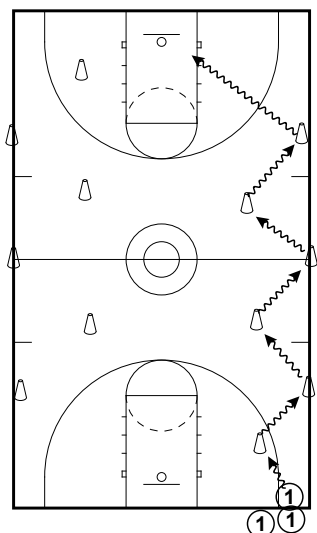
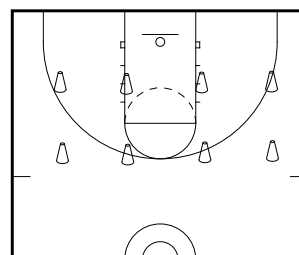


Drills

Dribbling Warm-Up
Ball Handling Drills



25-25-25
Ball Handling Drills



25 pounds shoulder height
25 pounds waist height
25 pounds as low as you can go

Repeat same exercise with 2 balls

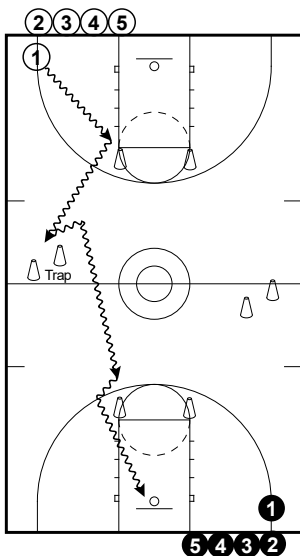
Warm Up Drill: Players change direction at each cone. Once at the other end free throw extended, hard change of direction with a finish at the rim. Come back on the other side.

Progression:

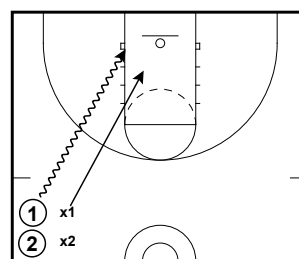
- Cross-over
- Between the legs
- Behind the back
- Spin move/retreat dribble

Coaching Tip: Ensure players have eyes up. Give them something to focus on at the other end on the wall. Focus on ensuring they are using their weak hand also.

Fullcourt Moves on the Move
Ball Handling Drills



Pressure Dribbling
Ball Handling Drills



You can do this drill on both sides of the court, however would recommend spending more time on their weak hand.

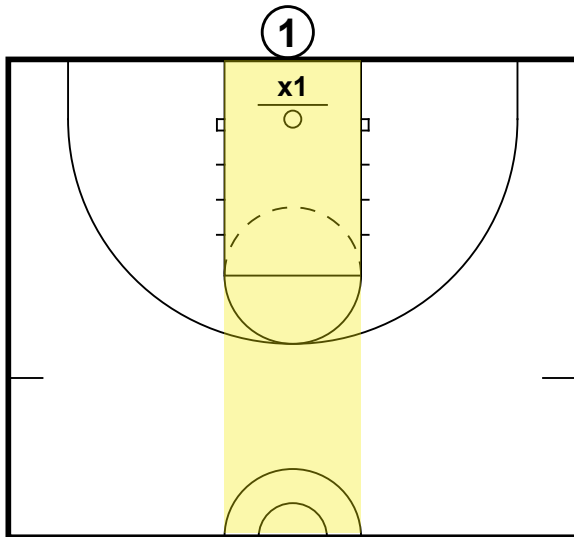
Player with the ball dribbles in as fast as they can and shoots a lay-up. The defender guards them tightly so there is a feel of pressure, however the defender should not cut them off, should not reach to steal, and can put their arms straight up as the other player is shooting, but not blocking the shot.

Goal is to build confidence using their weak hand against pressure.

Player 1 attacks the first cone with a left-handed dribble, crosses over to his right-hand and ...

