Breakthrough Basketball

2 Ball Dribbling Drills – On The Move

[Dribble While Catching Tennis Balls](http://www.breakthroughbasketball.com/drills/twoballdribblingmoves.html) - Dribble laterally while catching tennis balls from a partner.   
  
[Two Ball Dribble](http://www.breakthroughbasketball.com/drills/twoballdribblingmoves.html) - On the way down, alternate the dribbles between the left and right hand. On the way back, dribble the balls at the same time. This is similar to the descriptions of the Two Ball Pound and Alternating Dribble provided below.   
  
[Two Ball Low Dribble](http://www.breakthroughbasketball.com/drills/twoballdribblingmoves.html) - Dribble the balls below your knees while weaving through the chairs. On the way down, dribble the balls at the same time. On the way back, alternate dribbles.   
  
[Two Ball High Dribble](http://www.breakthroughbasketball.com/drills/twoballdribblingmoves.html) - This is the same as the Two Ball Low Dribble, except you dribble the balls at shoulder height.   
  
[Two Ball High-Low Dribble](http://www.breakthroughbasketball.com/drills/twoballdribblingmoves.html) - Dribble one ball below your knees while dribbling the other ball at shoulder height. Switch hands on the way back.   
  
[Two Ball High-Low Alternate Dribble](http://www.breakthroughbasketball.com/drills/twoballdribblingmoves.html) - Dribble low with one hand, high with the other around the chair. Switch low dribble hand and high dribble hand around each chair.   
  
[Two Ball Crossover Dribble](http://www.breakthroughbasketball.com/drills/twoballdribblingmoves.html) - Crossover with both hands when you come to each chair.   
  
[Two Ball Weave Dribble](http://www.breakthroughbasketball.com/drills/twoballdribblingmoves.html) - Weave in and out of the chairs dribbling forward to backwards and backwards to forward after every chair.

This workout was found on the breakthroughbasketball.com website:

<http://www.breakthroughbasketball.com/drills/twoballdribblingmoves.html>