

# ULTIMATE BALL HANDLING and DRIBBLE

*BASIC TO ADVANCED*

- UNDERSTANDING BALL CONTROL
- THE KEYS TO GREAT DRIBBLING
- 11 POPULAR BALL HANDLING DRILLS
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- EASY TO USE WORKOUT ROUTINES

By  
**Bruce Owens**

*How to teach, practice, and master  
the essential fundamentals of great  
ball handling and unstoppable dribble!*

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*Ball handling is one of the major elements of the fundamentals that every player needs to learn. During our camp, players will be taught the basic fundamentals of ball handling and dribbling. They will also learn more advanced ways to handle the ball. Through daily repetition players will gain more knowledge and understanding of how to effectively handle the ball using either hand. Throughout the camp, players will be encouraged to handle the ball while being defended. They will learn how to shoot and score off the dribble as well as how to communicate with others while dribbling. This book*

*was written so our campers could take this home and refer to it over and over again. If you are unable to attend our Ball handling camp then this book is a must guide to have.*

*Our goal is to help young players gain the confidence that they need to ask for the ball, get it and then do something with it during the game. Learning to dribble with confidence will help you go places with the ball and not be stopped. Once you learn to dribble effectively defense will have a hard time guarding you!*

*Protect the ball,*

**Coach**

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## BALL HANDLING DRILLS. NO DRIBBLE

Below are some common drills that would make up a productive ball-handling workout. These drills require only a basketball and a small area so they can be done almost anywhere.

The purpose of any ball handling drill is to improve your hand eye coordination and make you more comfortable with the ball. It is also important that you learn to use both hands equally well.

### SLAPS:

Pound or slap the ball hard from hand to hand. See video clip.

### LADDER TIPS:

Tip the ball back and forth from one hand to the next, starting with your hands straight up over your head. Then gradually move the ball down, while continuing to tip it back and forth. Go down to your chest, then your waist, knees, and ankles, and then back up again.

### SQUEEZE:

Hold the ball in front of you at eye level with two hands. By squeezing your fingers and thumb together with one hand at a time, you move the ball from one hand to the other as quickly as you can.

### AROUND LEGS:

Put one leg forward and move the ball in a circular motion around the front leg. Reverse the direction.

### AROUND THE WAISTS:

Circle the ball around the waist. Reverse the direction.

### CANDY CANE:

Put your feet together and make circles around both legs. Then circle around the waist. And then circle around the head. Then combine them and move the ball in circles around your head, then down your body, down around your waist, and then around your ankles ("candy cane"). Then come back up again. Be sure to use your fingertips, not the palms.

### FIGURE 8

Spread your legs, bend at the waist, put the ball through your legs, around one leg, back through your legs, and around your other leg, making a figure eight. This will help you get a feel for the basketball as you move it around. Keep your head up not looking at the ball and increase your speed. Reverse the direction.

### FIGURE 8 STATIONARY RUN

Move the ball around your legs as in the Figure Eight Drill, but in addition, run in place.

### RIP DOWN

From a standing position, take your basketball and raise it high over your head with one hand. Swing your arm down quickly. If done forcefully enough, the ball will try to fly out of your hand. The key to the drill is to control the ball with your wrist and pads so that it doesn't fly out. Switch hands each time. The rip drill is great for improving your ability to control the ball while rebounding.

## DRIBBLING TIPS



Any time you ask someone for basketball dribbling tips, one of the first things you will hear is to keep your head and eyes up. You don't want to be looking down at the ball because you won't be able to see the defense, the basket, or your teammates when they get open. The time it takes you to lift your head up and look, no matter how short, may be the difference between a turnover, assist, or basket for you. Below are common dribbling tips.

### TOP TIPS

- Players should control the basketball with the padded part of their fingers (see right), known as their finger pads and NOT the palms.
- Keep the fingers spread apart while dribbling.
- Practice dribbling with both their right and left hand. Use their left hand to dribble when going to their left. Use their right hand to dribble when going right.
- Players should keep their head up while dribbling. This will allow them to see the entire court which makes them more effective with the ball.
- Keep the ball and their body low while dribbling, waist height. This will make it more difficult for the defender to steal the basketball.
- Players should keep their non-dribbling hand up to shield the defender. Use their body to shield the defender. Power dribble.
- Players should use a quick stop when they want to end their dribble.
- Players should have a purpose and know what they intend to do at the end of their dribble.
- Avoid dribbling the ball once or twice and then stopping. This is a wasted dribble.
- Keep their dribble "alive" until they are ready to either pass or shoot.
- Keep their dribble alive until they're ready to pass or shoot the basketball. They should avoid stopping their dribble too early.
- Keep their knees bent, back straight, head up, and keep your protection arm (non-dribbling arm bar) up.
- Avoid dribbling to advance the basketball up the court when an open pass to a teammate is available.
- Avoid dribbling too soon once they get the ball. Players should first look for an open teammate. If no pass is available, then they should use their dribble.
- Practice dribbling at different speeds and intensities while mixing up the types of dribbles.

