



BALL HANDLING DRILLS

Ball handling consists of a variety of drills to get player's hand movement and ball movement preparing them for finger-tip control, hand-eye coordination, and ball handling. The drills are all done in a standing stationary position.

STATIONARY BALL HANDLING BALL SLAPS (Finger taps)

Player will tap ball with finger tips, start in front of self, reach up high, move down to feet, behind back, between legs.

BALL SLAMS

Players stand with their feet shoulder-width apart, and slap the basketball with their fingers spread wide, alternating from hand to hand.

AROUND LEG

Start by rolling ball around one leg, don't look at feet just feel the ball. Switch legs. Reverse directions. Pick up ball and wrap around single legs.

FEET TOGETHER WRAP AROUND

Start by rolling ball, switch directions. Wrap the ball around the feet.

BODY WRAPS

Player stands with their feet shoulder-width apart and pass the ball around their head and then their waist. You can then have them stand with their feet together and try to pass the ball around their knees and ankles. Player then works ball back up from ankles around, then knees around, then waist around, then head.

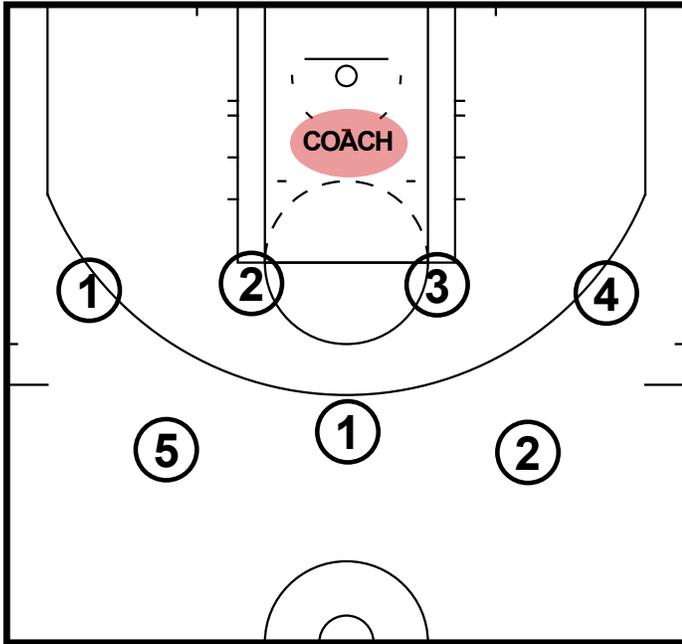
FIGURE EIGHTS

Player stands, with their feet just wider than shoulder-width apart. Starting with the ball in their right hand, they pass the ball between their legs behind their left leg and around, then back in between their legs and around their right leg. Younger players may begin by rolling the figure eight.

DROPS

Players put the ball between their feet and grab it with both hands. Start with the left hand behind left leg and right hand in front of right leg. Drop the ball and let it bounce once. Quickly move left hand in front of left leg and right hand behind right leg, and catch the ball as it bounces up. Drop it again and switch hands back to the original position (left behind, right in front) and catch it. Repeat this motion continuously. For a more difficult variation, try catching the ball before it actually hits the floor.

Stationary Ball Handling



All players have a ball facing the coach

All players are in an athletic stance

Series 1 - 20 seconds each hand

RH POUND DRIBBLE (dribble the ball as hard as they can to hip height and hand on top of ball)

LH POUND DRIBBLE (dribble the ball as hard as they can to hip height and hand on top of ball)

Series 2 - 20 seconds each hand

RH SHOULDER POUND DRIBBLE (dribble the ball as hard as they can to shoulder height and hand on top of ball)

LH SHOULDER POUND DRIBBLE (dribble the ball as hard as they can to hip height and hand on top of ball)

Series 3 - 20 seconds

CROSSOVER DRIBBLE (Ball is continuously dribbled from outside knee to outside knee)

Series 4 - 20 seconds each leg

BETWEEN LEGS (start in a staggered stance and dribble ball as hard as they can between leg)

Series 5 - 20 seconds each hand

RH POUND, CROSSOVER, BETWEEN LEGS, RH POUND
(Player pounds ball in right hand, then makes a crossover into left hand then puts ball between legs with left hand into right hand, then starts again)

LH POUND, CROSSOVER, BETWEEN LEGS, LH POUND

Teaching Points:

Eyes up and Forward

Athletic Stance

Hand on top of ball and in control