



TWO-BASKETBALL DRILLS

TWO BALLS TOGETHER

Player starts using a basic pound dribble with the two basketballs to the front of player moving the basketballs from side to side without carrying the balls. Player must keep head up and eyes looking in front.

TWO BALLS OPPOSITE

Player starts using both hands but alternative pound dribbles with two basketballs in front of player. Player must keep head up and eyes looking in front.

TWO BALLS SIDE TO SIDE

Player starts using a basic pound dribble with two basketballs in front of player. Player then moves basketballs from right to left and back right again. Player repeats motion and keeps head up and eyes looking in front.

TWO BALLS FRONT TO BACK

Player starts using a basic pound dribble with the two basketballs on the side of player. Player then moves basketballs from front to back, player repeats motion and keeps head up and eyes looking in front.

TWO BALLS INSIDE OUT

Player starts using a basic pound dribble with the two basketballs on the side of player. Player then moves basketballs from outside to inside and back outside again. Player repeats motion and keeps head up and eyes looking in front.

TWO BALLS FIGURE 8 STATIONARY

Player starts using a basic pound dribble with the two basketballs in front. Player begins moving both balls to right, dribbles left ball through legs, around right knee, back between legs and around left knee all while dribbling second ball with right hand.

TWO BALLS EYES CLOSED STATIONARY

Player starts with two basketballs using a basic pound dribble with the two basketballs in front. Player then dribbles basketballs spelling out their name with the two basketballs and player's eyes closed. Player repeats motion and keeps head up and eyes closed.

TWO BALLS AROUND ONE LEG

Player starts with two basketballs using a basic pound dribble with the two basketballs in front of player. Player then dribbles basketball 1 around one leg while bouncing basketball 2 in the other hand in front of player. Player repeats motion and keeps head up and eyes looking in front.

TWO BALLS STATIONARY DROP

Player starts with two basketballs. Standing straight upright, player bounces ball 1 from left hand and moves ball 2 across from the right hand to left hand. Before he receives ball 1 with the right hand, he bounces ball 2 with the left hand. Player repeats motion and keeps head up and eyes looking in front.

TWO BALLS STATIONARY HIGH

Player starts with two basketballs using a basic pound dribble with the two basketballs in front of player. Player dribbles ball 1 with high dribble and ball 2 with low dribble; player repeats motion and keeps head up and eyes looking in front.

TWO BALLS TOGETHER WALKING

Player starts with two basketballs using a basic pound dribble with the two basketballs in front while walking. Player repeats motion and keeps head up and eyes looking in front while walking.

TWO BALLS OPPOSITE WALK

Player starts with two basketballs using a basic pound dribble with the two basketballs in front while walking with alternate dribble motion. Player repeats motion and keeps head up and eyes looking in front while walking.

TWO BALLS SIDE TO SIDE WALK

Player starts with two basketballs using a basic pound dribble moving the two basketballs from side to side in the same direction in front of player. Player repeats motion and keeps head up and eyes looking in front while walking.

TWO BALLS INSIDE OUTSIDE WALK

Player starts with two basketballs using a basic pound dribble with the two basketballs in front moving them from outside to inside while walking. Player repeats motion and keeps head up and eyes looking in front while walking.

TWO BALLS HIGH LOW WALK

Player starts with two basketballs using a basic pound dribble with the two basketballs in front. Basketball 1 must be a low dribble and basketball 2 must be high dribble all while walking. Player repeats motion and keeps head up and eyes looking in front while walking.

BEHIND LEG/BEHIND BACK

Player starts with one basketball moving in a forward running motion with a pound dribble. The ball must go between the legs on the second dribble and then directly around the back on the third dribble. The player uses this as an attack move off a basic pound dribble.

INSIDE OUT/BEHIND BACK

Player starts with one basketball using a basic pound dribble moving in forward direction then using the inside out dribble on second dribble and going directly behind the back.

STUTTER STEP/BETWEEN LEGS/BEHIND BACK

Player starts with one basketball using a pound dribble moving in the forward direction. Before the second dribble player attempts the stutter step (chopping feet in forward direction) going between the leg and behind the back for the third dribble.

HESITATION CROSSOVER

Player starts with one basketball using a pound dribble moving in a forward direction. Before the second dribble player goes to hesitation move (body raises up and then back down) to crossover move in front of the body for third dribble. Hesitation move makes the defender come out of his defensive stance.

CHANGE SPEED/DIRECTION, BETWEEN THE LEGS, BEHIND THE BACK, SPIN

Player starts with one basketball, using the pound dribble toward the right direction moving forward. Player then changes speed to make a between-the-leg dribble and then behind-the-back dribble into a spin move, changing direction.