

Ball Handling Drills

June, 2008



Ball Handling

Slaps This is good way to start off the ball-handling drills. Slap the ball hard. Pound it!

Tips Extend your arms out straight (elbows straight) and tip the ball back and forth as quickly as you can. Do it out in front, up high over your head, and down low by your feet.

Around each leg Pass the ball as quickly as you can around the right leg, with the leg extended forward. Switch over and circle the left .

Figure 8 Drill After doing the circle drills around each leg, now combine it into this "figure 8" drill. Challenge yourself to go as fast as you can!

Around the waist Pass the ball around your middle as quickly as you can!

Around both legs Put your feet together, bend at the waist and pass the ball as quickly as you can around both legs.

Candy Cane After doing the circle drills around each leg, around both legs, and around your waist and neck, then put it all together and do the "candy cane" drill.

Drops Put the ball between your feet and grab it with both hands. Start with the left hand behind your left leg and your right hand in front of your right leg. Drop the ball. Quickly, move your left hand in front of your left leg and your right hand behind your right leg, and catch the ball before it hits the floor. Drop it again and switch your hands back to the original position.

Crab Walk The ball is brought over the front of the thigh, then through the legs and then behind the opposite thigh and around and over the thigh.

One Ball Dribble

Pound it Get into a "basketball position" with knees and waist bent (like in "triple threat" position). As in all dribbling drills, keep your eyes focused forward. Dribble the ball waist high at the side... do both sides. R & L

Kills Dribble the ball waist high at the side, and then suddenly "kill" the dribble as low as you can go. Then bring it back up and do it over again. R & L

Under Right Leg Dribble Extend the right leg with the knee bent. Dribble the ball back and forth under the leg with the left hand in front and right hand behind.

Front Crossover Bend at the knees and waist. Practice your crossover dribble by pounding the ball hard a couple times and then make a quick, low crossover to the other hand.

Side V-Dribble (right) Bend at the waist and knees. Dribble the ball low on your right side. With your hand in front and on top of the ball, bounce it backward. Roll your wrist over and "catch" the ball behind and bounce it forward. Rotate your wrist back over and catch the ball in front.

Front V-Dribble Bend at the waist and knees. Dribble the ball low in front of you. Swing it toward the middle, then allow your hand to roll over the top of the ball to the inside and push (dribble) it back outside.

Around right leg Extend the right leg forward and dribble the ball low around the leg in a circular fashion.

Figure 8 Drill Spread your feet apart and dribble the ball low in a figure 8 fashion around the legs.

Crossover behind the Back Get in a "sitting" position with your feet apart, knees bent and butt back. Crossover dribble the ball behind your body, under your butt.

Shuffle Here's a good drill to help your "between the legs" dribble. Jump with one leg going forward and the other going backward, and then crossover dribble the ball through the legs from front side to back side

Butterfly This is just the reverse of the "Windmill" drill. Bend at the waist and knees with feet wide apart. Using a "figure 8" type motion, bring the ball forward around the outside of the thigh and over, and then down through the legs, catching it behind with the opposite hand. Then bring it up around and over the opposite thigh and back down and through the legs to the original side.

Windmill This drill is just the reverse of the "Butterfly". Bend at the waist and knees with feet wide apart. Bring the ball backward over the thigh and dribble it from behind through the legs and catch it in front with the opposite hand. Bring it over the top of the opposite thigh, behind the back and dribble it forward through the legs, catching it with the original hand.

Walk & Dribble Tru Legs Walk forward while dribbling through your legs. Then try it walking backwards!

Zip-Zag Crossover Drill Dribble at a 45 degree angle for two dribbles. Then plant the outside foot firmly, swing the ball outside and make a quick low crossover dribble to other hand while pushing off the outside foot and changing directions. Zig-zag back and forth up the floor. Keep your eyes forward.