



Basketball Dribbles and Drills

ACTIVITIES

Fingertip Drill

Have students pass a basketball back and forth between their hands, using only their fingertips.

Left and Right Dribbles

Standing in place, have students dribble the ball using their dominant hand for 30 seconds. Then have them switch to their nondominant hand for 30 seconds. Repeat several times.

High and Low Dribbles

Standing in place, have students dribble the ball for 30 seconds. Challenge them to gradually bounce the ball harder and harder so it goes higher and higher. Then have them gradually dribble the ball lower and lower until they are on one knee.

Extension: Now have them try to do this with the other hand!

Wall Ball

Have students stand in front of a wall with a basketball, throw it against the wall, and catch it with two hands, over and over again.

Challenge: Have them try this drill with only one hand.

SKILLS

These drills all help develop hand-eye coordination, agility, and physical coordination.

FIELD DAY PREP

These drills are all good practice for the Basketball Dribble Relay at Field Day in June.



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