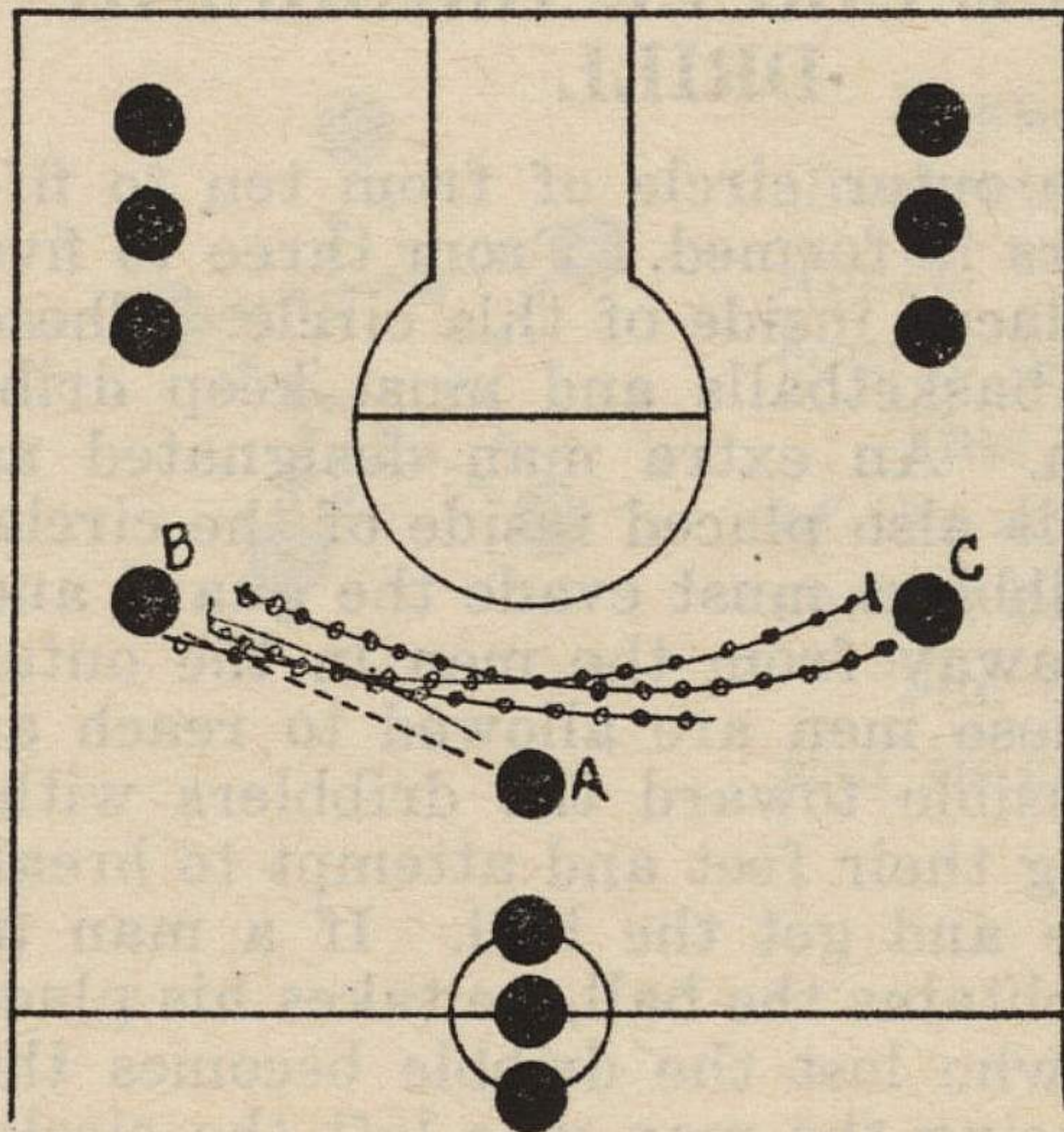


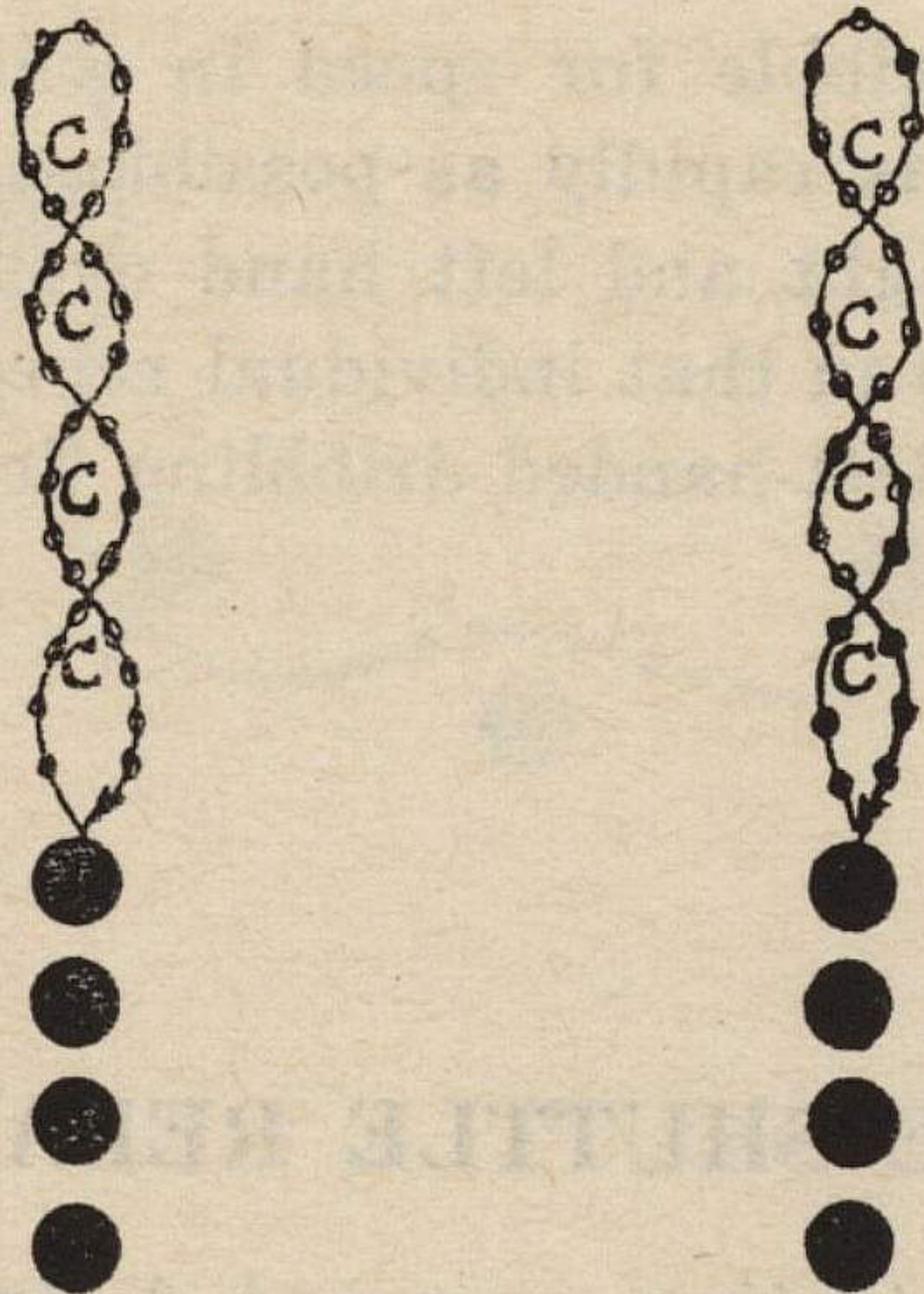
THREE-MAN DRIBBLE



A passes to B and sets an inside screen or block on his imaginary guard. B breaks out with a dribble across the floor and makes his last bounce to C who dribbles across the floor and allows his last bounce to go to A. This crossing may be continued for any number of times, with one dribbler finally breaking for the basket and the other two men rebounding until the basket is made.

This drill stresses the ball handling necessary in picking up the dribble of another man without loss of time. The drill may be used by not allowing the men to catch the ball in both hands but to continue the other man's dribble.

