

BASIC BALL HANDLING TECHNIQUES AND DRILLS

DESCRIPTION: AN ADEPT BALL HANDLER AND DRIBBLER CAN MAKE THINGS HAPPEN ON THE COURT. MASTERING THESE SKILLS CAN HELP CREATE OPEN SHOTS, OBTAIN BETTER PASSING ANGLES, AND LEAD TO FEWER TURNOVERS. A GREAT OFFENSIVE PLAYER MUST BE ABLE TO HANDLE THE BALL!

BALL HANDLING AND DRIBBLING TEACHING POINTS:

- DRIBBLE WITH FINGERS, NOT PALMS - SIMILAR TO TYPING ON A KEYBOARD
- POSITION BODY PROPERLY, WITH KNEES BENT AND BODY FLEXED AT THE WAIST
- KEEP HEAD UP - SEE THE COURT
- PROTECT THE BASKETBALL - USE ARM BAR
- WORK BOTH HANDS - BE ABLE TO GO RIGHT AND LEFT
- END WITH A JUMP STOP LANDING IN TRIPLE THREAT POSITION WHEN PICKING UP A DRIBBLE

BASIC DRIBBLING SKILLS

1. CONTROL DRIBBLE (USE AGAINST DEFENSIVE PRESSURE)

- DRIBBLE BASKETBALL NEAR THE BACK KNEE WITH BODY TURNED TO THE SIDE
- KEEP THE DRIBBLE LOW AND COMPACT, BELOW THE KNEES
- HOLD OUT NON-DRIBBLING ARM IN FRONT OF BODY TO PROTECT THE BALL FROM DEFENDERS

2. SPEED DRIBBLE (USE TO PUSH THE BALL UP THE COURT AND ON FAST BREAK SITUATIONS)

- DRIBBLE THE BALL IN FRONT OF THE BODY CONTROL AT ALL TIMES
- DRIBBLE HIGHER AND SOFTER THAN CONTROL DRIBBLE

3. RETREAT DRIBBLE (USE TO AVOID DEFENSIVE PRESSURE AND TO KEEP DRIBBLE ALIVE)

- DRIBBLE BACKWARDS (HOP BACK) TO AVOID PRESSURE
- DRIBBLE REQUIRES A CHANGE IN SPEED AND CHANGE IN DIRECTION
- DRIBBLE TEACHES PLAYERS NOT TO HABITUALLY PICK UP THEIR DRIBBLE WHEN HEAVY, DEFENSIVE PRESSURE IS APPLIED

4. CROSSOVER DRIBBLE (USE TO BREAK DOWN A DEFENDER; GOOD PENETRATION MOVE)

- KEEP DRIBBLE LOW WHEN CROSSING OVER FROM ONE HAND TO ANOTHER; KEEP IT AWAY FROM THE DEFENDER
- USE HEAD AND SHOULDER FAKES TO HELP SELL THE MOVE
- GOAL IS TO GET THE DEFENDER ON HIS OR HER HEELS
- EXPLODE TO THE BASKET WITH SPEED DRIBBLE AFTER THE CROSSOVER

5. WHIRL PIVOT DRIBBLE (USE TO AVOID DEFENSIVE PRESSURE AND TO DRIBBLE BY DEFENDER)

- PULL THE BASKETBALL THROUGH LOW DURING THE PIVOT
- KEEP THE BASKETBALL IN THE SAME HAND UNTIL COMPLETING THE PIVOT
- KEEP THE PIVOT LOW AND QUICK WITH HEAD UP
- EXPLODE TO THE BASKET WITH SPEED DRIBBLE AFTER THE WHIRL PIVOT

6. BEHIND THE BACK DRIBBLE (USE TO BREAK DOWN A DEFENDER; GOOD PENETRATION MOVE)

- USE HEAD AND SHOULDER FAKES TO HELP SELL THE MOVE
- PULL THE BASKETBALL HARD BOTH AROUND AND THROUGH THE BODY
- SLAP OPPOSITE BACK THIGH DURING THE EXCHANGE

NOTE: HAND QUICKNESS, KEEPING THE HEAD UP, AND BALL CONTROL SHOULD BE EMPHASIZED DURING ALL BALL HANDLING

BALL HANDLING DRILLS

1. LINE DRILLS - AROUND THE WORLD

DESCRIPTION: WITH FEET TOGETHER, PLAYERS PASS THE BASKETBALL AROUND THEIR BODY. START WITH THE ANKLES, TO KNEES, TO WAIST, TO HEAD.

