



New Berlin Athletic Association
P.O. BOX 51123 New Berlin, WI53151-0123

BALL HANDLING

BASKETBALL DRILLS

Table of Contents

3. PASSING / CATCHING	3
3.1 STATIONARY DRIBBLING DRILLS (☝).....	3
3.2 KNOCK-AWAY (☝).....	4
3.3 DRIBBLE TAG (☝).....	5
3.4 RELAY RACES (☝).....	6
3.5 HELPERS TAG (☝).....	7
3.6 QUICK HANDS (☝).....	8
3.7 PASS THROUGH (☝).....	9
3.8 FLAG POLE (☝).....	10
3.9 FIGURE EIGHT (☝).....	11
3.10 SPIDER DRIBBLE (☝).....	12
3.11 DOUBLE BALL DRIBBLE (☝).....	13

3 BALL HANDLING

3.1 Stationary Dribbling Drills

Level: Beginner

Each player should have a ball. It is helpful if you encourage some of the players to bring a ball from home.

Look Away

Have each player, from a standing still position, practice dribbling the ball with their stronger hand. Teach them to protect the ball from the defender with the other hand and the body. Teach them to avoid looking at the ball. The coach should hold up fingers so that the dribbler has to see how many and call them out. Repeat with the other hand. Next, do this drill by dribbling the ball in a “V” pattern alternating hands.

V Dribble

Dribble in the “V” pattern with the right hand only (very difficult) in order to practice fingertip control. Then with the left hand only. Repeat the “V” pattern dribble keeping the ball at or below knee level, and increasing the tempo of the dribble.

Low Dribble

Have the players practice dribbling the ball as low to the ground as possible. Have them count how many times they can dribble the ball in a 15 second span. Then try again to see if they can do more. Try it with the other hand.

Wall Dribble

Have the players dribble the ball against the wall at approximately eye level. Have a contest to see who can maintain the dribble this way for the longest period of time. It’s hard. Try the other hand.

Points of emphasis

- fingertip control,
- keep the head up,
- protect the ball.

BALL HANDLING

3.2 Knock Away

Level: Beginner

Each player must have a ball. The players need to be confined to a relatively small area, such as within the three-point arc and the baseline. The players try to knock the other players' ball away while at the same time protecting their own ball and maintaining control of the dribble. If a player loses control of their dribble, goes out of bounds, or has their ball knocked away, they are "out." The game continues until there is only one player remaining and that player is the winner.

Another variation of this game allows players to re-enter the game. In order to get back in the game, the player has to get their ball, dribble to the basket on the opposite end of the court and make a shot.

The purpose of the game is to give players experience at anticipating the attack of the defensive player and protecting their dribble.

BALL HANDLING

3.3 Dribble Tag

Level: Beginner

Each player needs to have a ball. The players should be confined to a medium sized area, such as that bounded by half-court markings. One player is “it” and she tries to tag someone else. Then, that player tries to tag another, etc...

It is important for at least one coach to participate. If a slower player becomes “it” and can not tag a teammate, the coach should step in and allow the slower player to tag them in order to keep the game moving.

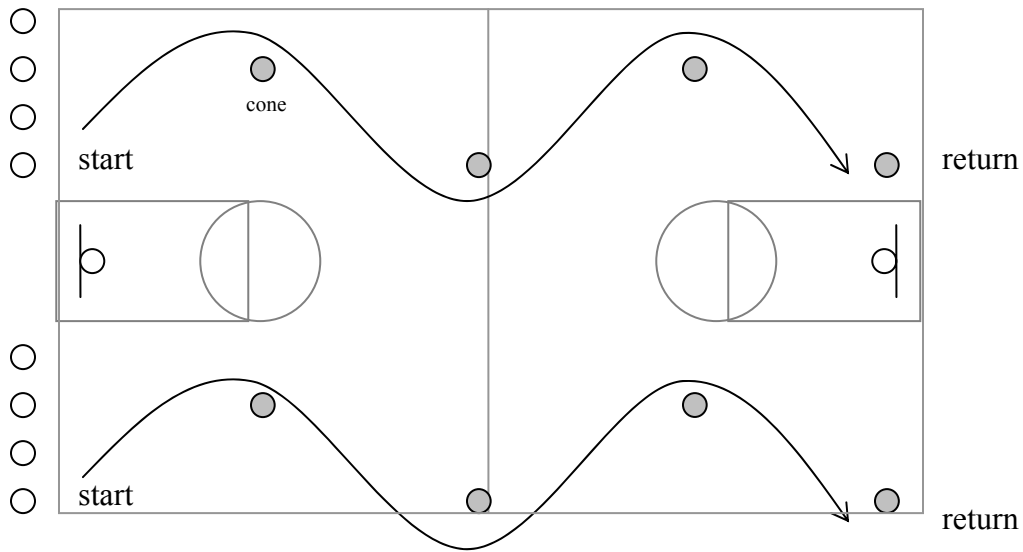
The purpose of this drill is to work on movement dribbling in an unplanned and spontaneous manner. This drill also works well as a fun ending activity.

