

BEHIND THE BACK DRILL

Dribbling behind the back

1/G/T

BALL HANDLING



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

• Player dribbles ball back and forth behind the back alternating from right hand to left.

Key Point: Younger players who find drill too difficult should do it with ball in front, then gradually try to work to back.

Make it a game: Players all line up at baseline. Begin moving forward on whistle. On next whistle, must stop moving, but maintain dribble. Move forward again on whistle and so on. Lose ball – go back to start. First to mid-court wins.

BETWEEN THE LEGS

Dribbling between the legs

1/G/T

BALL HANDLING



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

• Player dribbles ball around right leg 30 seconds in each direction. Repeat with left leg, then figure-eight.

Key Point: Keep ball below the knees at all times.

Make it a game: Coach commands, "right leg," "left leg," "reverse" or "figure-eight." See who can maintain dribble the longest.

CROSSOVER DRIBBLE DRILL

Dribbling with both hands

1/G/T

BALL HANDLING



Where they go: One ball for each player.

• In stationary position, player dribbles ball back and forth from hand to hand in front of body, below knees for 30 seconds.

• Have player step one foot forward and do same drill between legs.

Key Point: Good stance, knees bent, head up.

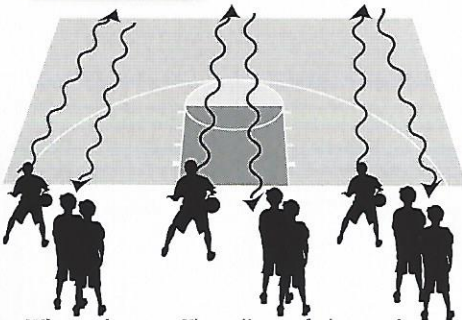
Make it a game: Players count how many dribbles they can get in 15 seconds.

DOWN AND BACK

Dribbling with left and right hands

1/G/T

BALL HANDLING



Where they go: Three lines of players. One ball each line.

• Players dribble full or half court, down and back, as quickly as they can.

• Must use opposite hand coming back.

Key Point: Keep ball waist-high, eyes up, not looking at ball.

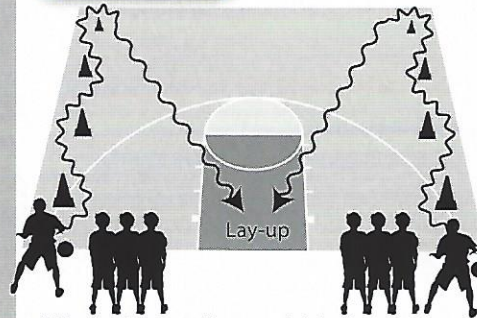
Make it a game: Relay race between teams.

DRIBBLE WEAVE

Crossover dribbling

1/G/T

BALL HANDLING



Where they go: Players with ball at corner of baseline and sideline. Four cones, chairs or balls spaced down sideline.

• Player must dribble-weave through obstacles to mid-court, then dribble to basket for lay-up.

Key Point: Keep ball in outside hand and use crossover dribble to change hands.

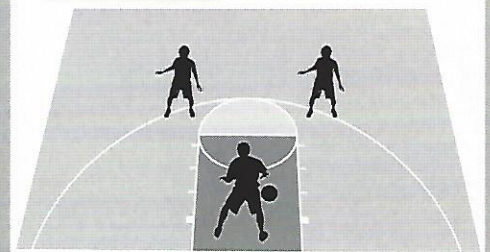
Make it a game: Two teams race. Must make lay-up and pass to teammate going next.

ESCAPE DRILL

Dribbling through live defenders

G/T

BALL HANDLING



Where they go: Player with ball at baseline. Two defenders at foul line elbows.

• Dribbler tries to dribble past defenders and get past mid-court line.

• Defenders try to steal or tip away ball without fouling.

Key Point: Success depends on being able to move fast with ball and keep it low to ground when defenders are near.

Make it a game: Make it to mid-court, stay in against two new defenders.