



# Dribbling Skill Progression

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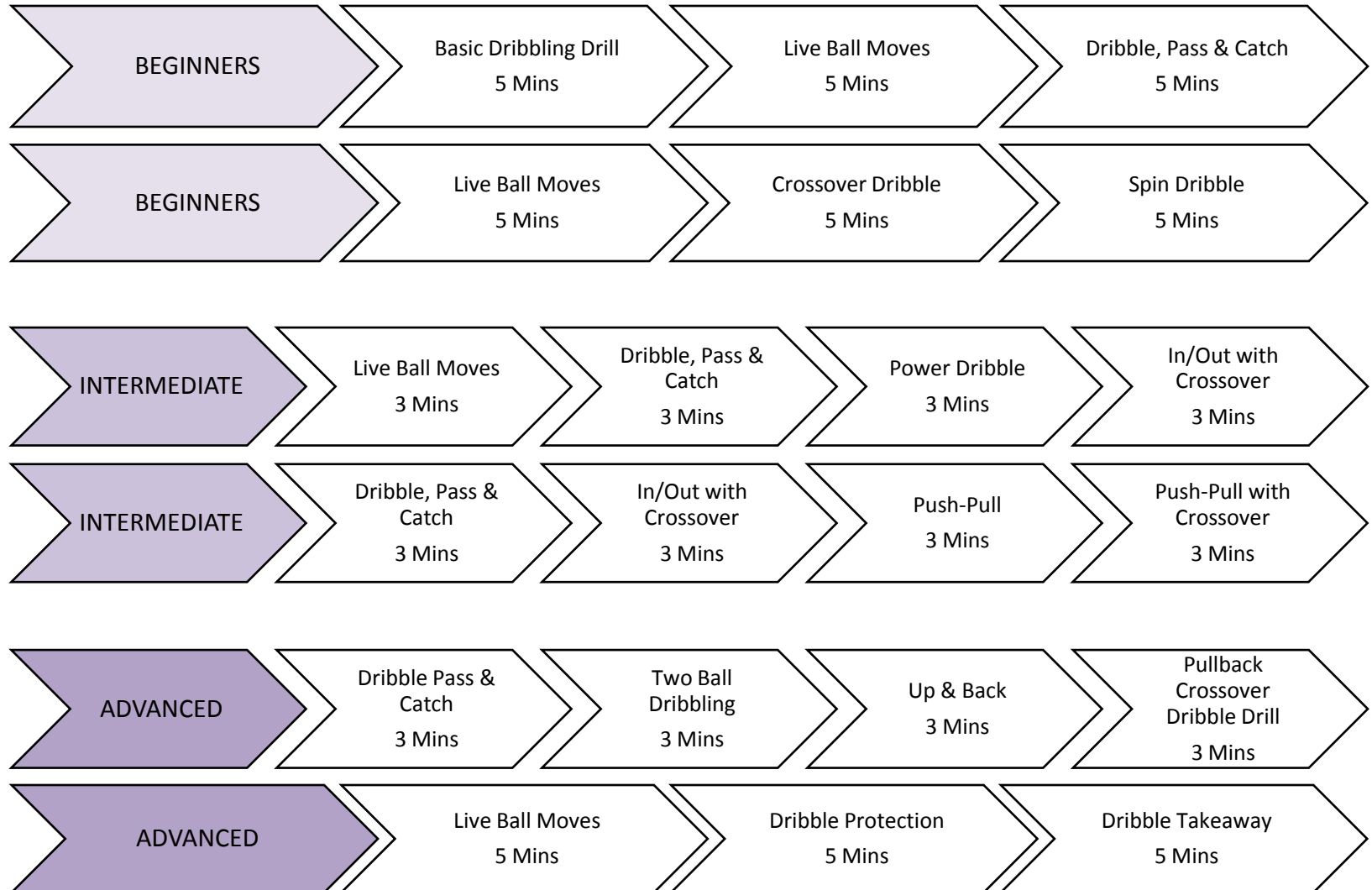
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# Dribbling Skill Progressions

Match the following skill progressions to the experience level of your team. If you are working with multiple skill levels, separate the kids into groups and run stations. Each station uses the skill progression that best matches their ability. All drills are explained inside this document, and demonstrated on video inside Module 4 and Module 5 of Total Basketball Skill Development.