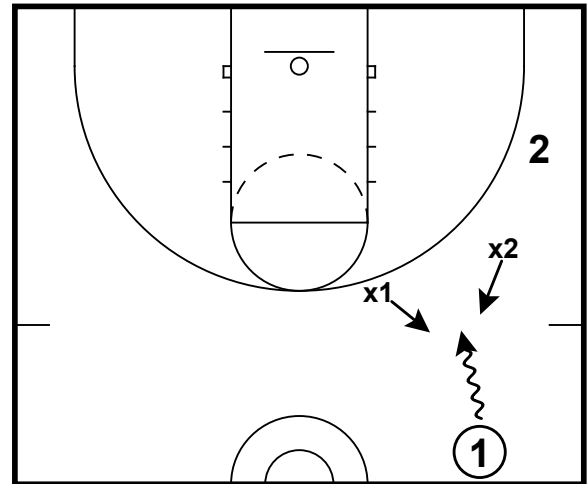
Drills

Ball Handling Drill - Change of Pace Shadow
Ball Handling Drills



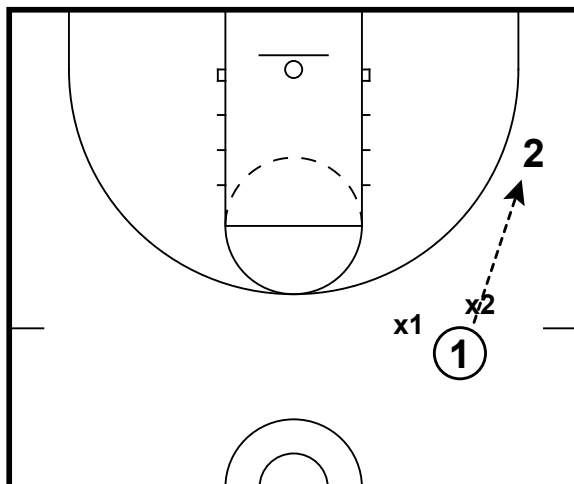
- Ball handler must stay in between the lane lines extended.
- Offense gets a point if they only make one change of direction/retreat/drag
- Defense gets a point if they are able to turn the offense 2 or more times

1 v 2 Trap
Ball Handling Drills



Player 1 dribbles into the trap. The defense aggressively traps and tries to get a tip or a steal.
You can put a Coach at the top of the key as another outlet.

1 v 2 Trap
Ball Handling Drills

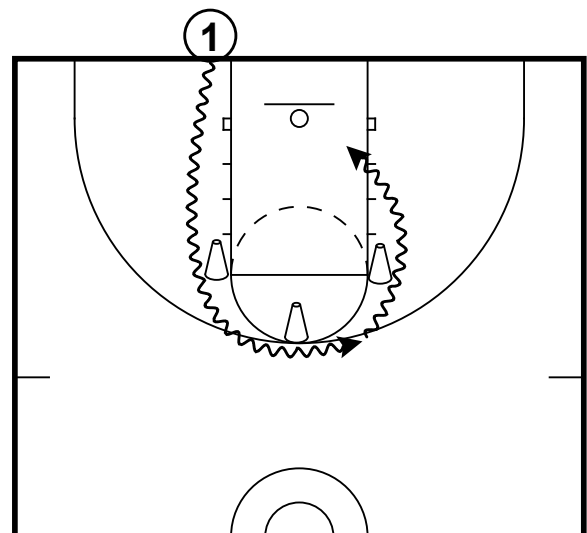


For this drill, player 1 shouldn't try to dribble around the trap in the middle of the floor.
Once trapped, player 1 can do a retreat dribble without going into the back court.

Player 1 should pass to player 2 or the coach without losing the ball or getting it tipped. Once passed, rotate in the line and repeat the drill until all players have went through a couple of times.

Coaching Tip: Don't let player 1 lean back once picking up their dribble. Teach them to fake low and throw high, or fake high and throw low. Passes need to be crisp, no lobs as those can get stolen.

