

# THE TRIPLE THREAT

## DRIBBLING

Our players must use technique in order to move freely on the court. Therefore, we must consider the ball like an extension of the arm. First drill for dribbling is as follows:

### **MIRROR**

The entire team stands in front of the coach, everybody has a ball.



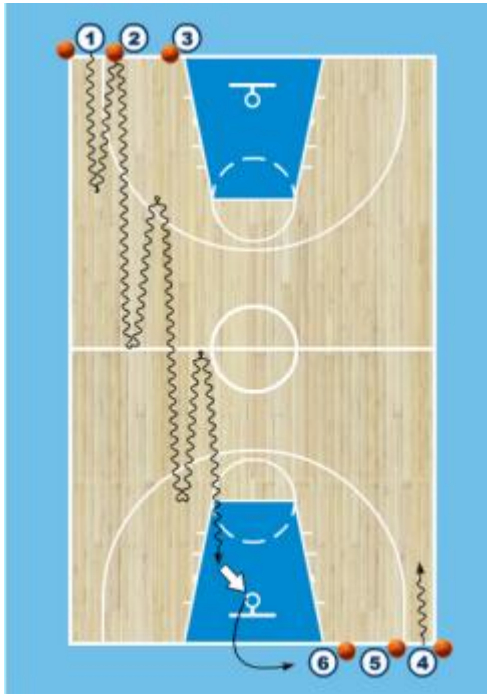
All players stand with a comfortable stance (feet shoulder width apart) they must repeat the coaches' moves as if they were a mirror image. The coach dribbles with his right and left hand with frequent changes of the dribbling hand. In order to practice players' peripheral vision, the coach chooses one of the players by pointing at him with his index finger; the selected player must dribble towards the basket and score.

**Option:** Coach raises his open hand showing one, two, three, four or five fingers and players must shout all together the number of fingers shown by the coach.

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## DRIBBLING

### CHANGE OF DIRECTION



Players are divided into two groups; every player with a ball. In a quick sequence players must execute changes of direction at the free throw line extended, half court line and opposite free throw line extended. **The ball must bounce on the sideline and feet move inside the court in order to oblige players to use both hands.**

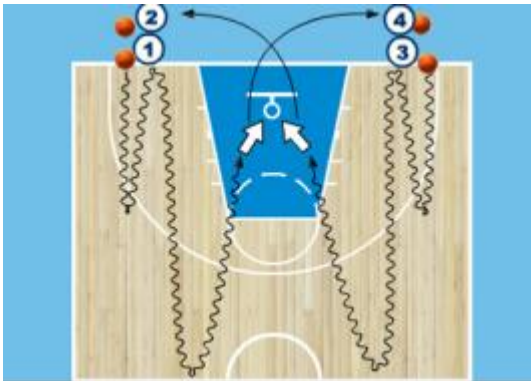
**BEWARE:** We suggest maintaining hand contact with the ball as long as we can. Do not hit the ball, caress it.

**BE ATTENTIVE:** As a rule players must watch the basket while dribbling and keep their eyes off the ball. We want to develop their peripheral vision.

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### CHANGE OF PACE



We use the same imaginary line of the free throw line extended and half court line for an easy drill. Two teams stand behind the baseline. Players must perform two changes of pace to the half court line, and then switch lines under the basket. This drill is continuous.

