

## Tykes Fun Dribbling



### Drill: Music Dribbling

1. Players in scatter formation with ball
2. Players dribble around the court when music begins
3. When music stops, players stop and perform a static dribble on the spot
4. When the music starts again players continue to dribble around the court
5. Start and stop the music several times
6. Repeat, music starts, players dribble **high**, music stops players dribble **low**
7. Repeat, with the players **increasing speed** of dribbling
8. Repeat, dribble with other hand

### Drill: Volcano's and Valley's

1. Place small cones randomly in a large circle(s), half looking like Volcanoes and the other flipped on the top small hole for Valleys.
2. Each player **while dribbling** a basketball goes and **stands over** a Volcano or Valley.
3. When coach says go, as fast as you can, **Volcano players go and flip over the Valleys** and the **Valley players flip over Volcano's**.
4. When coach says stop, **see who has the most** Valley's or Volcano's.

### Drill: Introductory Dribbling

1. Players in scatter formation with ball facing the coach
2. On whistle, players take one dribble on the spot and then pick up the ball (normal dribble, right hand)
3. Repeat one dribble with left hand
4. Continue increasing the number of dribbles players take before holding the ball