NOTE:

HAND QUICKNESS, KEEPING THE HEAD UP, AND BALL CONTROL SHOULD BE EMPHASIZED DURING ALL BALL HANDLING DRILLS.

2. LINE DRILLS - BALL SLAMS

DESCRIPTION: WITH FEET SHOULDER-WIDTH APART, HAVE PLAYERS SLAP THE BASKETBALL WITH FINGERS SPREAD WIDE. ENCOURAGE THEM TO TRY AND KNOCK THE AIR OUT OF THE BASKETBALL. PLAYERS SHOULD "SLAM" THE BALL BY ROTATING THEIR RIGHT AND LEFT HANDS.

NOTE:

HAND QUICKNESS, KEEPING THE HEAD UP, AND BALL CONTROL SHOULD BE EMPHASIZED DURING ALL BALL HANDLING DRILLS.

3. LINE DRILLS - GO-STOP-GO-CHANGE

DESCRIPTION: GO-STOP-CHANGE-GO

- ON GO COMMAND OR WHISTLE, SPEED DRIBBLE RIGHT-HAND
- ON STOP COMMAND OR WHISTLE, CONTROL DRIBBLE WITH RIGHT HAND
- ON CHANGE COMMAND OR WHISTLE, CHANGE CONTROL DRIBBLE TO LEFT HAND
- ON GO COMMAND OR WHISTLE, SPEED DRIBBLE LEFT HAND

DURING ALL DRIBBLING LINE DRILLS, YOU SHOULD STAND IN FRONT OF THE PLAYERS TO TEACH, ENCOURAGE, AND EVALUATE EACH PLAYER'S PERFORMANCE.

- PLAYERS FORM LINES ON BASELINE OR SIDELINE (TWO PLAYERS DEEP) - ONE BASKETBALL PER LINE
- USE CONES OR CHAIRS TO REPRESENT STOPPING/STARTING POINTS OR CHANGE-OF-DRIBBLE SPOTS
- PLAYERS WILL BEGIN THE DRILLS IN TRIPLE THREAT POSITION
- PLAYERS WILL START/STOP/CHANGE DRIBBLE ON VOICE COMMAND OR WHISTLE
- PAUSE BETWEEN STOPS/STARTS TO CHECK FOR BALANCE, ARM BAR, AND IF HEAD IS UP
- AT THE TURNAROUND POINT, REQUIRE JUMP STOPS WITH PIVOTS
- WORK OPPOSITE HAND ON RETURN DRIBBLE

NOTE:

ENCOURAGE YOUR PLAYERS TO KEEP THEIR HEADS UP DURING ALL DRIBBLING DRILLS. YOU SHOULD HOLD FINGERS HIGH IN THE AIR SHOWING DIFFERENT NUMBERS AND HAVE YOUR TEAM SHOUT THE NUMBER OF FINGERS SHOWN. THIS WILL HELP PLAYERS TO KEEP THEIR HEADS UP AND NOT LOOK AT THE BASKETBALL.

4. LINE DRILLS - SPEED DRIBBLE

DESCRIPTION: DURING ALL DRIBBLING LINE DRILLS, YOU SHOULD STAND IN FRONT OF THE PLAYERS TO TEACH, ENCOURAGE, AND EVALUATE EACH PLAYER'S PERFORMANCE.

- PLAYERS FORM LINES ON BASELINE OR SIDELINE (TWO PLAYERS DEEP) - ONE BASKETBALL PER LINE
- USE CONES OR CHAIRS TO REPRESENT STOPPING/STARTING POINTS OR CHANGE-OF-DRIBBLE SPOTS
- PLAYERS WILL BEGIN THE DRILLS IN TRIPLE THREAT POSITION
- PLAYERS WILL START/STOP/CHANGE DRIBBLE ON VOICE COMMAND OR WHISTLE
- PAUSE BETWEEN STOPS/STARTS TO CHECK FOR BALANCE, ARM BAR, AND IF HEAD IS UP
- AT THE TURNAROUND POINT, REQUIRE JUMP STOPS WITH PIVOTS
- WORK OPPOSITE HAND ON RETURN DRIBBLE
- PLAYERS SHOULD END DRILLS WITH A JUMP STOP, GIVING THE BASKETBALL TO THE NEXT PLAYER IN LINE

