

45 DRIBBLE DRILLS TO DEVELOP YOUR GAME

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Handling the basketball is a MUST to survive in this sport. The nice thing about getting better at dribbling is you do not need much, just a small area and a basketball.

Most young players, if they apply themselves can develop great "HANDLES" by simply starting with some simple drills and moving into more challenging ones as skills improves. The key is doing it with commitment and doing it often

i have compiled this list of 45 stationary basketball dribbling drills, many of which we use in our HOOPZONE camps, that you or your players can use to work on their game anywhere.

BALL HANDLING DRILLS

1. SLAPS:

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

2. 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.

3. SQUEEZE IT:

With the ball up in front of your face, forcefully squeeze the ball from one hand to the other. Make your fingers work hard to squeeze.

4. CIRCLE LEGS:

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

5. FIGURE 8 LEGS:

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!

6. CIRCLE WAIST:

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

7. CIRCLE BOTH LEGS:

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

8. 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.

9. 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.

10. 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.

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ONE BALL DRIBBLE DRILLS**11. 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

12. 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

13. UNDER RIGHT LEG:

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. Don't forget the left.

14. 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.

15. SIDE V-DRIBBLE:

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. Then do the other side (hand).

16. 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.

17. CIRCLE LEG DRIBBLE:

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

18. FIGURE 8 DRIBBLE:

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

19. 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.

20. 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

21. 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.

22. 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.

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23. WALK & DRIBBLE BETWEEN LEGS:

Walk forward while dribbling through your legs. Then try it walking backwards!

24. ZIG-ZAG CROSOVER:

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.

TWO BALL DRIBBLE DRILLS

25. TWO BALL WAIST:

Dribble both balls together at waist height.

26. TWO BALL LOW:

Dribble both balls low to the floor, below knees.

27. TWO BALL HIGH:

Dribble both ball shoulder height

28. TWO BALL POUND IT:

Dribble both balls very hard to waist level.

29. TWO BALL KILLS:

Hard dribble both basketballs starting at the ankles and moving up. When you reach the shoulders 'kill' both balls stopping them a few inches from the ground before dribbling both balls back up again.

30. TWO BALL PISTONS:

Like the pistons in an engine, one ball is down while the other is up, and vice versa.

31. TWO BALL, 1 HIGH-1 LOW:

Dribble a ball on each side, one as high as you can with the other low to the floor.

32. TWO BALL SIDE V-DRIBBLE:

Dribble the balls on both sides front to back rolling wrists over.

33. TWO BALL WIPERS:

Just like car's windshield wipers. Roll your hand over the top of the ball.

34. TWO 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.

35. TWO BALL SIT-UP DRIBBLE:

While doing bent-knee sit-ups, dribble up with both hands as you sit up.

36. TWO BALL SWITCH HANDS:

In front begin 2 ball dribble, then cross forearms and dribble, then uncross dribble.

37. TWO BALL DOUBLE WALL DRIBBLING

Dribble both basketballs against the wall together at head to shoulder height.

38. TWO BALL DOUBLE V-DRIBBLE IN FRONT

Dribble both basketballs side to side in front of you simultaneously.

39. TWO BALL DOUBLE CROSSOVER

Dribble both basketballs 3 times and then cross the balls over at the same time in front. Then perform another 3 dribbles before crossing over again.

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BASKETBALL/TENNIS BALL DRILLS

40. TOSS UP T-BALL:

While dribbling basketball with one hand toss tennis ball up and catch with other, alternate.

41. DRIBBLE T-BALL & B-BALL:

Dribble both basketball and tennis ball.

42. ALTERNATE HAND TOSS

While dribbling basketball with one hand toss tennis ball up and cross dribble so to catch tennis ball in opposite hand.

43. HI T-BALL W/CROSS DRIBBLE:

While dribbling basketball with one hand toss tennis ball up rather high and do a firm cross or double cross dribble before you have to catch tennis ball.

44. PALM DOWN T-BALL GRAB:

While dribbling basketball with one hand toss tennis ball up about 2 inches and quickly roll your hand over top of tennis ball and grab it palm side down.

45. ZIG-ZAG DRIBBLE T-BALL:

Zig zag down lane dribbling one hand and tossing tennis ball in other. Can also behind back dribble on cuts as you toss tennis ball up.

REMEMBER THESE PRINCIPLES WHEN DOING THESE DRILLS:

- Don't worry about messing up. Better to mess up trying and practice lazily.
- Keep your eyes up when dribbling the basketball.
- Dribble the ball as hard as you can always challenging yourself.
- Use both hands equally or even more with your weak hand.
- Perform every drill as fast as you can. If the drills get easy you make it harder.

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