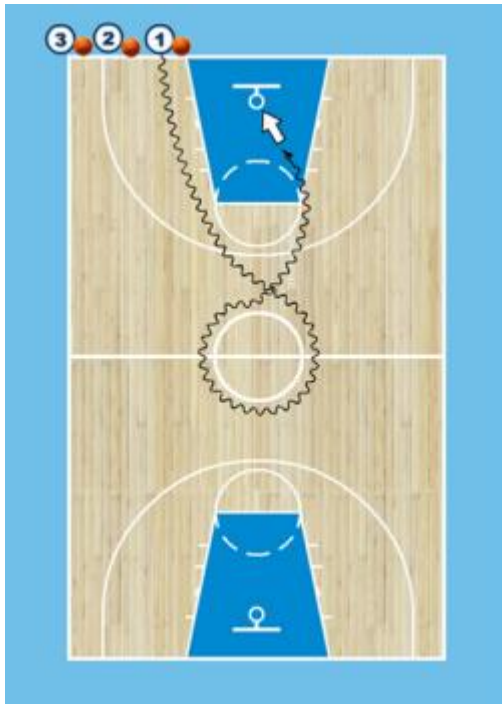


Players are divided into three lines: the ball is at the middle line. They start passing the ball left and right while running forward. When the coach blows the whistle, the player with the ball comes back dribbling to score a basket. The two other players must chase him. They play until a basket is made. Whoever wins the ball is in offence.

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### KOLO



All players line up with a ball each on the baseline, and then in quick sequence they dribble around the circles and score a basket. Use both baskets.

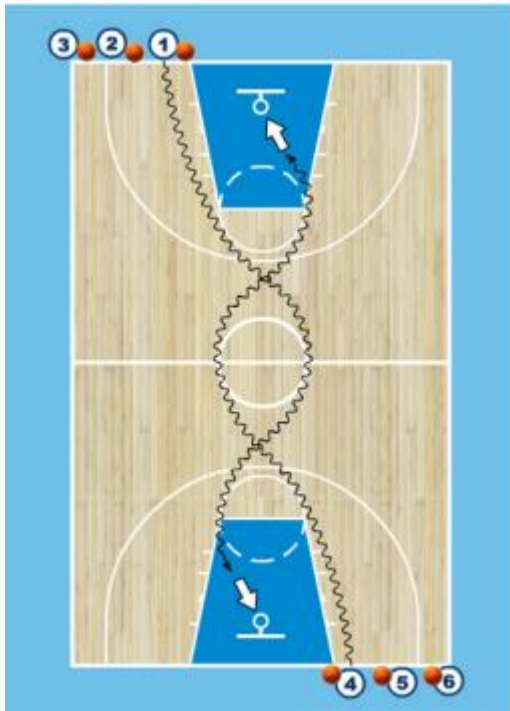
The circles are like two big opponents. Players dribble with their external (outside) hand. That way they will use a couple of changes of hand during the drill. The traffic when they cross each other, forces them to use their peripheral vision and have a correct reaction to the traffic jam.

**BEWARE:** The coach will signal to players to use three changes of hand: **CROSSOVER IN FRONT, BETWEEN THE LEGS, BEHIND THE BACK.**

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### FULL COURT EIGHT



We use the same techniques as before but we split the team and we use the three circles of the court.

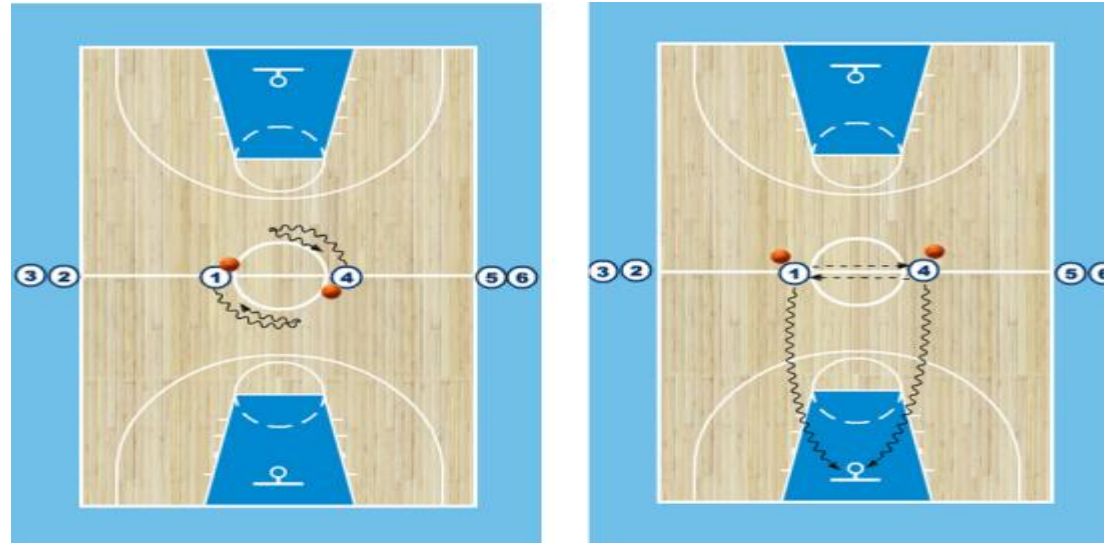
To focus on the use of the weak hand in most parts of the drill, we start on the left hand side of the court. Do not worry about shooting; beware about rhythm and peripheral vision. I repeat, the traffic created by crossing over forces players to use their own ability for a correct reaction to the traffic jam.