NOTE:

ENCOURAGE YOUR PLAYERS TO KEEP THEIR HEADS UP DURING ALL DRIBBLING DRILLS. YOU SHOULD HOLD FINGERS HIGH IN THE AIR SHOWING DIFFERENT NUMBERS AND HAVE YOUR TEAM SHOUT THE NUMBER OF FINGERS SHOWN. THIS WILL HELP PLAYERS TO KEEP THEIR HEADS UP AND NOT LOOK AT THE BASKETBALL.

5. LINE DRILLS – SPEED DRIBBLE/CONTROL DRIBBLE

DESCRIPTION: SPEED DRIBBLE/CONTROL DRIBBLE IS AN ON COMMAND, STATIONARY CONTROL DRIBBLE.

DURING ALL DRIBBLING LINE DRILLS, YOU SHOULD STAND IN FRONT OF THE PLAYERS TO TEACH, ENCOURAGE, AND EVALUATE EACH PLAYER'S PERFORMANCE.

- PLAYERS FORM LINES ON BASELINE OR SIDELINE (TWO PLAYERS DEEP) - ONE BASKETBALL PER LINE
- USE CONES OR CHAIRS TO REPRESENT STOPPING/STARTING POINTS OR CHANGE-OF-DRIBBLE SPOTS
- PLAYERS WILL BEGIN THE DRILLS IN TRIPLE THREAT POSITION
- PLAYERS WILL START/STOP/CHANGE DRIBBLE ON VOICE COMMAND OR WHISTLE
- PAUSE BETWEEN STOPS/STARTS TO CHECK FOR BALANCE, ARM BAR, AND IF HEAD IS UP
- AT THE TURNAROUND POINT, REQUIRE JUMP STOPS WITH PIVOTS
- WORK OPPOSITE HAND ON RETURN DRIBBLE
- PLAYERS SHOULD END DRILLS WITH A JUMP STOP, GIVING THE BASKETBALL TO THE NEXT PLAYER IN LINE

NOTE:

ENCOURAGE YOUR PLAYERS TO KEEP THEIR HEADS UP DURING ALL DRIBBLING DRILLS. YOU SHOULD HOLD FINGERS HIGH IN THE AIR SHOWING DIFFERENT NUMBERS AND HAVE YOUR TEAM SHOUT THE NUMBER OF FINGERS SHOWN. THIS WILL HELP PLAYERS TO KEEP THEIR HEADS UP AND NOT LOOK AT THE BASKETBALL.

6. LINE DRILLS – SPEED DRIBBLE/CROSSOVER DRIBBLE

DESCRIPTION: SPEED DRIBBLE/CROSSOVER DRIBBLE

- FORM LINES OPPOSITE ONE ANOTHER ON BOTH SIDES OF THE PRACTICE AREA
- ON COMMAND, PLAYERS SPEED DRIBBLE TOWARD EACH OTHER AND DO A CROSSOVER DRIBBLE UPON MEETING TEAMMATES
- AFTER CROSSOVER, PLAYERS EXPLODE UP THE COURT WITH SPEED DRIBBLE

DURING ALL DRIBBLING LINE DRILLS, YOU SHOULD STAND IN FRONT OF THE PLAYERS TO TEACH, ENCOURAGE, AND EVALUATE EACH PLAYER'S PERFORMANCE.

