

Ball Handling

Teaching Points

- **MAKE MISTAKES** when doing ball handling drills – shows getting better and getting out of one's comfort zone.
- Eyes up at all times
- Fingertip control
- Drills on the move
 - Change speeds
 - Stay low
- **MAKE MISTAKES!**



Leavenworth

All Grades (0:06 – 3:58)

No Dribbling. Work on fingertip control, developing quicker / stronger hands. Do each for about 10 seconds.

- Ball slaps
- Finger Tips (Elbows Locked)
 - Above Head
 - In Front
 - Below Waist
 - Up and Downs
- Right Ankle – both directions
- Left Ankle – both directions
- Around Ankles – both directions
- Around Waist – both directions
- Around Head – both directions
- Around ankles / Waist / Head x2 each
- Figure 8 – both directions

1 Ball Stationary

All Grades (3:59 – 10:15)

- Right Ankle – both directions
- Left Ankle – both directions
- Figure 8 – both directions
- RH – right side – Push / Pull
- LH – left side – Push / Pull
- RH – front – side to side
- LH – front – side to side
- Front – crossovers
- Upper Grades
- Pound RH
 - Shoulder / Waist / Ankle
- Pound LH (at shoulder)
 - Shoulder / Waist / Ankle
- 2 dribbles RH / cross / 2 dribbles LH / continuous
- 2 dribbles RH / in and out / continuous
- 2 dribbles LH / in and out / continuous
- 2 dribbles RH / in and out / cross / 2 dribbles LH / in and out / cross / continuous
- 2 dribbles RH / in and out / between legs / 2 dribbles LH / in and out / between legs / continuous

2 Ball Stationary

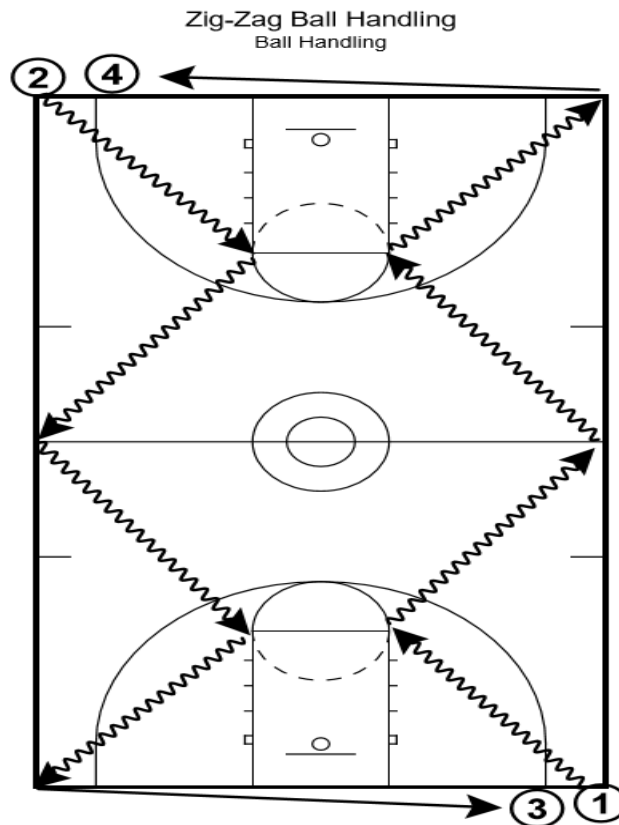
Grades 6th – 8th (10:16 – 13:58)

- RH – right ankle – LH stationary – both directions RH
- LH – left ankle – RH stationary – both directions LH
- Figure 8
- Both Hands pound
 - Shoulder / Waist / Ankles
- Both Hands – both sides – Push / Pull
- Both Hands – front – side to side (Wind shield wiper)

Zig-Zag Ball Handling

All Grades

Two even lines in each corner. Players start with a left-hand dribble going at an angle to the elbow/half-court/elbow. At each spot players perform the moves listed below. Important players change speeds with break-out dribble after making their move.