Every two minutes the type of shot will change: Reverse lay-up, hook shot, power move, etc.

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## SPACING

## DRIBBLING



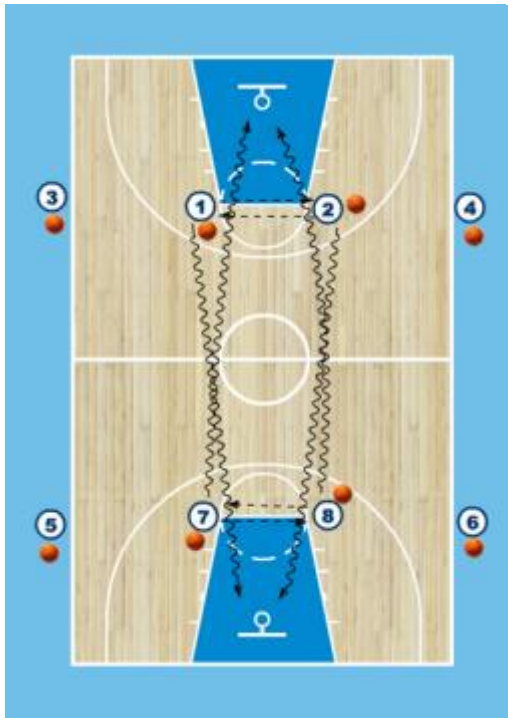
O1 is chasing O4 around the circle. O4 must react on the change of direction of O1, trying to maintain his distance from O1. O1 suddenly will make a bounce pass to O4. O4 has to react quickly by making a bounce pass back with his ball. After they exchange balls, players have to score on the same basket.

Make a competition out of it by counting the scores.

Player who scores first will get 3 points, runner up gets 1 point for a score. You have to score on the first attempt.

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If you have more than 12 players, you can use both circles close to the baskets, players will cross each other “reading the traffic” when they go full court. With this drill we develop dribbling but we do not forget peripheral vision, passing, catching and...scoring a basket.

### **SPECIAL DRIBBLING**

1. Spin Dribble: We do not recommend it because, the spin dribble is not contributing to the development of correct action - we consider it an emergency dribble.
2. Inside Out Dribble: We love it – the dribbler becomes smaller, flat, on the fake, and showing the ball over his shoulder with a change of pace he explodes to the basket.
3. Fake Crossover Dribble: Not easy to handle – the ball is brought in front and “in the air” (hand goes on the side) and comes back to the floor, on the same side with the same hand.

We use 3 stations (for the above 3 dribbles). Players move clockwise practicing the 3 different techniques.



