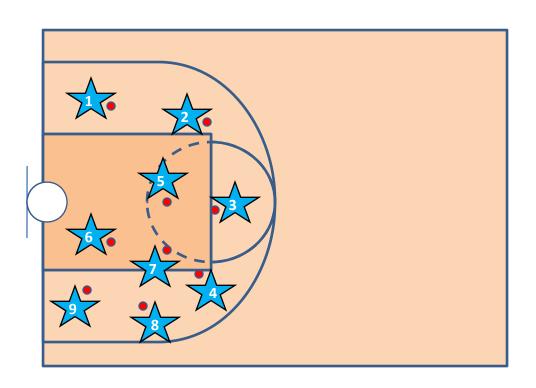


Knock Out - Dribbling Drill

The purpose of this drill is to help with ball control and dribbling with your head up.



SET-UP

Every player has a ball and starts within the 3-point line.

Players must maintain a dribble at all times.

EXECUTION

The object is to dribble the ball, while attempting to knock others' balls away from them, either out of bounds or past the 3 point line.

Last one left wins.

This helps them learn to protect the ball with their body and to dribble.

Great for younger players