BALL HANDLING

3.4 Relay Races

Level: Beginner

Split the players into two teams. One ball for each team. Each player dribbles to the opposite baseline, then back and gives the ball to the next player in line. If the player loses the dribble, she needs to come back to the beginning and start over. The idea is to work on moving fast with the dribble while maintaining control of the ball. As players improve, the relay races can be modified to teach dribbling at angles and switching hands. This is done by setting up cones on the court and having the players dribble around them



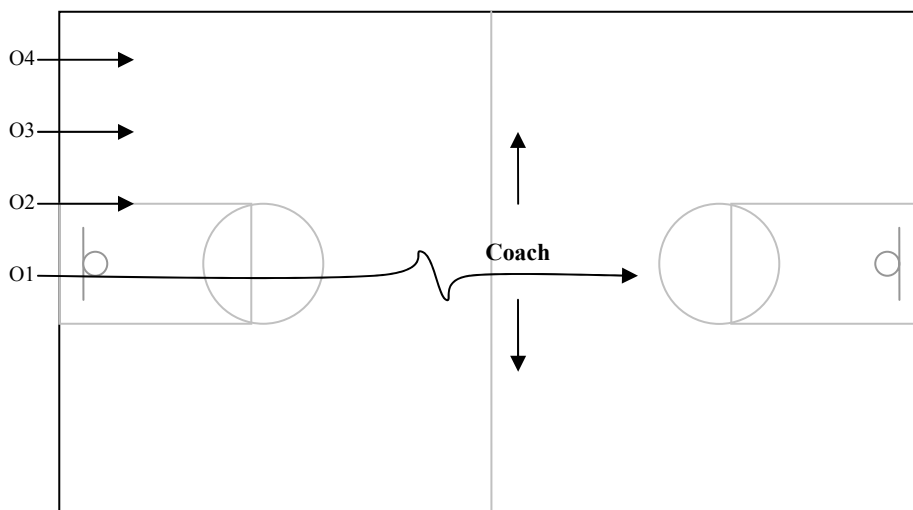
BALL HANDLING

3.5 Helpers Tag

Level: Intermediate

Have each player start at the baseline with a ball. The coach, or coaches, line up at mid-court. The goal for the players is to dribble past the coaches, untagged, and make it to the other baseline. The coaches are allowed to slide horizontally. Any player tagged becomes “it” and needs to help the coaches tag the remaining players as they attempt to go baseline to baseline.

This drill helps teach the players to work on their individual offensive moves (hesitation, cross-over, spin move, etc...) to pass a defender.



BALL HANDLING

3.6 Quick Hands

Level: Intermediate

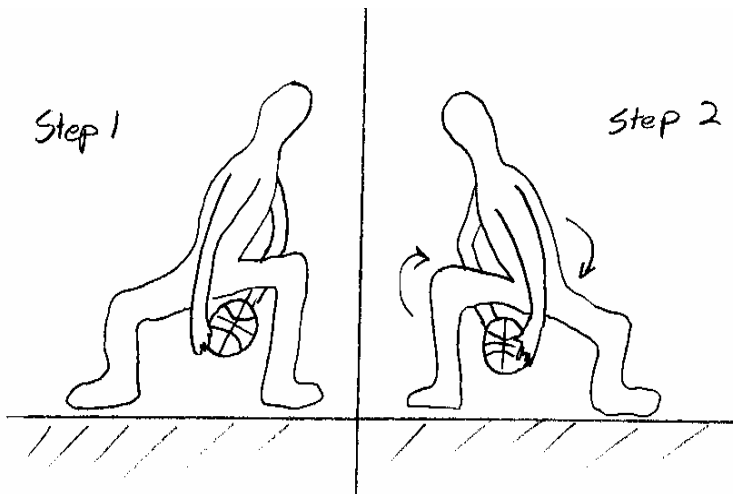
Each player needs a ball. Feet need to be spread wide apart. Have the player hold the ball between their legs with their right hand coming from the front side of their body and the left hand reaching around the back side. When they let go of the ball have them quickly reverse their hand position (bring left hand around the front of the body and right hand around the back side) catching the ball before it hits the ground. After a player can do it once, he should keep reversing the process.

