

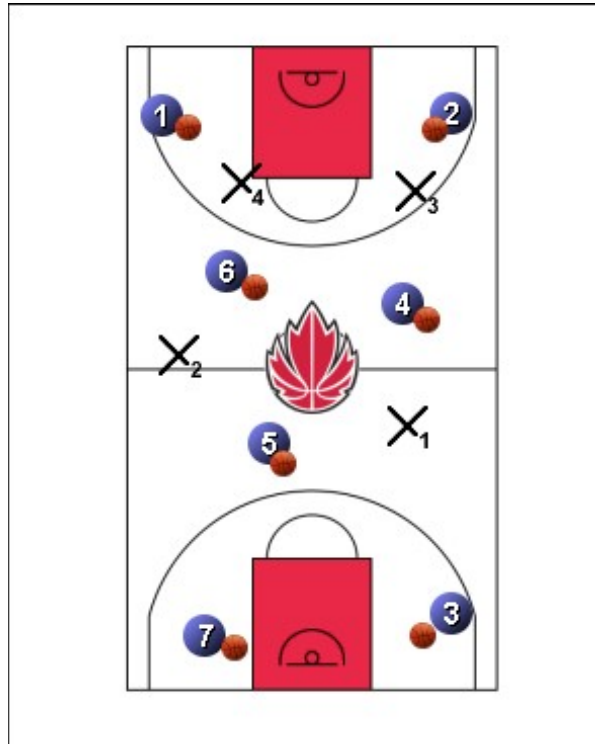
Drill

Drill: Dribble Survivor

Goal: -Provide players the opportunity to improve they dribbling -Get athletes used to game-like scenarios -Get athletes' heart rate up (warm up)

Equipment/# players needed: • A team set of basketballs.

Sketch:



Description:

- Set clear boundaries with out of bounds (e.g. the main basketball court in a standard gym).
- Every player will start with a ball except for a certain number of "Its".
- The "Its" attempt to steal the balls, or knock them out of play. If they do they earn possession of the ball, and the player they stole from is now "It".
- The goal for players is to learn to improve their ball handling and protect the ball with their bodies.

Variations:

- Have players only use their non-dominant hands to dribble (except for cross-overs).
- For an elimination round, start everyone with a ball; everyone attempts to

knock everyone else's ball out of bounds while keeping possession of their own ball. When a player loses their ball out of bounds, they are "out". Shrink the play area as players are eliminated to keep the action going.

Load(s): Physical Mental Technical Pressure
 Social/emotional

LTAD stage (s): Fundamentals Learn to Train Train to Train
 Train to Compete Train To Win

Categorie (s): Ball Handling Defense Dribbling Dynamic 1 on 1
 Footwork Fundamental Movements Passing Picks
 Principals/Actions Rebounding Screens Shooting
 Static 1 on 1

Phase(s): A B C D