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## DRIBBLING

### CROSSFIRE ONE



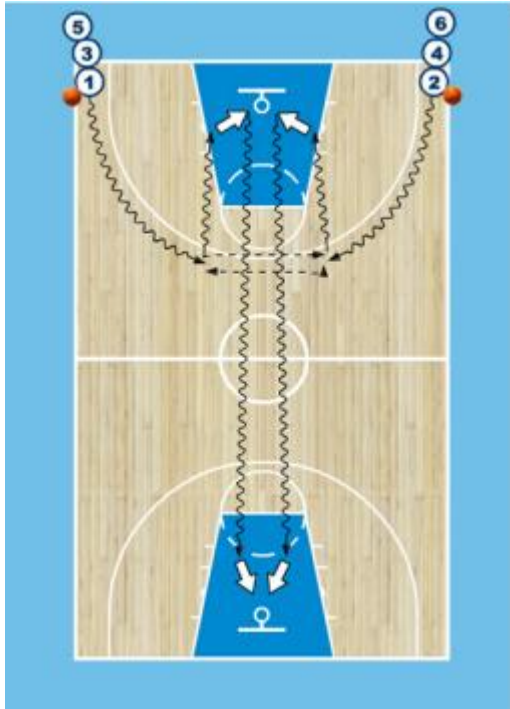
First two players dribble around the three point line (we designate the leaders´ line). Leader will pass (bounce pass) in an exchange of balls and then go to the basket. After the shot the players rebound their own ball and join the opposite line.



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### DEVELOP THE DRILL: CROSSFIRE TWO

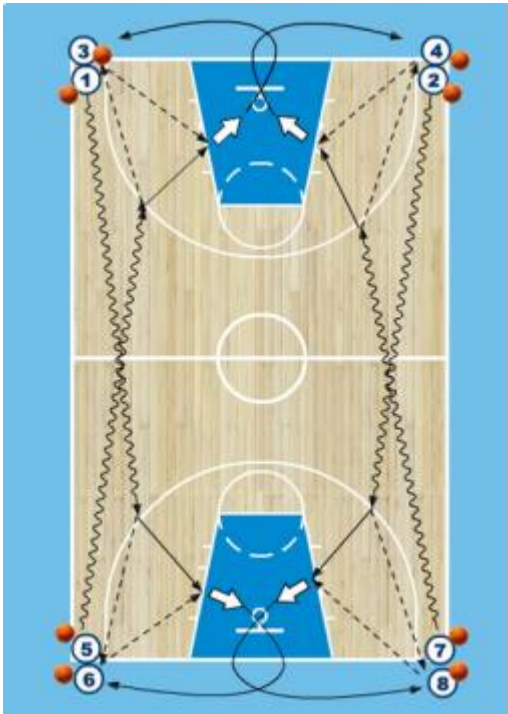


Same rules, same organization but as soon as players score a basket with their weak hand, they dribble full court to score on the opposite basket, then the new players will start the drill from the base line. We have a lot of traffic on court– players must read the traffic and have a correct reaction. They come back or stay on the opposite end, depending how hard you would like to make your drill.

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### CROSSFIRE FULL COURT



Four people are involved in the drill at the same time. All players are dribbling with their weak hand. Along the sideline the player can dribble: in front, between the legs, behind the back, reverse spin. When he decides to pass (bounce) to the corner man (he is dribbling too), he has to react immediately and pass back. They exchange balls, one goes to score the basket and the corner man dribbles full court and so on.