## Straight Line Dribble Moves

Use these dribble moves when defender is back-peddling, is in the open court or in a poor defensive positioning. Use quick first steps and explode off the move is important in making the .

### Hesitation Dribble

This dribble is one of the most common and is used to make the defender think that you're slowing down or going to pick up your dribble and stop. When your defender is closely guarding you, slow your dribble down and almost come to a stop. Straighten up your back as if you are looking for a teammate to pass to, but still keep your dribble.

Once your defender loosens up his defense, quickly bend over, dribble the ball out hard and long. Explode by him at top speed, protecting the ball with your free hand as you move around him. The dribbling hand slides from the top of the ball to behind it, to nearly a 45-degree angle to the floor.

- Step 1: Coming in from a Speed Dribble back up your shoulders and relax. Show your opponent that you are backing down and will not be attacking the basket.
- Step 2: Slow down your dribble and body movement for an instance. Make it look as though you are looking for help from your Teammates.
- Step 3: Immediately return to a full Speed Dribble once your opponent has relaxed and is on the back-foot.

### Backup Dribble

Use this dribble when you need to back away from defensive pressure. When the defense is closely guarding you and you are doing a Power Dribble, you may find yourself in the middle of traffic that you need to get out of.

- Step 1: When dribbling with your right hand, turn your left shoulder to the defender.
- Step 2: Push back on your left foot away from the defender.
- Step 3: Dribble back.
- Step 4: Protect the ball with your left shoulder and arm

### In & Out Dribble

This can be a great dribble move after you have used a crossover already on your defender. Begins very much like the crossover but quickly changes.

- Step 1: Fake your opponent with your Feet, Eyes and Head in opposite direction you intend to move while maintaining your dribble. You are essentially trying to fool your defender into thinking that you are about to crossover.
- Step 2: Explode immediately with the ball in the original direction. It is best to use this dribble when you have good speed built up in your movement, and your opponent doesn't.

## Changing Direction Dribble Moves

Use these dribble moves when defender is in front of you and you want to get past them. Use these moves when utilizing the Control Dribble.

### Crossover Dribble



The crossover dribble is essentially a fake - the player jabs hard in one direction while at the same time crossing the ball to the other side and the defender gets fooled moving in the wrong direction.

Keep the ball low, below the knees, as you dribble. If you are dribbling with your right hand, once you get close to the defender, bounce it over to your left side near your left foot. The right hand must be kept on the side of the ball in order to push it over. Keep your left hand ready to receive the ball, with your palm held perpendicular to the floor for a split second to stop the movement of the ball and then push the ball out in front of you. Stay low, shifting your weight by pushing toward your new direction with the inside of your right foot. Lower your right shoulder and use your trunk to protect the ball from the defense. Cut as close to your defender as possible. Use only when the defender is more than Arm's Length Away from you.

Step 1: Step in opposite direction you intend to move.

Step 2: Cup the ball in your hand.

Step 3: Bounce the ball low and close to your thigh to opposite hand.

Step 4: Push off outside foot and move in new direction with dribble in the new hand.

### Between the Legs Dribble



Dribbling between the legs to change direction requires a little less space. This type of dribble is a quick way to move the ball from one hand to the other when you are closely guarded.

If you are dribbling with your right hand and want to change over to your left. Keep your dribble low. On the last dribble you take before the changeover, put your right hand laterally on the outside of the ball and push it hard between your spread legs. Your left hand must be close to your legs to receive the ball with the fingers spread out and pointed to the floor.

Continue dribbling with your left hand. Use only when the defender is approximately Arm's Length Away from you.

Step 1: Feed the ball between your legs to your opposite hand and move in this new direction.

Step 2: Make sure to use your leg and to protect the ball.

Step 3: Utilize your arm-bar to protect the ball after the Crossover dribble.

