

in the center as a dribbler and the man who lost the dribble becomes the guard, with the man who was guard replacing the man who left the circle. If the guard is successful in obtaining the ball, the dribbler and guard change places. All infractions of the rules are to be called.

ALTERNATE HANDS-DRIBBLE FOR SPEED

The set-up for this drill is similar to the dribble for speed in which the man dribbles to a certain point and returns as rapidly as possible. In this drill the man alternates bounces with the right and left hand over a similar course. Failure to alternate hands results in that individual repeating the course. This drill may also be used as a left-handed dribbling drill.



DRIBBLE SHUTTLE RELAY

At the starting command A dribbles to the other starting line and allows B to pick up his dribble and continue to the other line allowing C to pick up his dribble, etc.

The team returning all of their men to the original starting positions is the winner. In this arrangement each man takes part in the relay twice.