- PLAYERS FORM LINES ON BASELINE OR SIDELINE (TWO PLAYERS DEEP) - ONE BASKETBALL PER LINE
- USE CONES OR CHAIRS TO REPRESENT STOPPING/STARTING POINTS OR CHANGE-OF-DRIBBLE SPOTS
- PLAYERS WILL BEGIN THE DRILLS IN TRIPLE THREAT POSITION
- PLAYERS WILL START/STOP/CHANGE DRIBBLE ON VOICE COMMAND OR WHISTLE
- PAUSE BETWEEN STOPS/STARTS TO CHECK FOR BALANCE, ARM BAR, AND IF HEAD IS UP
- AT THE TURNAROUND POINT, REQUIRE JUMP STOPS WITH PIVOTS
- WORK OPPOSITE HAND ON RETURN DRIBBLE
- PLAYERS SHOULD END DRILLS WITH A JUMP STOP, GIVING THE BASKETBALL TO THE NEXT PLAYER IN LINE

NOTE:

ENCOURAGE YOUR PLAYERS TO KEEP THEIR HEADS UP DURING ALL DRIBBLING DRILLS. YOU SHOULD HOLD FINGERS HIGH IN THE AIR SHOWING DIFFERENT NUMBERS AND HAVE YOUR TEAM SHOUT THE NUMBER OF FINGERS SHOWN. THIS WILL HELP PLAYERS TO KEEP THEIR HEADS UP AND NOT LOOK AT THE BASKETBALL.

7. LINE DRILLS – SPEED DRIBBLE/RETREAT DRIBBLE

DESCRIPTION: SPEED DRIBBLE/RETREAT DRIBBLE IS AN ON COMMAND, TWO TO THREE DRIBBLES BACKWARDS AGAINST IMAGINARY DEFENDER FOLLOWED BY SPEED DRIBBLE. DURING ALL DRIBBLING LINE DRILLS, YOU SHOULD STAND IN FRONT OF THE PLAYERS TO TEACH, ENCOURAGE, AND EVALUATE EACH PLAYER'S PERFORMANCE.

- PLAYERS FORM LINES ON BASELINE OR SIDELINE (TWO PLAYERS DEEP) - ONE BASKETBALL PER LINE
- USE CONES OR CHAIRS TO REPRESENT STOPPING/STARTING POINTS OR CHANGE-OF-DRIBBLE SPOTS
- PLAYERS WILL BEGIN THE DRILLS IN TRIPLE THREAT POSITION
- PLAYERS WILL START/STOP/CHANGE DRIBBLE ON VOICE COMMAND OR WHISTLE
- PAUSE BETWEEN STOPS/STARTS TO CHECK FOR BALANCE, ARM BAR, AND IF HEAD IS UP
- AT THE TURNAROUND POINT, REQUIRE JUMP STOPS WITH PIVOTS
- WORK OPPOSITE HAND ON RETURN DRIBBLE

NOTE:

ENCOURAGE YOUR PLAYERS TO KEEP THEIR HEADS UP DURING ALL DRIBBLING DRILLS. YOU SHOULD HOLD FINGERS HIGH IN THE AIR SHOWING DIFFERENT NUMBERS AND HAVE YOUR TEAM SHOUT THE NUMBER OF FINGERS SHOWN. THIS WILL HELP PLAYERS TO KEEP THEIR HEADS UP AND NOT LOOK AT THE BASKETBALL.

8. LINE DRILLS – CONTROL/PIVOT DRIBBLE

DESCRIPTION: SPEED DRIBBLE/CONTROL DRIBBLE/WHIRL PIVOT DRIBBLE

- ON COMMAND, PLAYERS COME TO CONTROL DRIBBLE
- ON COMMAND, PLAYERS PERFORM WHIRL PIVOT FOLLOWED BY SPEED DRIBBLE

DURING ALL DRIBBLING LINE DRILLS, YOU SHOULD STAND IN FRONT OF THE PLAYERS TO TEACH, ENCOURAGE, AND EVALUATE EACH PLAYER'S PERFORMANCE.

- PLAYERS FORM LINES ON BASELINE OR SIDELINE (TWO PLAYERS DEEP) – ONE BASKETBALL PER LINE
- USE CONES OR CHAIRS TO REPRESENT STOPPING/STARTING POINTS OR CHANGE-OF-DRIBBLE SPOTS
- PLAYERS WILL BEGIN THE DRILLS IN TRIPLE THREAT POSITION
- PLAYERS WILL START/STOP/CHANGE DRIBBLE ON VOICE COMMAND OR WHISTLE
- PAUSE BETWEEN STOPS/STARTS TO CHECK FOR BALANCE, ARM BAR, AND IF HEAD IS UP
- AT THE TURNAROUND POINT, REQUIRE JUMP STOPS WITH PIVOTS
- WORK OPPOSITE HAND ON RETURN DRIBBLE
- PLAYERS SHOULD END DRILLS WITH A JUMP STOP, GIVING THE BASKETBALL TO THE NEXT PLAYER IN LINE

