



Dribbling

Skills and drills

Dribbling fundamentals

Fundamentals of dribbling <https://www.youtube.com/watch?v=BnvGa0I8bMc>

Speed dribble <https://www.usab.com/basketball/media/videos/2017/02/dribbling-on-the-move-speed-dribble-1.aspx>

Control dribble <https://youtu.be/VIUmcCWqYBE>

Retreat dribble <https://youtu.be/dULzc0gf9WQ>

Stationary dribbling drills for beginner players

Low dribble drill <https://www.youtube.com/watch?v=qBkSOtWQe4o>

Middle dribble drill <https://www.youtube.com/watch?v=MLaayKKMCLY>

High dribble <https://youtu.be/UY1Z4bKUZRU>

Straight arm ball taps <https://www.usab.com/basketball/media/videos/2017/11/foundational-ball-handling-stationary-ball-handling-straight-arm-taps.aspx>

Around the body <https://www.usab.com/basketball/media/videos/2017/02/stationary-ball-handling-around-the-body.aspx>

Around the knees <https://www.usab.com/basketball/media/videos/2017/02/stationary-ball-handling-around-the-knees.aspx>

Ladder dribbling <https://www.usab.com/basketball/media/videos/2014/12/ladder-dribbling-1.aspx>

Full body dribbling <https://www.usab.com/basketball/media/videos/2014/12/full-body-dribbling.aspx>

Stationary crossover https://youtu.be/2_Nqc7eXkBM

Dribbling drills and games for beginner players

Up or down game <https://www.youtube.com/watch?v=KmJburYaPIE>

Dribble relays <https://youtu.be/MzpOzJEJdPc>

Speed dribble relay race <https://www.usab.com/basketball/media/videos/2014/12/speed-dribbling-relay-race.aspx>

Red light green light <https://www.usab.com/basketball/media/videos/2014/12/red-light-green-light.aspx>

Follow the leader <https://www.usab.com/basketball/media/videos/2014/12/follow-the-leader.aspx>

Zig Zag dribble drill <https://youtu.be/HI3uyIRp1OY>

Dribble freeze tag <https://youtu.be/f7tB5drRCNA>

Capture the cones <https://youtu.be/pxVyXrWjIU>

Assassin (Dribble knock out) 1 <https://youtu.be/qnzaBf7aQGs>

Assassin (Dribble knock out) 2 [Assassin \(Dribble knock out\)](#)

Dribble tag 2 <https://www.usab.com/basketball/media/videos/2014/12/dribble-tag.aspx>

Stationary dribbling drills for developing players

Maravich drill 1 <https://www.usab.com/basketball/media/videos/2014/12/maravich-movements-part-2.aspx>

Maravich drill 2 <https://www.usab.com/basketball/media/videos/2014/12/maravich-movements-part-1.aspx>

Eggbeater and rhythm <https://www.usab.com/basketball/media/videos/2017/02/stationary-ball-handling-eggbeater-dribble.aspx>

In and out <https://www.usab.com/basketball/media/videos/2017/02/stationary-ball-handling-single-arm-pendulum-dribble.aspx>

Behind the back <https://www.usab.com/basketball/media/videos/2017/02/stationary-ball-handling-behind-the-back.aspx>

Figure 8 <https://www.usab.com/basketball/media/videos/2017/02/stationary-ball-handling-figure-8-dribble.aspx>

Front to back <https://www.usab.com/basketball/media/videos/2017/02/stationary-ball-handling-front-to-back.aspx>

Moving with the dribble drills for developing players

Crossover drill <https://www.usab.com/basketball/media/videos/2014/12/across-court-moves-part-2.aspx>

Fundamentals of between the leg crossover <https://youtu.be/BSxa28H3uz0>

Between the legs breakdown drill <https://youtu.be/I9EC1dzQ4WY>

Between the legs drill <https://www.usab.com/basketball/media/videos/2014/12/across-court-moves-part-3.aspx>

Behind the back drill <https://www.usab.com/basketball/media/videos/2014/12/across-court-moves-part-3.aspx>

Hesitation dribble <https://www.usab.com/basketball/media/videos/2018/01/hesitation-dribble.aspx>