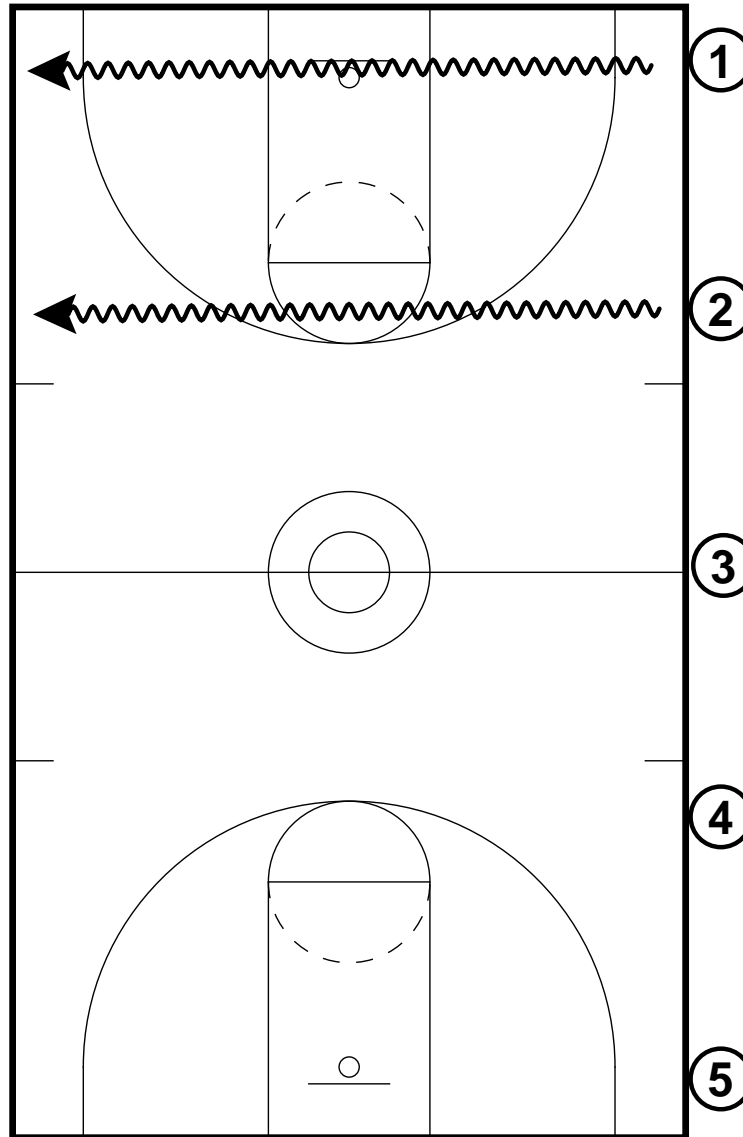


Two Ball Sideline Dribbling



Set Up

- 5 or more lines on the sideline. First person in each line has two balls.
- Players will dribble the two balls across and back.
- Each player should perform each skill 3 times.

Skills

1. Two Ball Same - Dribble both balls so they hit the floor at the same time.
2. Two Ball Alternate - Dribble both balls so they hit the floor at alternating times.
3. Cross Over - Dribble forward 3 dribbles then cross them over. Dribble forward three more and cross them over.
 - As the players get better, they should zig zag and cross over.
4. Kill Dribble - Players will dribble 1/2 way then stop and dribble the balls as hard and as low as they can for 5 dribbles. They will then dribble the rest of the way and do the same at the other side. Repeat coming back.