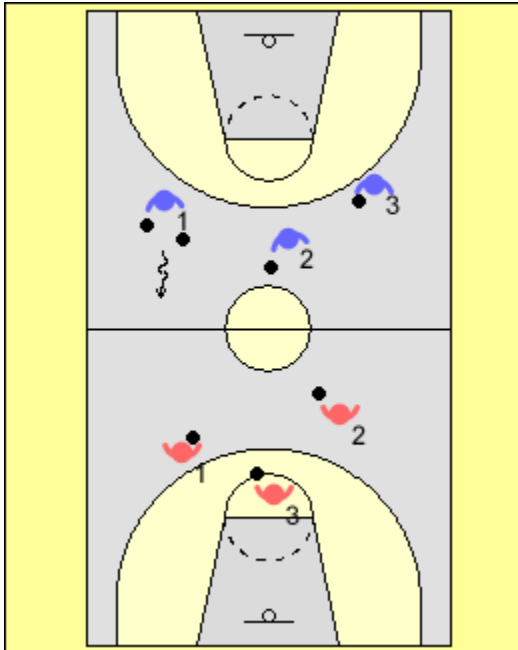


These were some great drills I saw last night when I was piloting our evaluation for Intro to Comp. Thanks to Don Ehler. The dribble game was played by Don's son at a camp in Fall River NS.



Dribble game

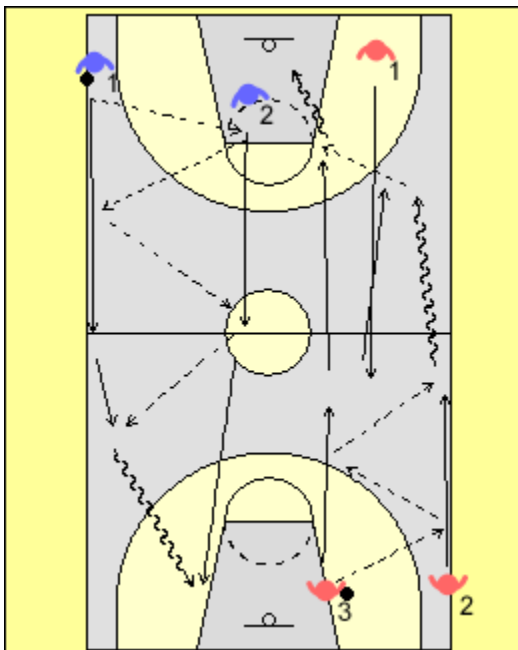
Every player has a ball. One extra ball is the **game ball**. It helps if it is a little different. Players must constantly be dribbling their ball. The object is to move the game ball by dribbling or passing down the court to score. At first you may not make a score a basket:

- Hit the back board.
- Get the ball into the key.
- Over the end line.
- Hit the rim.

If you hold the game ball and are moving it is a travel. You must dribble two balls at once in order to move. The other players must also dribble in order to move. When catching the ball the player can pick up their ball to make the catch. Once they move both balls must be dribbled.

Load

Require the defence to dribble with weak hands.



Partner passing to one on one

Two players and one ball start in the corner and where the baseline meets the foul lane. The ball is passed back and forth until half. When the inside player passes the ball he/she now becomes defence. It is great to teach attacking off the wing at speed.

To load the drill have a defender come from the other end once the players start to pass the ball. The offensive players must now decide when to put the ball on the floor and attack. Keep the space small.