# BASIC DRIBBLING DRILL

## Purpose:

Players work on dribbling fundamentals.

## Setup:

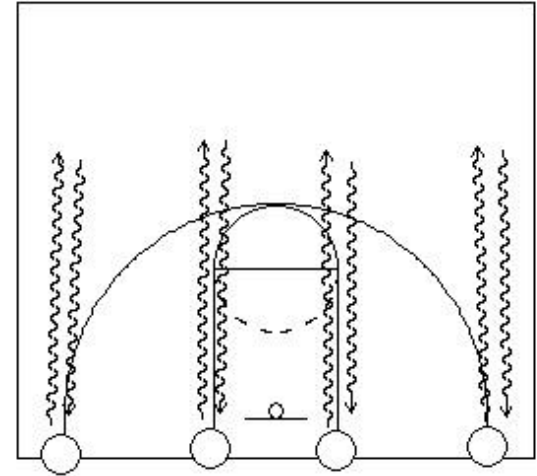
Four lines of players spaced about 12 to 15 feet apart on the baseline (first at 3-point line left corner, second at lane's edge, third at other lane's edge, fourth at three point line right corner). First player in each line has a ball.

## Execution:

1. Coach says "go" or blows whistle.
2. Players dribble to top of 3-point line extended and then back.
3. First, players do the low shuffle dribble (they shuffle their feet).
4. Second, players do the short running steps dribble.
5. Third, players to a high dribble with ball coming to their waist.
6. Players should use right hand going out and left hand coming back.

## Coaching Tips:

- Players should look at the net at the other end of the court when dribbling in order to keep their heads up.
- Players should be in a low position and massage or cup the ball as they dribble.
- Players should have an arm bar up to protect the ball.



Players should dribble out with their right hand and dribble back with their left.

# LIVE BALL MOVES

## Purpose:

Players practice the direct drive and the crossover drive.

## Setup:

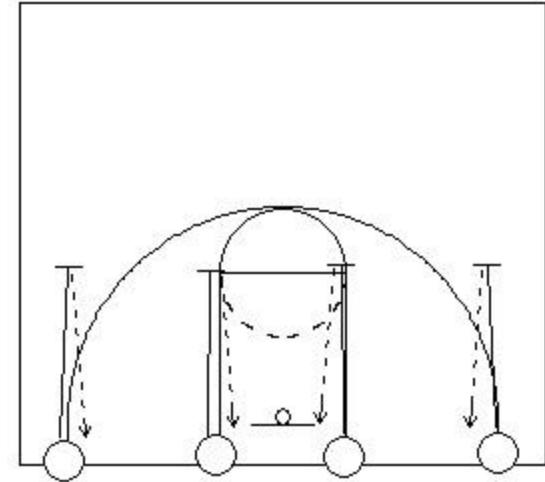
Four lines of players spaced about 12 to 15 feet apart along the baseline (first at 3-point line left corner, second at lane's edge, third at other lane's edge, fourth at three point line right corner). First player in each line has a ball.

## Execution:

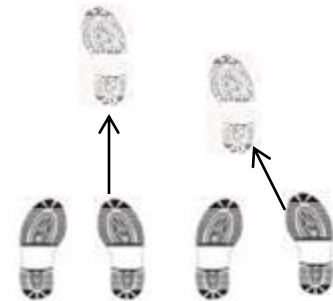
1. Coach blows whistle.
2. Players execute a direct drive, which requires a long first step with the stepping foot (right foot).
3. Players dribble to free throw line extended, do a quick turn and pass the ball back to the next person in line.
4. Drill should also be run for the crossover drive, which requires a short first step as players cross in front of an imaginary defender.