NOTE:

ENCOURAGE YOUR PLAYERS TO KEEP THEIR HEADS UP DURING ALL DRIBBLING DRILLS. YOU SHOULD HOLD FINGERS HIGH IN THE AIR SHOWING DIFFERENT NUMBERS AND HAVE YOUR TEAM SHOUT THE NUMBER OF FINGERS SHOWN. THIS WILL HELP PLAYERS TO KEEP THEIR HEADS UP AND NOT LOOK AT THE BASKETBALL.

9. LINE DRILLS – TWO BALL DRIBBLE

DESCRIPTION: TWO BALL DRIBBLE (EMPHASIZE KEEPING THE DRIBBLE LOW)

- WALK
- SPEED DRIBBLE
- SPEED DRIBBLE WITH ALTERNATING DRIBBLE

DURING ALL DRIBBLING LINE DRILLS, YOU SHOULD STAND IN FRONT OF THE PLAYERS TO TEACH, ENCOURAGE, AND EVALUATE EACH PLAYER'S PERFORMANCE.

- PLAYERS FORM LINES ON BASELINE OR SIDELINE (TWO PLAYERS DEEP) – ONE BASKETBALL PER LINE
- USE CONES OR CHAIRS TO REPRESENT STOPPING/STARTING POINTS OR CHANGE-OF-DRIBBLE SPOTS
- PLAYERS WILL BEGIN THE DRILLS IN TRIPLE THREAT POSITION
- PLAYERS WILL START/STOP/CHANGE DRIBBLE ON VOICE COMMAND OR WHISTLE
- PAUSE BETWEEN STOPS/STARTS TO CHECK FOR BALANCE, ARM BAR, AND IF HEAD IS UP
- AT THE TURNAROUND POINT, REQUIRE JUMP STOPS WITH PIVOTS
- WORK OPPOSITE HAND ON RETURN DRIBBLE

NOTE:

ENCOURAGE YOUR PLAYERS TO KEEP THEIR HEADS UP DURING ALL DRIBBLING DRILLS. YOU SHOULD HOLD FINGERS HIGH IN THE AIR SHOWING DIFFERENT NUMBERS AND HAVE YOUR TEAM SHOUT THE NUMBER OF FINGERS SHOWN. THIS WILL HELP PLAYERS TO KEEP THEIR HEADS UP AND NOT LOOK AT THE BASKETBALL.

10. FIGURE EIGHT LEG WRAPS

DESCRIPTION: WITH FEET SLIGHTLY WIDER THAN SHOULDER-WIDTH APART, PLAYERS PASS THE BASKETBALL BEHIND THEIR LEFT LEG WITH THE RIGHT HAND. THE LEFT HAND THEN TAKES THE BASKETBALL AND PASSES IT BEHIND THE RIGHT LEG. VARIATION: THIS DRILL CAN ALSO BE PERFORMED WITH A DRIBBLE.

NOTE:

HAND QUICKNESS, KEEPING THE HEAD UP, AND BALL CONTROL SHOULD BE EMPHASIZED DURING ALL BALL HANDLING DRILLS.

11. FIGURE EIGHT QUICK DROPS

DESCRIPTION: WITH FEET SLIGHTLY WIDER THAN SHOULDER-WIDTH APART, PLAYERS SHOULD HOLD THE BASKETBALL BETWEEN THEIR LEGS WITH ONE HAND IN FRONT OF THEIR BODIES AND THE OTHER HAND BEHIND THEIR BODIES. PLAYERS SHOULD DROP THE BALL WHILE SWITCHING HANDS FROM FRONT TO BACK. ENCOURAGE PLAYERS TO CATCH THE BALL BEFORE IT HITS THE FLOOR.

NOTE:

HAND QUICKNESS, KEEPING THE HEAD UP, AND BALL CONTROL SHOULD BE EMPHASIZED DURING ALL BALL HANDLING DRILLS.

