

Ball Handling

- KEEP YOUR HEAD UP - DON'T LOOK AT THE BALL - CHANGE DIRECTION – SPEED -



Finger Tipping

Tip the ball continuously, and rapidly, between the fingertips of both hands. Move the position of the ball from above your head to out in front of your body and back again as you tip the ball.



Body Wraps

Wrap the ball around your head from hand to hand. Move down your body and wrap the ball around your waist. Move down again and wrap the ball around your ankles.



Single leg wraps

Stand with your legs apart and wrap the ball around one of your legs from hand to hand. Do 10 in one direction, then 10 in the other, then change legs.



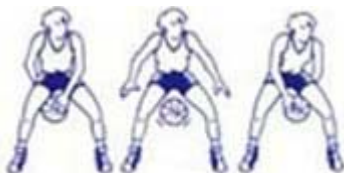
Figure-8 wraps

Stand with your legs apart and wrap the ball around both of your legs from hand to hand in a figure 8 pattern. Do 10 in one direction, then 10 in the other.



Blurr - with a bounce

Stand with your legs apart and hold the ball with one hand in front and one hand behind your body. Letting the ball bounce only once, change hands, the front to the back, and the back to the front.



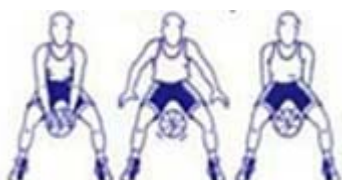
Blurr - with no bounce

Same as above but don't let the ball bounce.



Spider Drill

Dribble the ball twice in front of your body, once with each hand, then dribble the ball twice with the hands behind the body, again once with each hand. Then return to the front for the same again.



Straddle Flip

Hold the ball with both hands in front of the body. Release the ball and catch it before it bounces with both hands behind the body. Repeat coming back to the front.

BE A BETTER BALL HANDLER

Choose some drills below and complete for 30 seconds each as quickly as possible

Some drills you will be able to reverse the direction, that is start going clockwise, then reverse and go anti-clockwise.

Remember to go as fast as you can and don't worry if you make a mistake and drop the ball.

Stationary Ball Handling (no dribbling)

1. Finger tip tapping hand to hand (high and low)
2. Pound the ball
3. Pendulum swings
4. Single leg wraps (left and right)
5. Double leg wraps
6. Head wraps (head, knees, ankles)
7. Whole body wraps (top to bottom)
8. Figure eight
9. Figure eight and drop (rhythm drill)
10. Scissors
11. Two hands in front, two hands behind
12. Left hand in front and right hand behind (cradle)
13. Ricochet or suicide (feet apart, hold ball two hands in front, bounce between legs and catch)
14. Toss ups (throw ball in the air and clap hands before catching the ball. Look to increase number of claps)
15. Waterfall (Hold ball behind your head, drop and catch the ball at the bottom of your back)

Stationary Passing Drills (with a partner or against a wall)

1. Two hand chest pass
2. Bounce pass (one and two hands)
3. Right hand push pass
4. Left hand push pass
5. Two hand overhead pass
6. Baseball pass
7. Curl pass (stationary and off the dribble)
8. Fake to make (using various passes above)

BE A BETTER DRIBBLER

Choose some drills below and complete for 30 seconds each as quickly as possible

Stationary Dribbling Drills (Use both hands)

16. Slow to fast dribble (change of pace – high to low)
17. Front to back – one side – same hand
18. Left to right in front of the body – same hand
19. Right to left, cross over dribble in front of body
20. Around each leg
21. Figure eight dribble
22. Scissors
23. Spider

Dribbling Drills on the Move

Do your dribbling drills across the court and back, or fullcourt and back

24. Speed (left and right) dribble
25. Crossover
26. Between the legs

27. Behind the back
28. Hesitation (change of pace)
29. Retreat
30. Wave or onside dribble
31. Stutter step (change of direction)
32. Spin
33. Combinations
 - eg. Crossover, between the legs
 - Crossover, behind the back
 - Double crossover
34. Two Balls
 - Alternate (one up, one down)
 - Together (two up, two down)
 - Drills as above