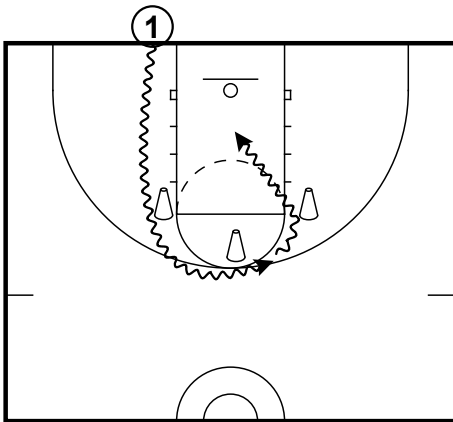
Arc Dribbling Series
Ball Handling Drills



Right hand around the arc into a finish called out by the coach. Switch to left hand after a number of makes or time.

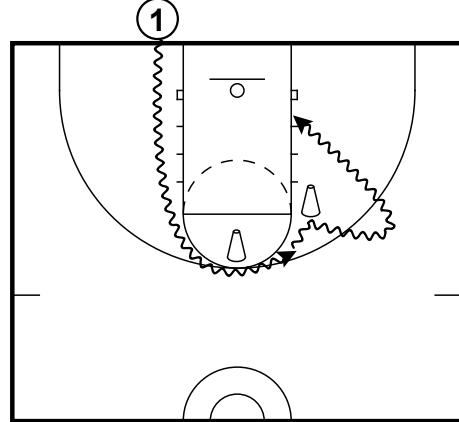
Drills

Arc Dribbling Series
Ball Handling Drills



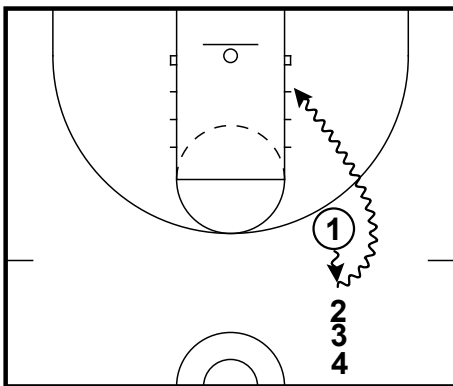
Right hand around the arc and then changing direction at the elbow. Coach designates finish. Go for makes or time. Switch sides.

Arc Dribbling Series
Ball Handling Drills



Retreat and go. Right hand all the way to the opposite elbow - retreat 1 or 2 bounces on an angle to the arc, attack the rim. Go for makes or time. Switch sides.

Back Jump Cut Crossover/Between Legs Dribble
Ball Handling Drills

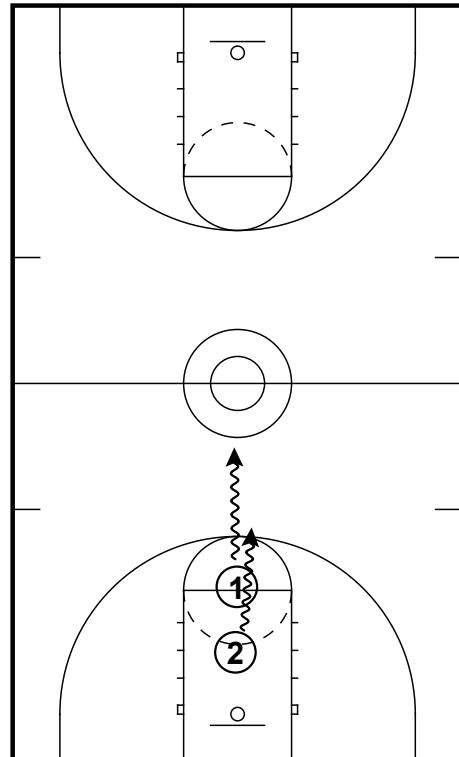


Player 1 is using right hand to dribble, left hand to protect. They do a jump cut backwards and square up to the defender.

As soon as they hit the ground, they cross over, and then immediately cross over again or go between their legs and blow by the defender looking to score.