## Coaching Tips:

- Look for your players to make good long first steps in the direct drive.
- When dribbling players should protect the ball by dribbling it at the side of their body and by being down low.
- On the crossover drive, the first step is a quick jab step and the second step is longer but make sure it is in a straight line.
- Players should be using both front and rear turns during the drill.



Players execute a direct drive or crossover drive, dribble up, do a quick turn and pass the ball back to the next player in this fast-paced drill.



Left, direct drive. Right, crossover drive.

# CROSSOVER DRIBBLE

## Purpose:

Players work on executing the crossover dribble and the pullback crossover dribble.

## Setup:

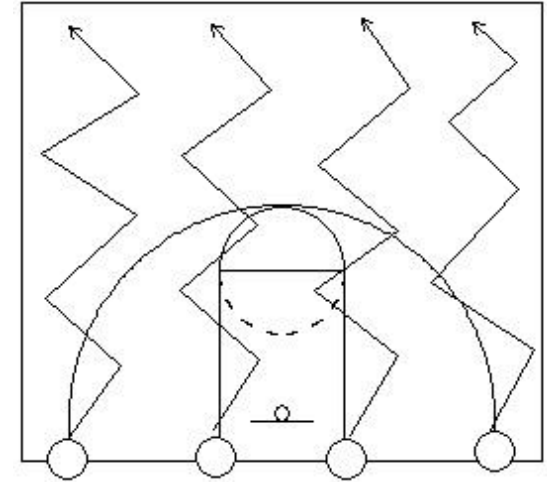
Four lines of players spaced about 12 to 15 feet apart on the baseline (first at 3-point line left corner, second at lane's edge, third at other lane's edge, fourth at three point line right corner). First player in each line has a ball.

## Execution:

1. Coach says "go" or blows whistle.
2. Players crossover dribble to half court line and then back.
3. This drill can also be run for the pullback crossover, where the player goes up to the defender, retreats, then crosses over and goes up court.

## Coaching Tips:

- Players should have their heads up looking at the nets on the baskets.
- Dribble should be low to the ground.
- The pullback crossover can also be done by taking the ball between the legs by more polished ballhandlers.



Players work on their crossover dribbles.

# SPIN DRIBBLE

## Purpose:

Players work on executing the spin dribble.

## Setup:

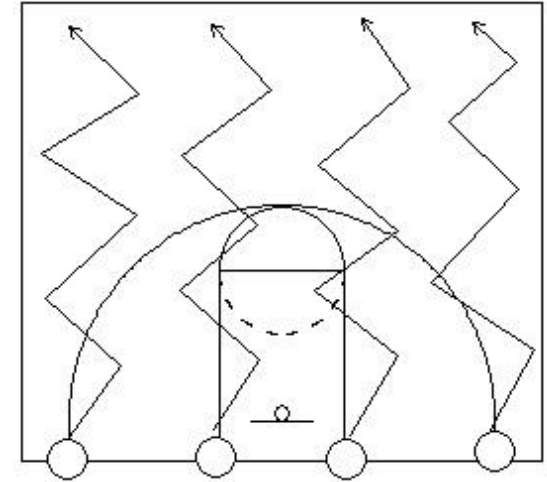
Four lines of players spaced about 12 to 15 feet apart on the baseline (first at 3-point line left corner, second at lane's edge, third at other lane's edge, fourth at three point line right corner). First player in each line has a ball.

## Execution:

1. Coach says "go" or blows whistle.
2. Players spin dribble to half court line and then back.

## Coaching Tips:

- Caution your players this is not the best dribble to use against pressing and pressure defenses as it causes you to temporarily lose vision up the court.
- Players should bring the ball close to the body and pull the ball on the hip as they spin.



Players execute spin dribbles as they proceed up the court.



# DRIBBLE, PASS & CATCH

## Purpose:

This combination drill emphasizes dribbling, passing and catching skills.

