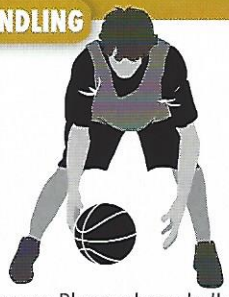


FINGERTIP CONTROL DRILL

Fingertip ball control

I/G/T

BALL HANDLING



Where they go: Player places ball on floor in front of feet.

- Keeping legs and arms straight, player goes down and flips ball from hand to hand, using only fingertips.
- Keep ball off floor over toes for 15 seconds, then move up to waist level for 15 seconds, then above head.

Key Point: Maintain good form with arms and knees locked.

Make it a game: Coach calls out "Feet," "Waist," or "Head," in random sequence. See who stays alive longest without dropping ball.