



2 BALL DRILL WORKBOOK

Coach TJ

Owner/Lead Instructor

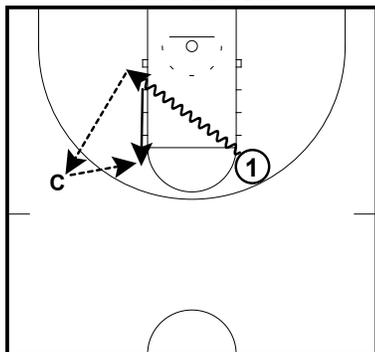
NBN Basketball

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This two page 2 Ball Drill Workbook includes 7 drills that will challenge your weak hand and dominant hand. Drills will challenge your passing, ball handling, and shooting.

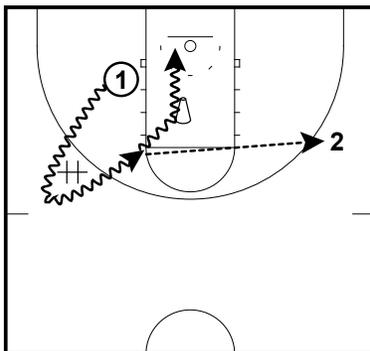
NBN Basketball

2 Ball Dive, Finish, and Shoot
Half Court 2 Ball Drills



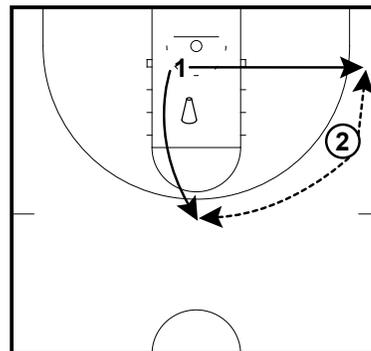
Post player has 2 basketballs and is at the opposite elbow from the coach who is located on the wing. Alternate dribble both basketballs to the opposite block, pass one ball out to the coach and then make a post move for a score. Next, flash to the elbow for the catch and shoot jump shot.

2 Ball Drive and Kick
Half Court 2 Ball Drills



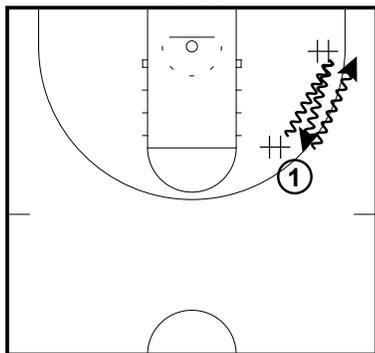
Player 1 starts with 2 basketballs under the basket on the baseline. Player 1 then speed dribbles both basketballs around the chair and makes a pass to player 2 on the perimeter. Player 1 then makes an in n out move at the cone and finishes with a lay up.

2 Ball Drive and Kick
Half Court 2 Ball Drills



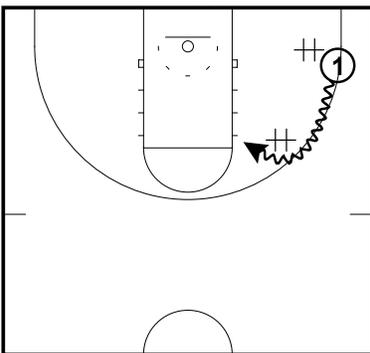
After the lay up, player 1 can cut to the top of the key or pop out to the corner to receive a pass from player 2. Player 1 then makes a move out of triple threat.

2 Ball Elbow/Baseline Jumper
Multi Skill Drills

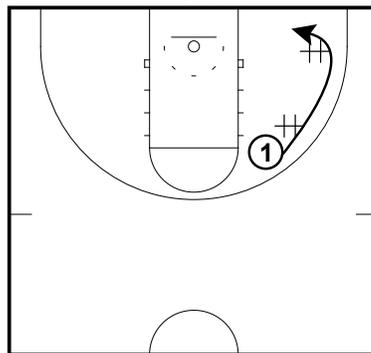


Start on the elbow with 2 basketballs. Shuffle down to the chair on the baseline, back to the elbow, and then back to the baseline. Place 1 basketball in the chair while maintaining your dribble of the other basketball. Speed dribble around the chair at the elbow for a jump shot. Turn and sprint to the chair on the baseline, scoop the ball out of the chair and shoot the jump shot.

2 Ball Elbow/Baseline Jumper
Multi Skill Drills

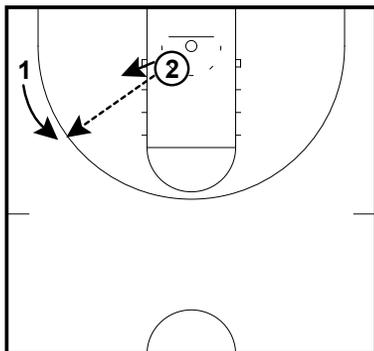


2 Ball Elbow/Baseline Jumper
Multi Skill Drills



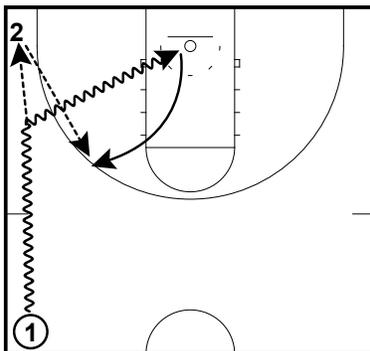
NBN Basketball

2 Ball Taps with Outlet
Post-Perimeter Workout



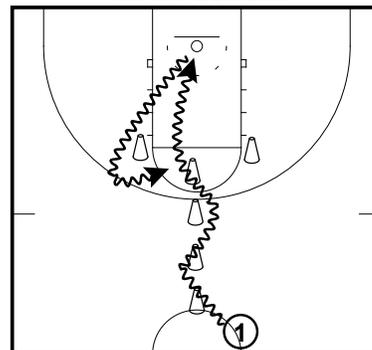
Player 1 taps two basketballs off the backboard, alternating between left and right hand. On the 6th tap player 2 will outlet the ball to player 1 cutting from the corner to the wing for the catch and shoot. Player 2 then tosses the ball in the air and catches at the block. Player 2 then makes a move for a finish at the rim.

2 Ball Transition
Half Court 2 Ball Drills



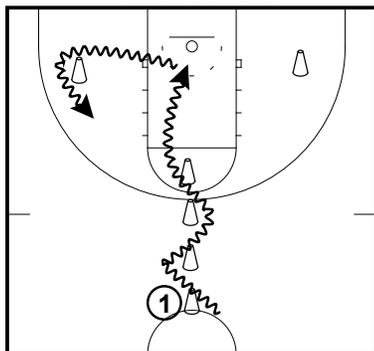
Start with 2 balls near half court and dribble toward teammate/coach in corner. While maintaining dribble make pass with outside hand to coach. Then make a change of direction move to the basket and finish with a lay up. Sprint back to the wing to receive pass and shoot jumper.

2 Ball Zig Zag with Finish
Half Court 2 Ball Drills



Player 1 starts with 2 basketballs out towards half court. Zig zag through the cones with each basketball staying on their side of the cones. Then dribble both basketballs to the goal and finish with a lay up. Take the non shooting ball and dribble to the elbow for the pull up jump shot.

2 Ball Zig Zag with Finish
Half Court 2 Ball Drills



Variation of drill:

After shooting lay up, dribble out to the corner for the pull up jump shot.