

King of the Court

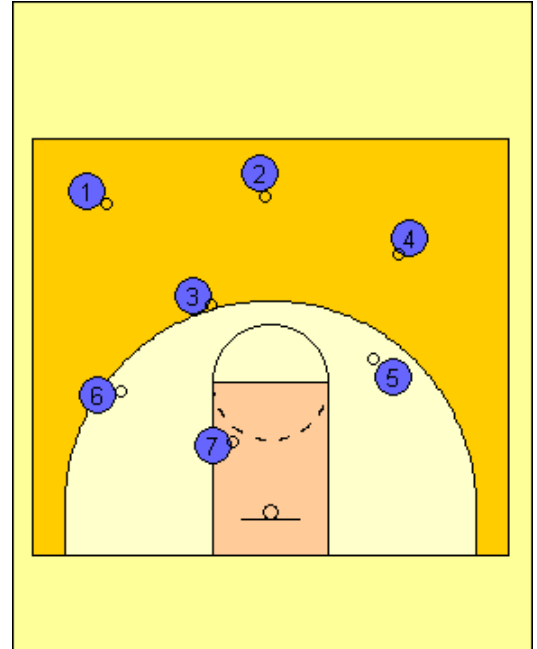
(Age Level - Elementary 1 +)

Drill Purpose

This is a tremendous drill that teaches players to keep their head up & look around the court while dribbling.

Instructions

1. Have the players spread across the half of the court.
2. Players should try to knock the ball away from the other players.
3. If a player loses control of the basketball or another player touches their basketball, the player is then eliminated from the game.
4. When eliminated, the players go to the other half of the court and work on ball-handling drills.
5. As players are eliminated or certain amount of time passes, make the boundaries smaller.



Point of Emphasis

- You want to make sure the players are using proper dribbling form. No carrying the ball, traveling, double-dribbling, etc. Make sure they are dribbling with their finger-tips (not with their palm), protecting the ball with the opposite arm, and scanning the court with their head up.

Motivation/Teaching Tips

Tip #1 - If a player, double dribbles, travels, etc., he is also eliminated. You want the players to practice the right way, so players do not develop or continue with bad habits.

Tip #2 - As a coach, you always want your ball-handlers to be “strong with the ball,” because every little bump is not going to be called during a game. As a result, I allow some bumping during this drill. This will get players use to game-like situations where a foul may be missed or not called. By no means, do I mean that you should allow a player to tackle or even give a moderate shove to another player. This will cause a player to get injured and is not the right way to play the game. Make sure to let the players know that there is no fouling, and you can judge the amount of bumping or fouling you allow.



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