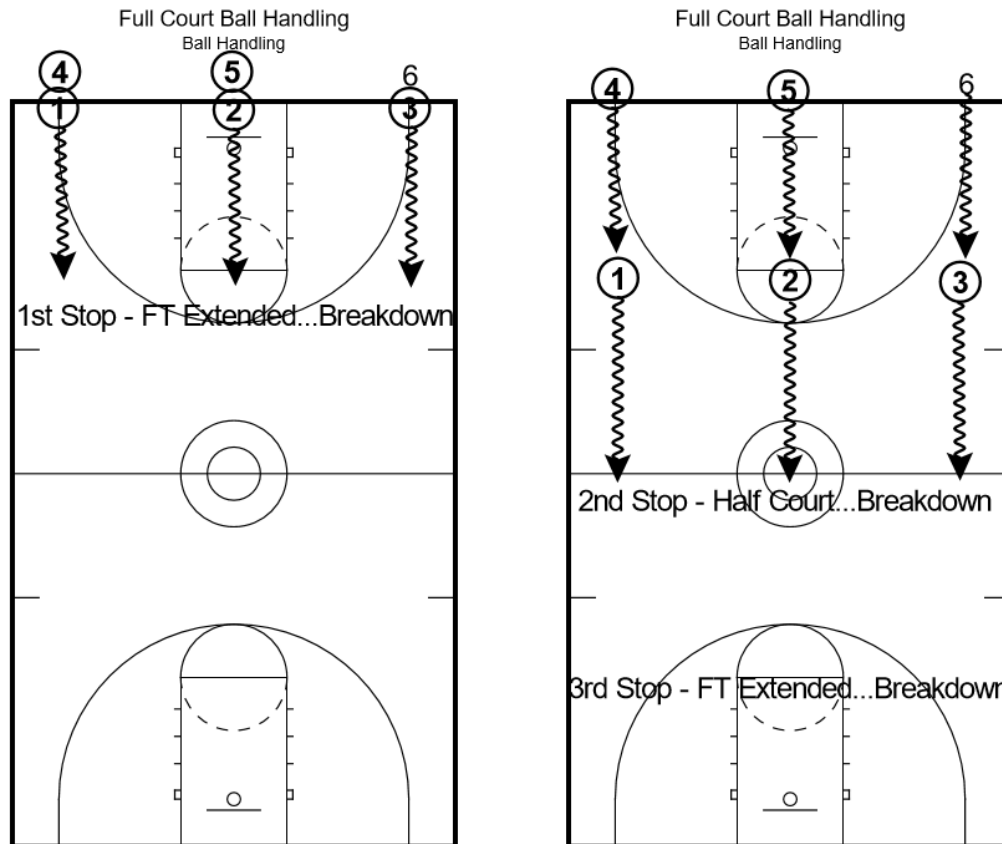


Zig-Zag Progression Moves (do each one x2):
1.) Cross-over
2.) Behind back
3.) Between legs

Full Court Ball Handling

Grades 6th – 8th (13:59 – 20:23)

Drill



Set-Up:

+3 lines across baseline (1 center / other 2 where 3-point line meets baseline)

+Players breakdown at FT line extended (1st Stop)/Half Ct. (2nd Stop)/FT line extended (3rd Stop)

+Players always start with RH dribble

1st Segment – All RH Dribble x 2

1. On 'Whistle' 1st group dribbles with RH and breaks down at 1st Stop
2. Next 'Whistle' 1st group performs breakout dribble to 2nd Stop/2nd group to 1st Stop
3. Next 'Whistle' 1st group dribbles to 3rd Stop/2nd group to 2nd Stop/3rd group to 3rd Stop

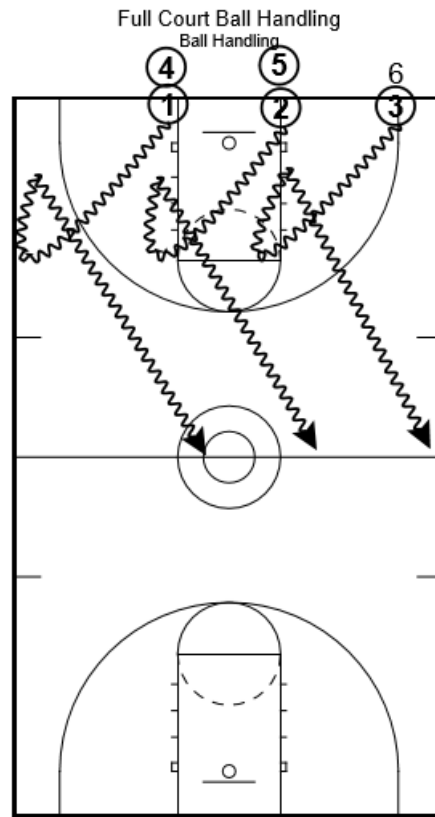
2nd Segment – All LH Dribble x 2

3rd Segment – Switching x 2

1. When coach says 'Switch' players do a reverse pivot crossing over low

2. On 'Whistle' groups move to next stop just like previous segments

Full Court Ball Handling (cont.)



4th Segment – Getting out of Trap x 3-4

1. Move 2 of the lines to their left
2. This segment players are on own...no 'Whistle' or 'Switch' call from coach
3. Players start with 3-4 RH breakout dribbles at an angle
4. At 1st Stop players breakdown (as if they are dribbling into a trap)/Take 2-3 retreat dribbles/execute a Switch/Repeat with LH to 2nd Stop/Continue thru to opposite baseline
5. 2nd group starts when 1st group crosses half-court

*Important that players are changing speeds and pace!