

Drill

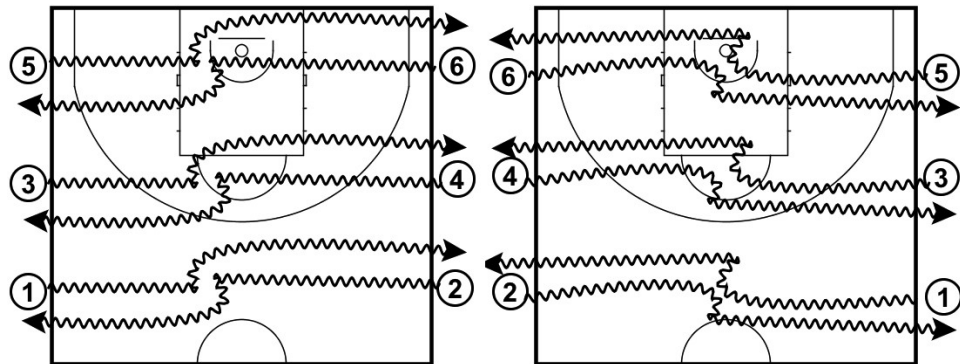
Drill: Head On Ballhandling (Ballhandling Phase A)

Goal: Learning Goal: Make Ball Moves at Game Speed
Point of Emphasis: Explode out of the ball move with the first step.

Equipment/# - one ball per player -
players players
needed: partner up

Sketch:

Diagram:



Description: Partners line up on opposite sidelines. Each player has a ball. Dribble at full-speed towards the partner & execute a full-speed ball move. The coach will call out various ball moves (cross-over, inside-out, hesitation, behind-the-back, between the legs). Repeat each move twice with each hand.

Progression: Master the technique of each ball move before increasing the speed. Introduce more complex ball moves as the players improve.

Time: 5 minutes. Work:Pause Ratio: 1:1

Load(s): Physical Mental Technical Pressure
 Social/emotional

LTAD stage(s): Fundamentals Learn to Train Train to Train
 Train to Compete Train To Win

Categorie(s): Ball Handling Defense Dribbling Dynamic 1 on 1
 Footwork Fundamental Movements Passing
 Picks Principals/Actions Rebounding Screens
 Shooting Static 1 on 1

Phase(s): A B C D

© 2018 Canada Basketball - Coach Education - 1 Westside Drive, Suite 11, Toronto, ON M9C
1B2
certification@basketball.ca Voice: 416-614-8037 Fax: 416-614-9570