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### DOUBLE WHEEL MARIO

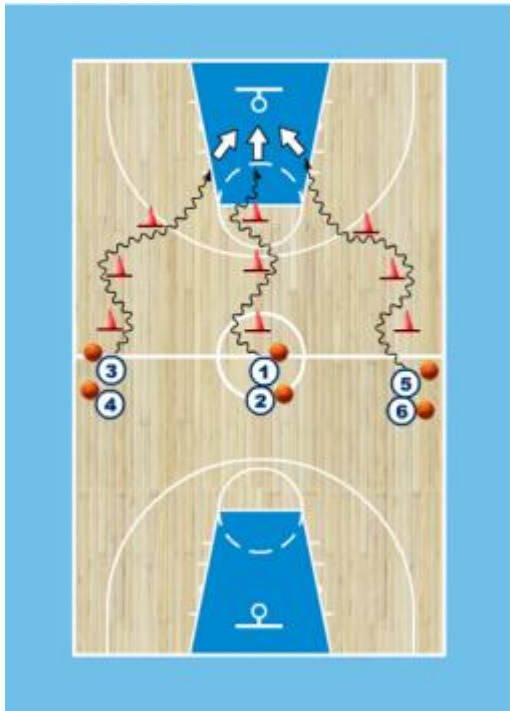


Using as a base the old normal wheel for a warm-up before games, we double the number of balls to make it harder. Every player has a ball! Every player is dribbling even if they are waiting at the half court line. In a quick sequence they drive to the basket, shoot, rebound their own ball and go to the opposite line. By doing this, we double the workload, also double the number of shots and dribbles because all players are using their own ball all the time. Plus, we create a lot of traffic on court and players must read it and react to it.

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### SLALOM



Three lines of players at the half court line and two balls per team. Players must avoid the three obstacles in front of them (cones or chairs) using a change of hand, and score a basket. They rebound their ball, and dribble towards their own line passing to the first team mate without a ball. Develop the drill as a competitive game, the first team scoring 15 baskets is the winner. After each game rotate the positions of the teams.

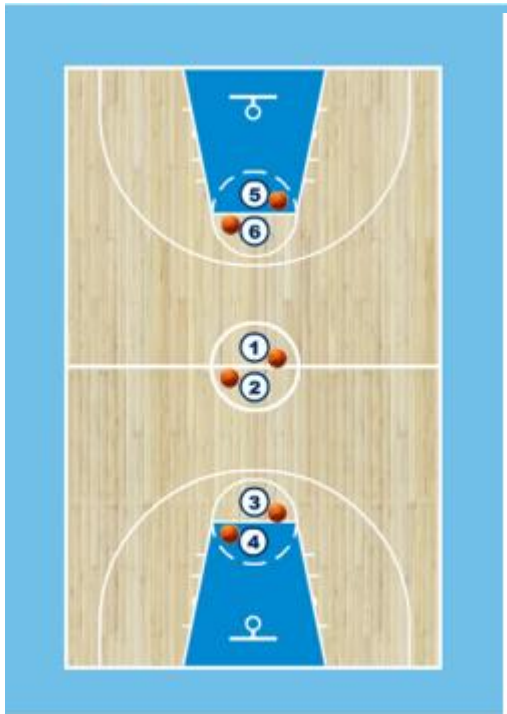
### Protected dribbling

We teach players to use the opposite arm (not dribbling) for balance and as a protection from an opponent when close. We develop this technique with a very simple drill:

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### THE DUEL



Six players are battling in the circles by dribbling continuously and trying to knock the ball off their opponent.

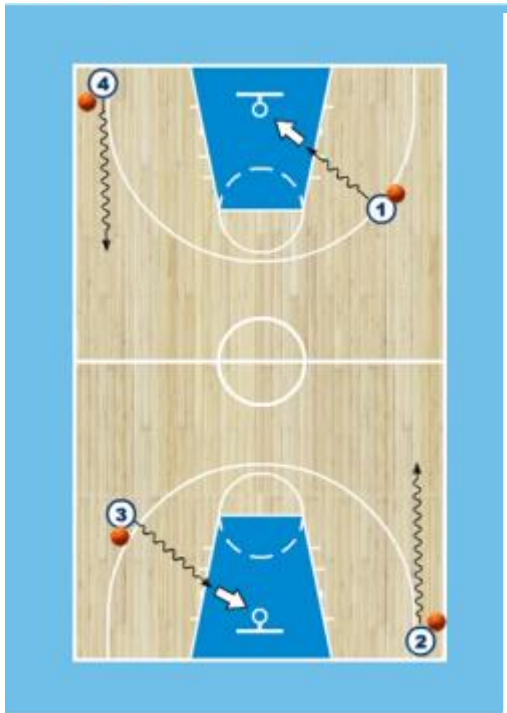
To score a point a player must knock the ball of his opponent outside the circle. Players use their talent, quickness, balance and ability to get the three points necessary to win the contest.

Develop the drill: Players are forced to use their weak hand only.