DRIBBLE OBSTACLE RACE



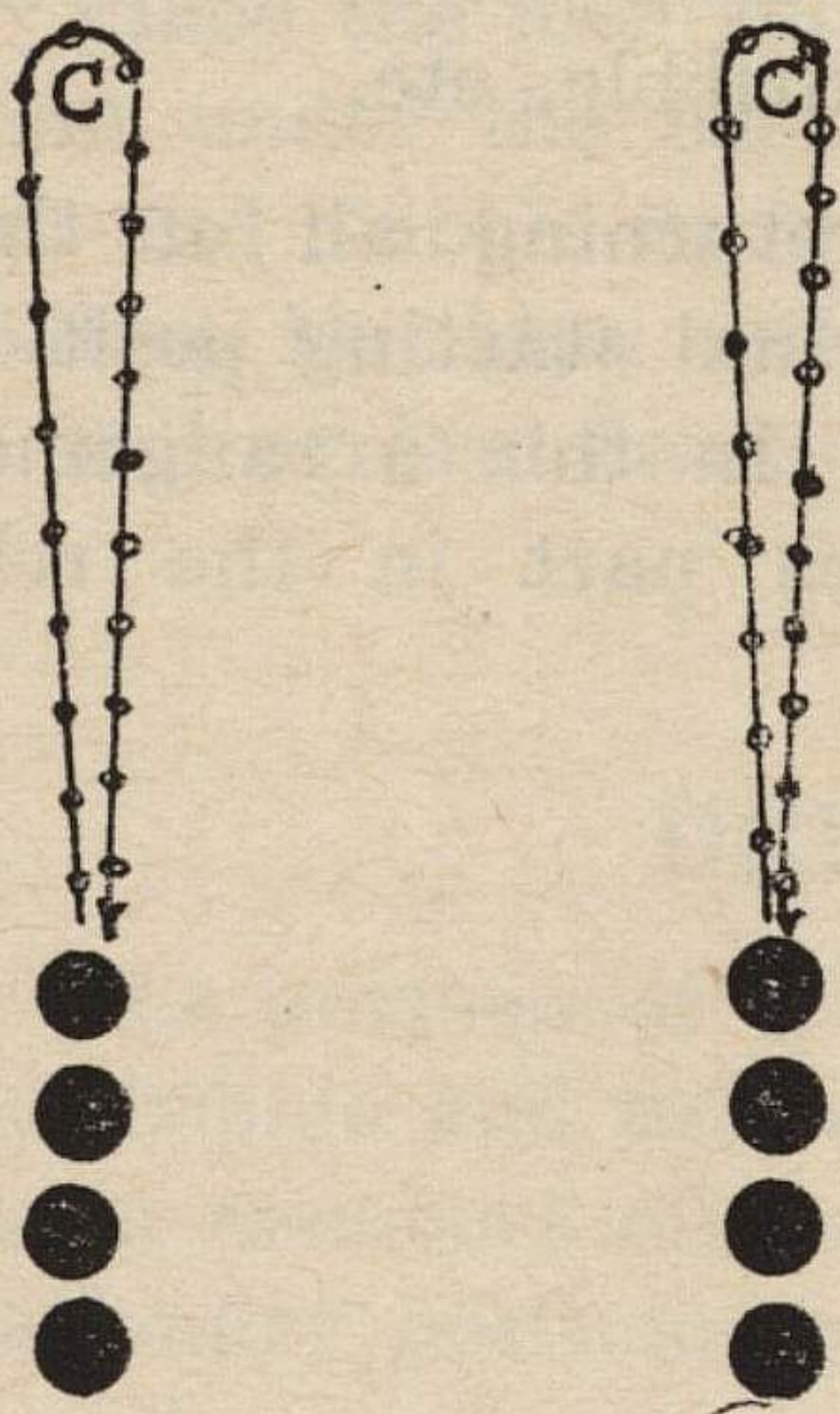
A number of chairs or other obstacles are placed at a distance of about 8-10 feet apart in a straight line down the center of the floor.

The player must dribble in and out through these obstacles, changing dribbling hands as he changes his course, using his left hand on the left side of the obstacle and his right hand on the right side of the obstacle.

He reverses his course in coming back to the starting point.

The coach must insist that the men increase their speed as they become more proficient in their handling of the dribble technique.

DRIBBLE FOR SPEED



This drill is a relay to test the dribbling speed of the individuals on the teams.

Chairs or obstacles (C) are used to mark the course for each team. The front man in each line on the starting command dribbles as fast as possible around the obstacle and back around the other obstacle at the starting point.

By establishing the starting line at the opposite side of the return course of the player and insisting that the man returning the ball to the next line use the bounce pass, the coach may eliminate the unfair practice of passing the ball before reaching the finish of the course.