

# **BALL HANDLING DRILLS**

THESE BALL-HANDLING DRILLS ARE FOR BOTH BOYS AND GIRLS YOUTH BASKETBALL PLAYERS AND SHOULD ONLY TAKE ABOUT 15 MINUTES PER SESSION. THIS BALL HANDLING ROUTINE WILL GO FASTER ONCE YOU GET THE HANG OF IT.

PARENTS SHOULD ENCOURAGE THEIR PLAYERS TO DO THIS ROUTINE NO LESS THAN 3-5 TIMES PER WEEK! ALL DRILLS CAN BE LOOKED UP ON YOUTUBE IN CASE OF QUESTIONS.

BE PATIENT, WORK HARD, DO THESE DRILLS CONSISTENTLY, AND YOU'LL SEE IMPROVEMENTS FAST!

<b>1) RIGHT HAND – STRAIGHT UP AND DOWN DRIBBLING</b>	<b>20 TIMES</b>
<b>2) LEFT HAND – STRAIGHT UP AND DOWN DRIBBLING</b>	<b>20 TIMES</b>
<b>3) RIGHT HAND - "V" DRIBBLING, FAST</b>	<b>15 TIMES</b>
<b>4) LEFT HAND - "V" DRIBBLING, FAST</b>	<b>15 TIMES</b>
<b>5) AROUND THE WASTE - (20 ONE WAY, CHANGE DIRECTIONS)</b>	<b>20 TIMES</b>
<b>6) RIGHT HAND - BOUNCE AROUND, UNDER LEGS</b>	<b>10 TIMES</b>
<b>7) LEFT HAND - BOUNCE AROUND, UNDER LEGS</b>	<b>10 TIMES</b>
<b>8) FIGURE 8 DRIBBLING DRILL (BOTH DIRECTIONS)</b>	<b>05 TIMES</b>
<b>9) CROSSOVER DRIBBLING DRILL</b>	<b>20 TIMES</b>
<b>10) FRONT TO BACK – QUICK HANDS DRILL</b>	<b>20 TIMES</b>
<b>11) BALL FLIP – QUICK HANDS DRILL</b>	<b>15 TIMES</b>
<b>12) RICHOCHET DRILL</b>	<b>15 TIMES</b>