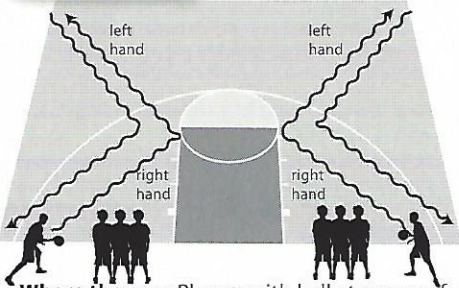


ZIG-ZAG DRILL

Crossover, between the legs dribble

1/G/T

BALL HANDLING



Where they go: Players with ball at corner of baseline and sideline.

- Player dribbles to elbow, makes crossover dribble, then dribbles to corner with other hand. Waits for rest of players to follow-suit.
- Dribble back to elbow and then corner, this time switching hands by dribbling between legs.

Key Point: Can also use behind-the-back dribble (advanced).

Make it a game: Relay race between teams to mid-court and back using both dribble moves.

WRAP-AROUND DRILL

Stance, ball control

1/G/T

BALL HANDLING



Where they go: Players in equal lines. One ball at front of each line.

- Player takes ball and wraps it around right leg 10 times in each direction. Repeat with left leg, then both legs (with feet together), and then waist.

Key Point: Around legs, ball should stay below knee. Player should be in good stance with knees bent and head up. Do not look at ball.

Make it a game: Fastest to complete entire sequence is winner.

WAKEUP DRILL

Fingertip control

1/G/T

BALL HANDLING



Where they go: Players in equal lines. One ball at front of each line.

- First players in line each step out. On whistle, pound ball from hand to hand. End of line after 30 seconds. Two reps each player.
- If enough balls available, eliminate lines and have each player with ball.

Key Point: Use fingertips and pads of hand. Do not use palms.

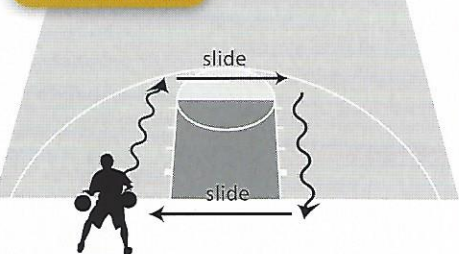
Make it a game: Players count how many touches they can get in 30 seconds.

TWO BALL SLIDE

Dribbling with both hands

1/G/T

BALL HANDLING



Where they go: Player starts at baseline, just outside of foul lane, with 2 balls.

- Dribble both balls forward to just above free-throw line. Then dribble while sliding to opposite side of foul lane.
- Dribble backwards to end of line, then while sliding back to start.

Key Point: Dribble so that both balls hit floor simultaneously. Also alternate dribble (left-right-left, etc.) Coach can call out "Together," or "Alternate," to add difficulty.

Make it a game: See who completes circuit fastest.

MACHINE GUN DRIBBLE

Dribbling without slapping

1/G/T

BALL HANDLING



Where they go: One ball for each player.

- In stationary position, player dribbles ball waist-high as hard and fast as possible for 30 seconds. Repeat with opposite hand.

- Do same with ball below knee level. Then 2 balls at same time.

Key Point: Control with fingertips and pads of hand. Do not slap at ball.

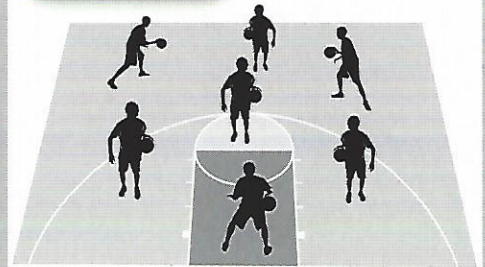
Make it a game: Divide into teams. Players dribble 2 balls down and back in relay race.

KNOCKOUT

Controlling and protecting ball

G/T

BALL HANDLING



Where they go: Each player, with ball, within half-court boundary.

- Begin dribbling on whistle.
- Players try to knock ball loose from other players while maintaining their own dribble.

Key Point: Success depends on ability to dribble with both hands.

Make it a game: Lose ball and sit down. Last one in wins.