For this drill - you can go on both sides at the same time and have players alternate lines

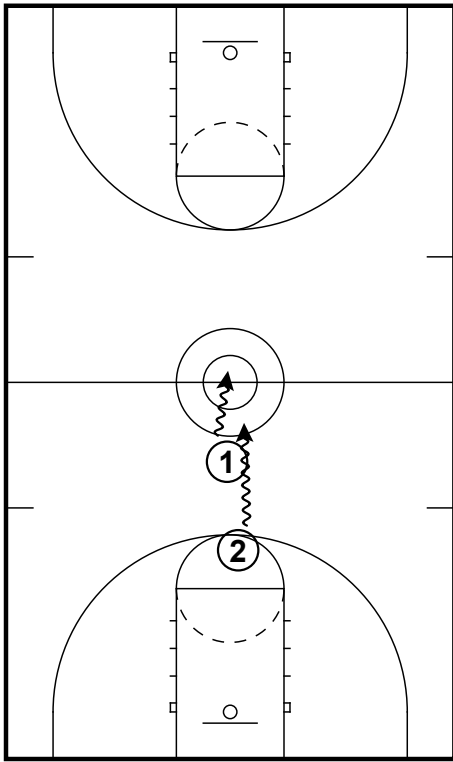
Ball Handling Drill - Change of Pace Shadow
Ball Handling Drills



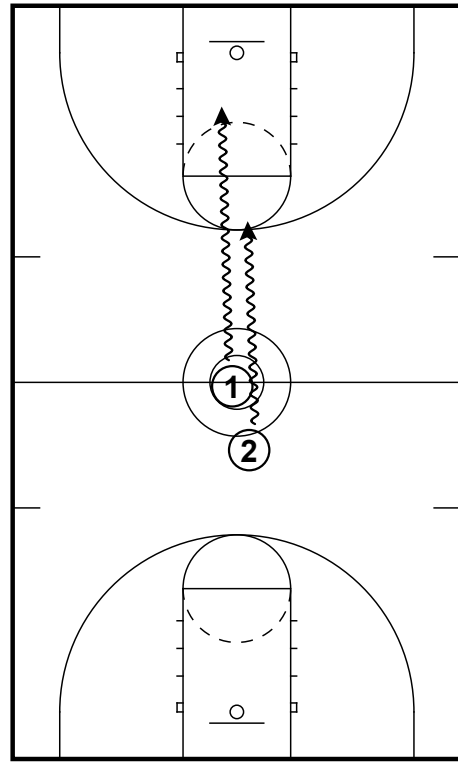
Can use any lines or cones for the starting and ending lines for players. ...

Drills

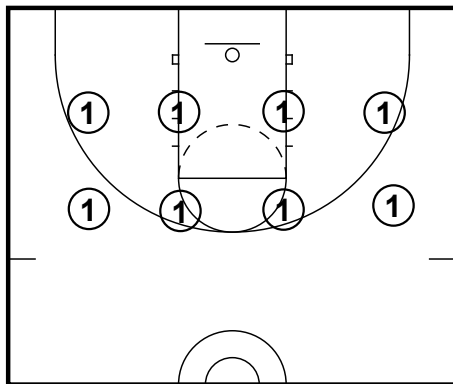
Ball Handling Drill - Change of Pace Shadow
Ball Handling Drills



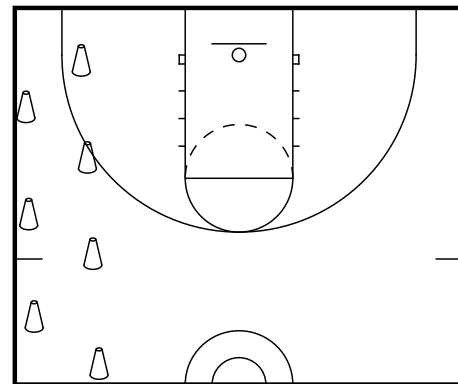
Ball Handling Drill - Change of Pace Shadow
Ball Handling Drills