## Setup:

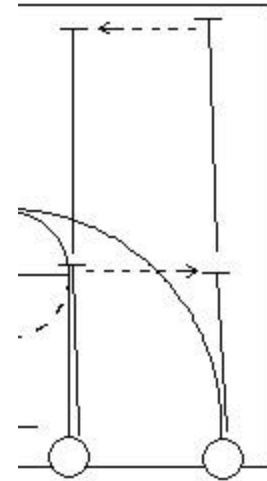
Four lines of players spaced about 12 to 15 feet apart on the baseline (first at 3-point line left corner, second at lane's edge, third at other lane's edge, fourth at three point line right corner). All players in the middle two rows have balls.

## Execution:

1. Coach says "go" or blows whistle.
2. Players in middle have partner to the outside. The inside player dribbles to free throw line, does a quick stop and quick turn and passes the ball to the player on the outside.
3. Player on the outside catches the ball and dribbles to half court line where he does a quick stop and quick turn and then passes the ball to the middle player.
4. They go back the same way. Middle player dribbles to free throw line and passes to outside player. Outside player dribbles to baseline and passes to inside player.

## Coaching Tips:

- Players should dribble with outside hand (hand farthest away from partner) and pass with inside hand (hand closest to partner).
- Look for proper dribbling, passing and catching fundamentals.



Players dribble, pass and catch as they go to half-court and back.

# IN/OUT WITH CROSSOVER

## Purpose:

Players practice dribbling fundamentals.

## Setup:

Player with ball anywhere on the court.

## Execution:

1. Player dribbles ball with one hand in an “in-out” motion then crosses over to other hand and does the same thing. So it’s “in-out-over.”
2. Player goes faster and faster until a mistake is made.

## Coaching Tips:

- This drill can be run without the crossover so focus is on dribbling with one hand.
- Players can also look at the ball during this drill if necessary.
- Look for good, balanced body position from the player.



Above, coach demonstrates in part of dribble.  
Below, coach demonstrates out part of dribble.



# PUSH-PULL

**Purpose:**

Players practice dribbling fundamentals.

**Setup:**

Player with ball anywhere on the court.

**Execution:**

1. Player gets in good dribbling position with knees bent, arm bar out in front.
2. Player pushes ball forward and pulls it back in stationary dribbling position.
3. Ball should be dribbled with one hand.
4. After sufficient time or a mistake is made, player switches to dribbling with other hand.

**Coaching Tips:**

- Player should start slow and then try to get faster and faster.
- Player should be looking forward not down at the ball.



Coach demonstrates push-pull drill.

# PUSH-PULL WITH CROSSOVER

## Purpose:

Players practice dribbling fundamentals.

## Setup:

Player with ball anywhere on the court.

## Execution:

1. Player gets in good dribbling position with knees bent, arm bar out in front.
2. As player pushes ball forward, he brings opposite leg forward.
3. As he pushes ball back, he brings opposite leg back.
4. Player then crosses the ball over to the other hand and does the same thing from that side.

## Coaching Tips:

- Look for player to remain balanced and to dribble the ball low.
- As player gets the rhythm he should try to go progressively faster.



Coach dribbles during the Push-Pull with Crossover Drill. In this drill, the player gets into sort of a rocking motion as he brings his leg forward, then back, then crosses over and repeats.

# POWER DRIBBLE

## Purpose:

Players practice dribbling fundamentals.

## Setup:

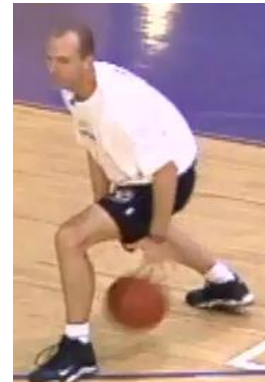
Player with ball anywhere on the court.

## Execution:

1. Player gets in good power dribbling position with knees bent, arm bar out in front.
2. Player takes several dribbles on one side, then dribbles the ball between his legs and immediately switches to the other side.
3. He goes back and forth taking 3 to 5 dribbles per side and then switching with a between-the-legs dribble.

## Coaching Tips:

- Look for player to remain balanced and to dribble the ball low.
- As player gets the rhythm he should try to go progressively faster.
- This drill can also be run with just two dribbles per side, one dribble per side or no dribbles per side.



