2 BALL DRIBBLE

Organization: Using cones set up a relay course. Divide the players into four teams.

Each team gets two balls.

Procedure: The first player in each line gets both balls. The relay starts at the coach's

signal. Players have to dribble both balls simultaneously through the

course. Try not to let the balls touch each other.

Variation: Dribble one ball and bounce the other.

