



Appendix: Skill Development Tips

Dribbling

Dribbling is one of the most fundamental skills that must be learned. Not only is it important to learn how to dribble well, but it is also important to know when, and when not, to dribble. To become a good dribbler and ball handler, you must practice dribbling as often as you can, using both hands.

Skill Progression – Dribbling

Your Athlete Can	Never	Sometimes	Often
Attempt to dribble a basketball in any manner	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dribble the ball in any manner at least three bounces in a row	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dribble a ball with one hand more than three bounces in a row while standing in place	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dribble the ball with the opposite hand more than three bounces in a row while standing in place	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dribble the ball with one hand, then the other hand, three bounces in a row each, without stopping, while standing still	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dribble the ball with one hand while walking forward ten steps	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dribble the ball with one hand while running forward 20 steps	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dribble the ball with either hand while moving in any direction (forward, backward or sideways)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dribble the ball with either hand while moving in any direction while protecting the ball from a defender	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Totals			

Teaching the Dribble

Key Words

- Feel for the Ball
- Head Up
- Protect



Dribbling Drills

Stationary Dribbling

Perform while standing in place or simply moving with the ball.

Purpose of the Drill

- Develop ability and confidence in dribbling
- Teach athletes that once they catch a ball they have been dribbling, they must pass it

Steps

1. Start dribbling with one hand only and count out loud to ten with the right hand and then to ten with the left hand.
2. If the athlete has to catch the ball with both hands to control it, he or she must then pass it to the coach or another player (this prevents a “double dribble” call)
3. The coach or other player then passes the ball back to the athlete to begin again.
4. This may also be done in a circle with several athletes. Each time an athlete either completes 10 dribbles with each hand OR has to catch the ball with two hands, that athlete passes to another player in the circle.

Mini-Basketball: Dribbling Tag

Purpose of the Drill

- Practice dribbling and protecting the ball
- Practice trying to legally steal the ball from an opponent

Steps

1. The group is divided into no fewer than two teams of two athletes each.
2. Each player has a ball and wears a scrimmage vest for team identification.
3. The area of the court depends upon the size and ability level of the group. The lower the ability level, the fewer the athletes. If there are two athletes, a jump ball circle can be used. If there are four to six athletes, the area inside the three-point arc and baseline can be used.
4. The coach signals the athletes to begin dribbling. Each athlete must keep the ball bouncing and protected while trying to tip an opponent’s basketball away or outside the arc and the baseline.
5. If anyone stops his/her dribble, or the basketball goes outside the boundaries, those athletes are out of the game.
6. If a foul occurs, the ball handler stays and continues playing while the opponent is out of the game.
7. Play Dribble Tag for 1-2 minutes.
8. The team with the most athletes left dribbling inside the arc at the end of the time period wins.
9. A best-of-three game series can be played to heighten competition.



NOTE: For more Drills refer to the Full Basketball Coaching Guide at www.specialolympics.org