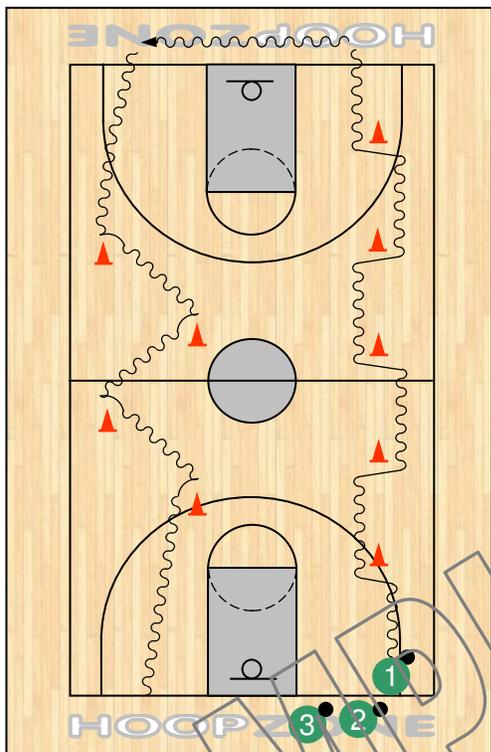
The movement should be in a zig-zag pattern to force the defender to change position.

# ONE BALL DRIBBLING COURT DRILLS

Drill Number: D1

Skill set: Dribbling

**Diagram:**



**Description:**

**“Change Direction”**

Players line up at the baseline on the right side of the court, each with a ball.

Player #1 starts the drill by dribbling at the cones at a Control Dribble speed and stance.

When they approaches each cone, the player jabs hard to one side, then pushes off to the other performing a proper Crossover Dribble.

When the player Cross Dribbles past the last cone, he dribbles Backward Dribbles to start point at opposite end.

On the opposite end, cones are placed a little farther apart. The player Control Dribbles to each of the cones, executing a Spin Dribble at each cone.

When they Spin Dribble past the last cone, the player then explodes for fast break to the basket for a lay up.

**Emphasize:**

1. Proper dribble move form
2. Head up seeing the floor
3. Protect the ball
4. Footwork

**Variations:**

- Use same procedure as above, but change out dribble moves. Behind the Back, Between the Legs, Cross Twice, etc.

## TWO BALL DRIBBLING DRILLS (CONTINUED)

### 2 BALL JUGGLE:

Keep both balls moving in the same direction in a circular motion. Bounce one ball over, hand the other over, bounce over, hand over, keep going.

### ZIG/ZAG:

With a ball in each hand, start dribbling at a 45 degree angle toward the right side of the court. After 3-4 dribbles, plant your right foot and change directions so you're dribbling at a 45 degree angle toward the left side of the court. After 3-4 dribbles, plant your left foot and head back toward the right. Repeat this zig-zag pattern all the way up the court. First do Piston dribble then Together dribble.

### 2 BALL SIT-UP DRIBBLE

While doing bent-knee situps, dribble up with both hands as you sit up. Stay up for 2 seconds still dribbling then return back to floor still maintaining your dribbling. Repeat.

### 2 BALL PYLONS

Set up pylons in a winding circuit. Start at the first pylon and dribble the two balls around each of the pylons set up. After you have gone through the circuit once, incorporate different exercises to be performed at each of the pylons on your second run.

### 2 BALL WALL DRIBBLE:

Standing next to the gym wall, dribble both basketballs at shoulder height against the wall. Can move up and down.

### STOP & GO:

Speed dribble by pushing both balls forward. Stop sharply with your body under full control. Keep dribbling as you stop. Move up the court using the stop and go dribble with two balls.

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## BALL HANDLING WORKOUT FOR BEGINNERS

	<b>Drill Type:</b>	<b>Duration:</b>
1.	Slaps, ball control	25 times
2.	Ladder Tips, ball control	12 times up and down
3.	Candy Cane, ball control	20 times up and down
4.	Figure 8, ball control	25 times
5.	Crab Walk (stationary) , ball control	25 times
6.	Pound It Dribble – Right hand	25 times
7.	Pound It Dribble – Left hand	25 times
8.	Kills Dribble – Right hand	25 times
9.	Kills Dribble – Left hand	25 times
10.	Side V Dribble - Right hand	25 times
11.	Side V Dribble - Left hand	25 times
12.	Figure 8 Dribble	12 times
13.	Around the Waist	25 times each way

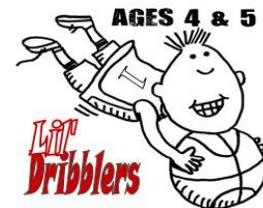
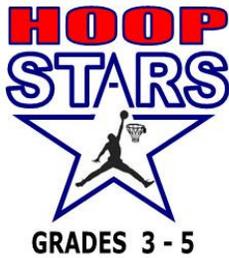
These drills will only take about 25 minutes per day. Start out making sure you maintain ball control. Once you get comfortable you must speed things up to be challenged. If you do this routine at least 4-5 times per week and you will see faster improvement.

**"THE KEY TO SUCCESS IS TO KEEP GROWING  
IN ALL AREAS OF LIFE - MENTAL, EMOTIONAL,  
SPIRITUAL, AS WELL AS PHYSICAL."**

*- Julius Erving*

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