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### MAX SPEED



Players try to run full court using as few dribbles as they can (attacking dribble). Start behind the baseline. Players go one way using their right hand, and come back using their left hand. The natural competition among players will develop their ability to cut the number of dribbles used. Develop the drill: repeat the number of cycles (consecutive repetitions) to three, four, five times to have also a conditioning drill. Usually we have four players on the court at one time.

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### ZIG-ZAG



We want to develop the technique of the dribbler by using a passive defender. The dribbler must be able to see the opposite basket all the time. The defender should be in front of the ball at all times. From the mid court line the players will play live one against one on the opposite basket.

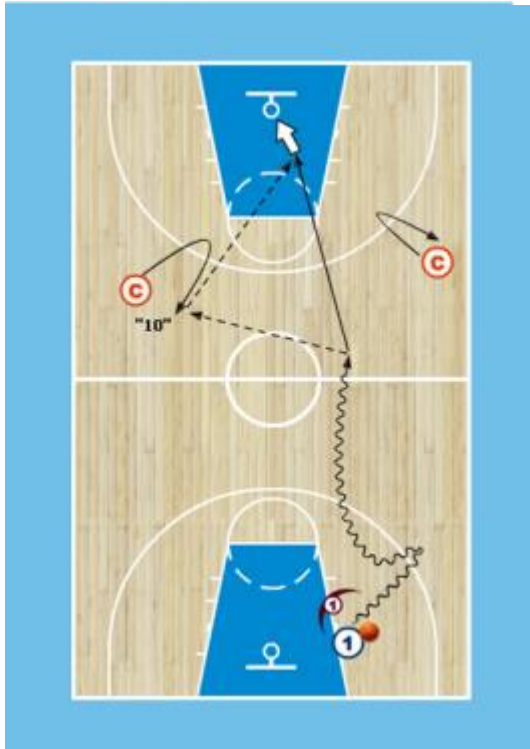
The last two dribbling drills are coming up – now, a couple of very difficult jobs.



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### FESTINA



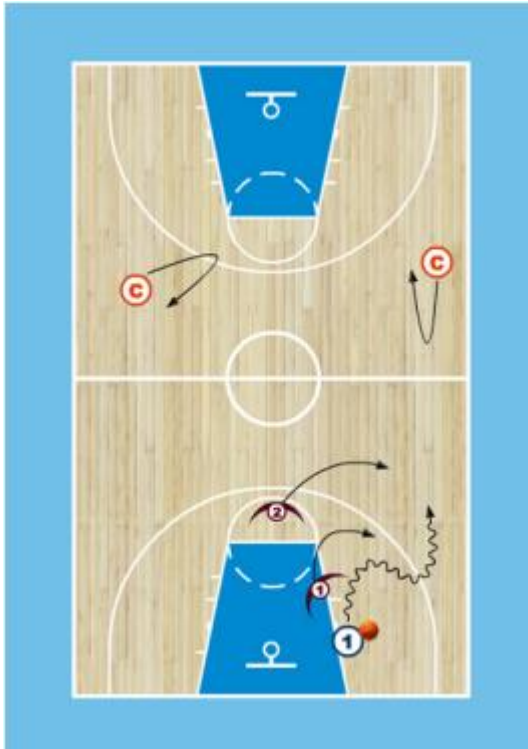
We have a game like situation:

It is a 1v1 situation with two coaches moving at the half court line. If they show “10 fingers” the dribbler must pass the ball and run full court. The defender must put as much pressure on the dribbler as he can. Usually the offensive player is beating the defender all the time, so we want to put the dribbler in a difficult and challenging situation.

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### LENTE



Another defender is added. X2 starts at the free throw line. We must teach the dribbler to use the 8 seconds and “read” the back court situation in order to see when the coaches show 10 fingers – same rule as before.

The dribbler, using a change of pace, hands and direction must see the opposite basket all the time. X1 has only one rule: **STAY IN FRONT OF O1.** Do not steal the ball, do not foul the dribbler just maintain a distance and their nose in front of the ball.