Very difficult!!!

A variation of this drill for beginners is to allow one bounce.

Point of emphasis

→ improve hand speed/agility.



BALL HANDLING

3.7 Pass Through

Level: Intermediate

Each player needs a ball. Feet need to be spread wide apart. Have the player hold the ball with two hands out in front of themselves, and gently toss it down between the legs, aiming for a spot in between the heels. As the ball bounces up make the catch behind the back. Reverse the process. Holding the ball behind the back, bounce it between the legs and make the catch in of the body. Repeat.

Point of emphasis

→ improve hand speed/agility.

BALL HANDLING

3.8 Flag Pole

Level: Intermediate

Each player needs a ball. Have them place their feet together. Start dribbling with the right hand out in front of the body. Make the dribbling pattern circle the body in a clockwise motion. Keep the feet stationary. When the ball gets as far in back of the player as he can reach, he dribbles the ball behind his back crossing the dribble from his right hand to your his hand. Remind him to get his receiving hand in position when pushing the dribble behind his back. Continue circling the dribble around the body a couple of times. Then reverse the dribbling pattern and go in a counter clockwise motion.

Point of emphasis

→ improve hand speed/agility.

BALL HANDLING

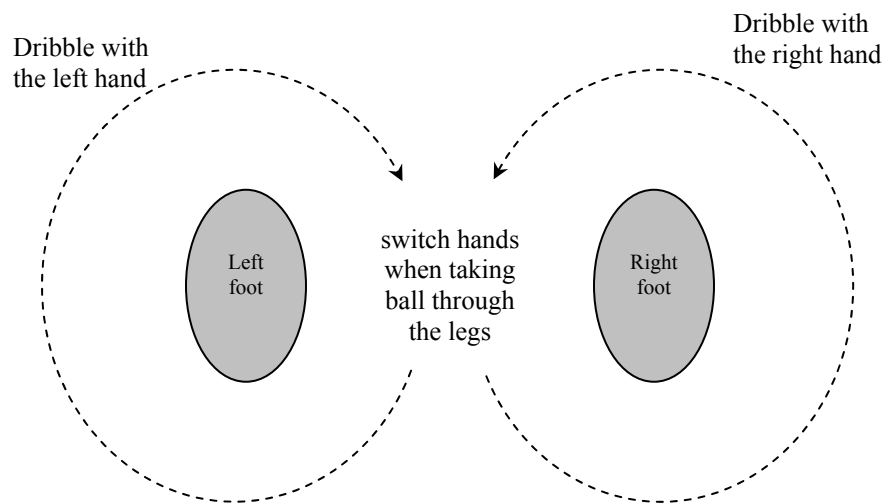
3.9 Figure Eight

Level: Advanced

Have the player spread feet a little more than shoulder width apart and keep them stationary. Maintain a very low-to-the-ground dribble in a figure eight pattern around the feet. Switch hands when passing the ball through the legs. Very difficult!!!

Point of emphasis

→ fingertip control.



BALL HANDLING

3.10 Spider Dribble

Level: Advanced

Each player needs a ball. Have her maintain a dribble with the ball between her feet (directly underneath her torso) by simultaneously alternating her right and left hands, reaching to the ball from the front side and from behind her body. Very difficult! The pattern is ...

right hand front,
left hand behind,
right hand behind,
left hand front,
repeat.

She doesn't have to push the dribble very hard. Just tap it. It bounces right back up. As she improves, encourage her to move her hands faster and faster.

BALL HANDLING

3.11 Double Ball Dribble

Level: Advanced

Each player needs two balls. Have them begin dribbling with each ball hitting the ground at the same time. Keep this going for about 25-30 seconds. Then dribble lower to the ground. See if he can make the balls switch hands (cross) without losing control of the dribble. Do the “V” dribble. Next, make the balls hit the ground in an alternating fashion. See if he can walk around while maintaining control of the dribble. Have him make the balls switch hands by taking one ball between his legs, and switch the other in front of himself.

This is a great drill for developing the weaker hand.