



Northern State University – Men’s Basketball Dribble & Juggle / Two-Ball Dribbling

Ball-handling drills: Before our guys begin to work on shooting and game moves, we always want them to start their workout with ball-handling drills. **Remember these key points for all drills – A) Start Slow. B) Get a Rhythm. C) Go Fast Enough to Make a Mistake.**

Here are two of our favorites:

1. **Dribble & Juggle:** The player will use one of his / her hands (preferably the weak hand) to dribble a basketball, while at the same time using the other hand to juggle a tennis ball. This drill emphasizes learning how to handle the basketball without looking at it. The player must keep eye contact on the tennis ball and learn how to “feel” the basketball.
 - a. **Key Points:**
 - i. Be ball quick: Pound the basketball and keep the ball low. The player must sit into his / her stance.
 - ii. Eyes up, see the tennis ball.
 - iii. If you drop the tennis ball, you are not allowed to pick up the basketball to run to the tennis ball (this would result in a travel call in a real game), but instead, you must keep dribbling the basketball.
 - b. **Variations / Additions to the drill:** Once the player gets the basketball fundamental down, he can then try to throw the tennis ball progressively higher and higher towards the ceiling, and while the tennis ball is in flight, try to make some moves with the basketball (between the legs, behind the back, etc.). The player can also try the “knee catch” variation, which is where after throwing the tennis ball in the air, he lets it hit the ground and then try to catch it on the bounce before it gets above knee height.
2. **Two Ball Dribbling - Basic Sequence:** The basic sequence consists of six different parts in a stationary mode, and also while moving with the basketball.
 - a. **Key Points:**
 - i. Eyes on the opposite net See the entire floor.
 - ii. Be ball-quick Pound the basketballs
 - iii. Sit into an athletic stance Be low and wide, not narrow and hunched over.
 - b. **Stationary Moves:**
 - i. **Low Rhythm** – The player is sitting into an athletic stance, looking straight ahead (at the opposite net), and is dribbling both basketballs as quickly as possible no higher than knee level at the same time (in rhythm).
 - ii. **Low Non-Rhythm** – Same as Low Rhythm, but now as the player dribbles the two basketballs no higher than knee level, he / she must alternate the two basketballs (one basketball should be at knee level while the other is hitting the floor).
 - iii. **High Rhythm** – Player stays seated, but now brings the basketballs to shoulder-height at the same time. The basketballs should be in front of the player, not out to the sides, and should go at least to the top of the shoulders, if not higher.
 - iv. **High Non-Rhythm** – Same as High Rhythm but now the basketballs alternate (as one is at the shoulder, the other should be near the floor).
 - v. **One High, One Low** – The most difficult of the sequence. The player must stay sitting into an athletic stance, and dribble one basketball as high as possible, and the other as low as possible to the ground. The player must work to pound both basketballs as quickly as possible (Be ball quick).
 - vi. **Switch – One High, One Low** – Same as above, but now the player switches which basketball is high, and which is low.
 - c. **Moving with the Basketball:** The player will walk out to half court (slowly) and must make the six above changes all before getting to half court. This is not a race! We want the player to get many repetitions of each of the six changes by the time he / she gets to half court. When the player gets to half court, he then turns around and on the way back, must make at least 3-4 ball changes. A ball change usually involves switching the basketballs with hands, and a couple examples would be doing a crossover with the two basketballs, using a crossover with one basketball while moving the other behind the back, and so forth. The player makes the ball changes at their pace (can be slow, can be fast).

We hope that after learning about these two drills you will consider to implement them in your own personal skill development workouts. We feel that these are intense drills that get the player ready for a solid workout. Of course, these aren’t the only drills that we use with our players, and if you would like more information, feel free to contact us at www.northern.edu, call us at 605-626-2230 or email us at wolvesbasketball@northern.edu.