12. FINGERTIP DRILL

DESCRIPTION: WITH FEET SHOULDER-WIDTH APART, PLAYERS PASS THE BASKETBALL FROM HAND TO HAND IN FRONT OF THE BODY USING ONLY THE FINGERTIPS. MOVE BALL FROM ANKLES, TO KNEES, TO WAIST, TO CHEST, TO HEAD, AND TO ABOVE HEAD USING THE FINGERTIPS. ENCOURAGE PLAYERS TO KEEP THEIR ARMS STRAIGHT.

NOTE:

HAND QUICKNESS, KEEPING THE HEAD UP, AND BALL CONTROL SHOULD BE EMPHASIZED DURING ALL BALL HANDLING DRILLS.

13. FRONT TO BACK QUICK DROPS

DESCRIPTION: WITH FEET SLIGHTLY WIDER THAN SHOULDER-WIDTH APART, PLAYERS SHOULD HOLD THE BASKETBALL BETWEEN THEIR LEGS WITH BOTH HANDS BEHIND THEIR BODIES. PLAYERS SHOULD DROP THE BALL WHILE SWITCHING BOTH HANDS FROM BACK TO FRONT. ENCOURAGE PLAYERS TO CATCH THE BALL BEFORE IT HITS THE FLOOR.

NOTE:

HAND QUICKNESS, KEEPING THE HEAD UP, AND BALL CONTROL SHOULD BE EMPHASIZED DURING ALL BALL HANDLING DRILLS.

14. LEG WRAPS

DESCRIPTION: WITH FEET SHOULDER-WIDTH APART AND ONE FOOT SLIGHTLY IN FRONT OF THE OTHER, PLAYERS PASS THE BASKETBALL AROUND THEIR FRONT KNEE OR ANKLE.

NOTE:

HAND QUICKNESS, KEEPING THE HEAD UP, AND BALL CONTROL SHOULD BE EMPHASIZED DURING ALL BALL HANDLING DRILLS.

15. PARTNER DRIBBLING DRILL

DESCRIPTION: THIS DRILL INTEGRATES THE FOLLOWING TECHNIQUES: DRIBBLING, COURT SPACING, MOVING WITHOUT THE BASKETBALL, PASSING, AND RECEIVING. INSTRUCT EACH PLAYER TO GET A PARTNER (OR PAIR UP PLAYERS). TWO PAIRS CAN DO THIS DRILL AT THE SAME TIME, AS EACH PAIR WILL BE ON OPPOSITE SIDES OF THE GOAL. USE A WHISTLE OR VOICE COMMAND TO PROMPT A PASS.

- ONE PLAYER WILL DRIBBLE AROUND A DESIGNATED AREA AS HIS OR HER PARTNER MOVES WITHOUT THE BASKETBALL TO GET OPEN.
- DRIBBLER SHOULD USE CUTS, CHANGES OF DIRECTION, AND DIFFERENT DRIBBLES.
- THE OTHER PARTNER MOVES WITHOUT THE BASKETBALL, STAYING WITHIN 8 TO 10 FEET OF HIS OR HER DRIBBLING TEAMMATE.
- PLAYER WITHOUT THE BASKETBALL SHOWS “READY HANDS” FOR A TARGET.
- DRIBBLER COMES TO A JUMP STOP AND IMMEDIATELY PASSES TO HIS OR HER TEAMMATE.
- PLAYER RECEIVES PASS IN TRIPLE THREAT POSITION WHILE MOVING TOWARD THE PASSER AND MEETING THE PASS (TEACH “BALL IN AIR/FEET IN AIR” CONCEPT WHEN RECEIVING A PASS).
- EACH PAIR SHOULD GO 30 SECONDS BEFORE ROTATING OUT.

OPTIONS FOR DRIBBLER AFTER JUMP STOP: IMMEDIATE PASS, PIVOT-PASS, BALL FAKES-PASS, SHOT FAKES-PASS.

16. TV DRIBBLE DRILL

DESCRIPTION:

- PLAYERS SIT ON THE FLOOR WITH THEIR LEGS SPREAD AND PRACTICE DRIBBLING USING THEIR FINGERTIPS.
- PLAYERS SHOULD WORK BOTH HANDS.
- PLAYERS SHOULD DRIBBLE 30 SECONDS BEFORE ROTATING OUT