In this drill, players dribble between the legs to switch sides.

## TWO BALL DRIBBLING

### Purpose:

Players practice dribbling fundamentals.

### Setup:

Player with two balls anywhere on the court.

### Execution:

1. Player starts out dribbling the two balls slowly – getting into a good rhythm.
2. Player then works his way lower.
3. From there he can go into a number of different drills: he can do in-out dribbles; push-pull dribbles; dribble high and hard; dribble low and fast; alternate hands high; alternate hands low; do one ball high, one ball low; crossover; go between the legs; and more.
4. Additional drill options: dribble two balls up and down court; dribble one ball and juggle the other.

### Coaching Tips:

- Player should dribble with wrist and hands, not arms and shoulders.
- Player should have his head up and not be looking at the balls.



Dribbling two balls at once can improve a player's hand-eye coordination and focus.

# UP & BACK

**Purpose:**

Players practice dribbling fundamentals.

**Setup:**

Player with one ball anywhere on the court.

**Execution:**

1. Player starts out dribbling and shuffling forward.
2. Player then stops and shuffles backward.
3. He continues going forward and backward until drill is over.
4. Drill should be run with both hands.

**Coaching Tips:**

- Make sure player is shuffling feet and not crossing over.
- Player should have head up and be in a power dribble position with arm bar out in front.



Coach shuffles forward and back while dribbling.

# PULLBACK CROSSOVER DRIBBLE DRILL

## Purpose:

Players practice dribbling fundamentals.

## Setup:

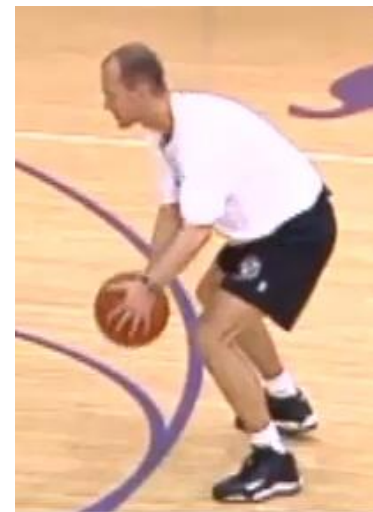
Player with ball sets up at top of key or on the center circle.

## Execution:

1. Player takes two dribbles forward and stops, pulling opposite leg forward and getting into power dribbling position with arm bar.
2. Player then takes two dribbles back (ending back where he started) and pulls opposite leg back.
3. He crosses over and does the same thing to the other side of the key.
4. Player continues going from side to side in an up, back, crossover manner until drill is over.

## Coaching Tips:

- Player should keep weight back, not forward, when dribbling and moving.
- A great way to finish this drill is with a drive to the basket.



Coach crosses over after pulling back from his drive to the right.



# DRIBBLE PROTECTION DRILL

**Purpose:**

Players practice dribbling fundamentals.

**Setup:**

Two players. One with a ball, one to play defense.

**Execution:**

1. Player with ball must stay in the lane area while dribbling.
2. Defender tries to steal the ball.
3. Coach times the drill to see how long the offensive player can keep dribbling the ball.

**Coaching Tips:**

- Player with ball should be looking down the court at the opposite basket (which is his team's goal), not at the ball.
- A key to this drill is the offensive player should be looking and moving upcourt not turning his back and just trying to keep the ball from the defender.



Offensive player dribbles against pressure defense.

## DRIBBLE TAKEAWAY DRILL

### Purpose:

Players practice dribbling fundamentals.

### Setup:

Multiple players, each with a ball. Drill boundaries are the 3-point line and the baseline.

### Execution:

1. Coach says “go” or blows the whistle.
2. Players must continue to dribble their ball while also attempting to knock the ball away from other players.
3. The last person remaining with a ball is the winner.

### Coaching Tips:

- When the number of players gets smaller, you can require the players to stay within the lane.



Players try to knock the ball away from other players while maintaining their dribble.

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