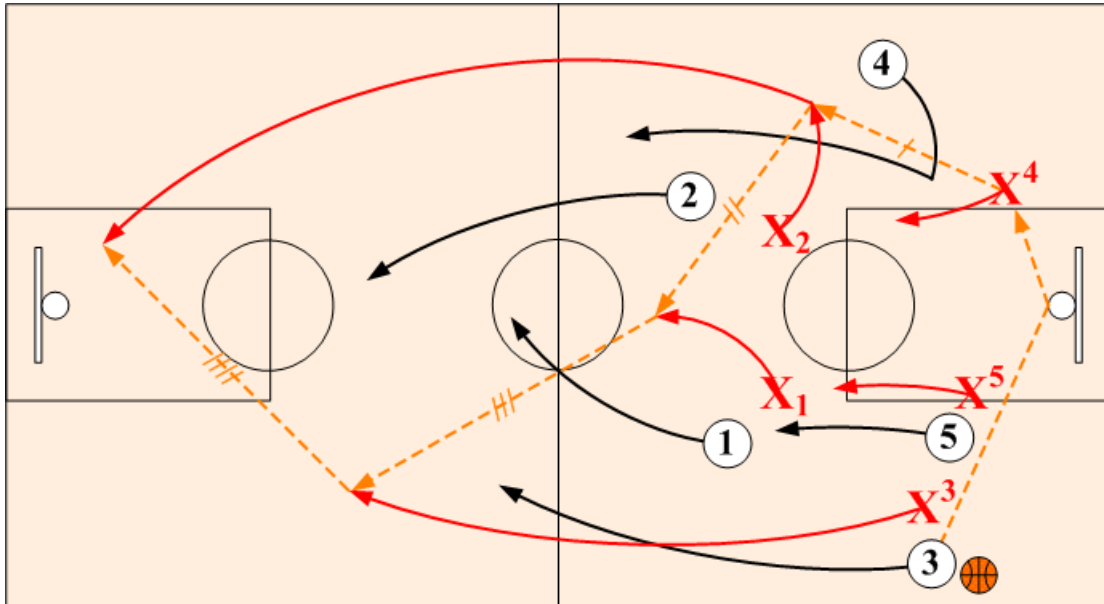


“No Dribble” – Full Court Scrimmage

During full court scrimmages make it a violation when a player dribbles. Eliminating the dribble is definitely great way to generate and promote team play, especially at the start of preseason practice.



Players may struggle at the start because of bad dribbling habits. However, they will quickly adapt and start playing with their heads up and moving without the ball. As a result, they will be more successful in creating open and easy shots.

Coaching Tip:

Have patience and determination. Breaking old habits do not occur over night. Currently, many players have a bad habit of receiving the ball and immediately putting it on the floor. However, the more players scrimmage without the use of the dribble, the more they will have their heads up seeing the floor, and the more players without the ball will make strong basket cuts resulting in great, hard to guard, ball movement.

Note: Offensively, the treat of the dribble is the most potent offensive weapon, not the dribble itself.