Behind the Back Series
Ball Handling Drills



Cone Dribbling with Variations
Ball Handling Drills

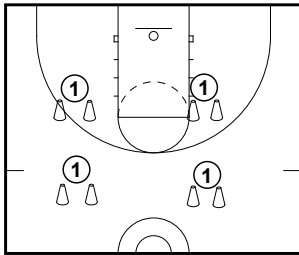


- Rocker behinds 30 seconds x4
- Split behinds 30 seconds x4
- Double behinds 30 seconds x4
- Continuous behinds 30 seconds x4
- Behind the back runs. Elbow 5x
- Triple behinds. Half the court 5x

- Teach different moves for change of direction.
- Between the legs delayed
 - Push Cross
 - INO Cross
 - Between lift & Cross
 - Delayed through

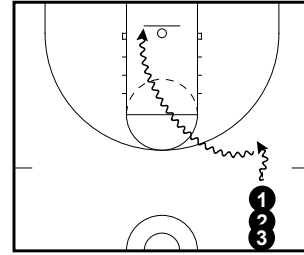
Drills

Cross x2 Pivot
Ball Handling Drills

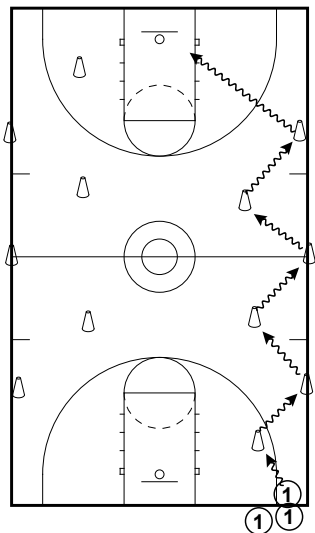


Cross; Cross; Pivot left x10
Cross; Cross; Pivot rt. x10

Dribble Drive Finish
Ball Handling Drills



Dribbling Warm-Up
Ball Handling Drills



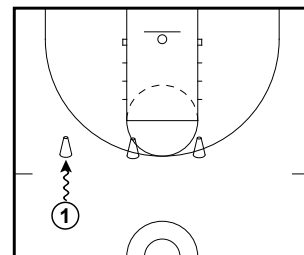
Warm Up Drill: Players change direction at each cone. Once at the other end free throw extended, hard change of direction with a finish at the rim. Come back on the other side.

Progression:

- Cross-over
- Between the legs
- Behind the back
- Spin move/retreat dribble

Coaching Tip: Ensure players have eyes up. Give them something to focus on at the other end on the wall. Focus on ensuring they are using their weak hand also.

Right Leg, Double Cross to Finish
Ball Handling Drills

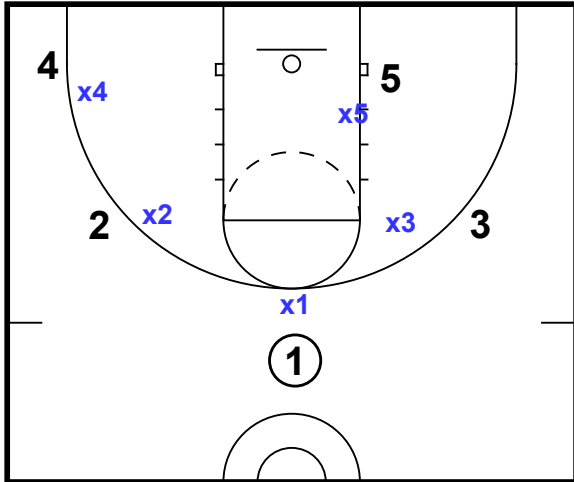


Attach the cone, stop with right leg forward, retreat, double cross, attack next cone until the last one, then attach the rim and finish.

Vary the finish.

Drills

50 Pass Ball Handling Drills



Offense has possession until defense gets a deflection or possession, or the basketball touches the floor

Each team gets one point for a completed pass

First one to 50 wins.

Run motion, 50, 41 etc.

Add variations with one dribble, etc.