

# INVICTUS

SPORTS PERFORMANCE AND FITNESS

## Ball Handling Skills & Drill

Basic Skills & Drills

### *Basics Skills*

#### **Things to Remember**

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
- Proper body position, 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
- When picking up a dribble, end with a jump stop landing in triple threat position

#### **Basic Dribbling Skills**

##### *Control Dribble (Use against defensive pressure)*

- With body turned to the side, dribble basketball near the back knee
- Keep the dribble low and compact, below the knees
- Non-dribbling arm should be held out in front of the body to protect the ball from defenders-arm bar

##### *Speed Dribble (Use to push the ball up the court and on fast break situations)*

- Dribble is pushed out in front of the body but controlled
- Dribble is higher and softer

##### *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

##### *Crossover Dribble (Use to break down a defender; good penetration move)*

# INVICTUS

SPORTS PERFORMANCE AND FITNESS

- Dribble must be kept low when crossing over from one hand to another, keeping 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

*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
- Pivot should be low and quick with head up
- Explode to the basket with speed dribble after the whirl pivot

*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 drills.

## *Basics Drills*

### **Triple Threat Dribbling**

The triple threat stance allows the player to immediately either pass, dribble, or shoot. The feet should be shoulder width apart with the knees bent. The elbow of the shooting hand should be tucked in and the shooting hand should be on the ball in a position to shoot. The other hand should be across the body holding the ball and the back should be straight. Now have them practice switching the ball in to a dribble and then do it again across the body. The feet should not move and it should be a low hard dribble while keeping the eyes and head up.

### **Dribbling**

The player should move from a triple threat stance into dribbling with one hand. The first skill is dribbling with the hand moving from in front of your body to the back of your body, almost like a crossover with one hand but pulling the ball to the front and back of your body instead of across. Practice this with both hands. Then practice a crossover with one hand moving the ball from side to side but only controlling the ball with one hand. It will look like a fake crossover. Do this with both hands. Next move on to dribbling back and forth between the legs keeping the feet planted. Switch which the back leg to the front and continue, with the feet remaining

# INVICTUS

SPORTS PERFORMANCE AND FITNESS

planted. The final drill will be the behind the back crossover. Keep the knees bent and back straight and cross the ball behind the back from one hand to another.

## **Ball Handling**

This drill allows the player to get a good feel for the ball. The player starts by rolling the ball around their right foot using the pads of their fingers. They then switch to the left. Next, they make a figure eight rolling the ball around their right and left legs. In part 2 of this drill they no longer roll the ball in these exercises they just move the ball without it touching ground. Finally, in part 3 they continue to do the exercises but they are dribbling instead of rolling or holding the ball.

## **Protecting the Basketball**

In this drill, there is an offensive player and a defensive player in confined circle. The offensive player has the ball with his back turned toward the defender. He protects the ball while maintaining a dribble until the defensive player knocks it out of the circle. Once this happens, the two players switch roles. Another variation of this states that the offensive player cannot turn his back on the defender which forces the offensive player to use crossovers and fakes.

## **Low Pound Dribble**

This dribble remains below the knees at all times while remembering to use the pads of the fingers. Ask the players to do 20 low pound dribbles with their right hand and their left hand. Then ask them to do 20 crossover low pound dribbles. This might be a great warm up tool.

## **Two Ball Dribbling Drills (Advanced)**

Using two balls dribble them at the same time in rhythm with each other. Next, dribble the two opposite each other in rhythm so that one is hitting the floor as the other is touching your hand (machine gun dribbling). Next, one dribble you want to keep as low as you can and the other you want to be as high a dribble as you can. Switch hands and do the same. Next, you want to start up high dribbling and kill the dribble by quickly bringing the dribble to a low dribble. Work your way back up to a high dribble with both balls and quickly kill the dribble again by bringing it low again. Next, as you are dribbling have one ball follow the other and make the two balls go in a circle by switching hand when necessary. You can have them go in a circle around your body, around one leg, or even in a figure eight around two legs.

## **Dribbling Efficiency Drill (Advanced)**

Walk forward and backwards while crossing the ball between your legs. Begin by walking forward, moving the ball between your legs with each step and dribble. The dribbles should be

# INVICTUS

SPORTS PERFORMANCE AND FITNESS

powerful driven dribbles and as you get better, it is important to lower the dribbles as well. Next, walk backwards and do this.

## **Crossover Dribbling**

Start in the triple threat stance. Begin dribbling with one hand and turn your body towards the dribble. Tell the player when to cross and the player should do a crossover and turn their body again towards the dribble to kind of shield the ball. The crossover can be in front of the body, behind the body, or between the legs. Hold up fingers and have the players call out what number you are holding up to make sure their eyes are on you and not the ball.

## **5 Dribbling Maneuvers**

- **Hesitation:** Start with right hand dribbling on the move. The player should then fake as though they are stopping and then continue to explode in the direction they were already going. Switch to the left.
- **Crossover:** Have two players with balls run at each other and just before they meet in the middle, they should do a crossover in front of their body from right to left. Next do it from left to right.
- **Inside/out:** Have two players again dribble towards each other using only their right hand. Just before they meet in the middle, they fake with their body to the left and then go right. They fake like they are going inside and then they go outside. Next switch hands.
- **Trap Dribble:** This is a useful skill in the case of two players trapping one offensive player who has the ball. In the case of this drill, you want two players with balls to run at each other and just before they meet in the middle they should quickly back dribble to where they started and then explode to the other side.
- **Trap Dribble with Crossover:** This is a standard trap dribble except when the player has backed up to where they started the dribble they are going to crossover in front of their body and explode forward. Make sure that when the player back dribbles they are turned to where they are dribbling the ball and are sliding back in that stance. This will make the crossover, once they reach where they started, more effective.

## **BALL SLAMS DRILL**

Ball Requirements: one basketball per player or divide your team into two groups

Description:

With feet shoulder-width apart, have players slap the basketball with fingers spread wide.

# INVICTUS

SPORTS PERFORMANCE AND FITNESS

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.

## **FINGERTIP DRILL**

Ball Requirements: one basketball per player or divide your team into two groups

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.

## **AROUND THE WORLD DRILL**

Ball Requirements: one basketball per player or divide your team into two groups

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.

## **LEG WRAPS DRILL**

Ball Requirements: one basketball per player or divide your team into two groups

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.

## **FIGURE EIGHT LEG WRAPS DRILL**

Ball Requirements: one basketball per player or divide your team into two groups

Description:

# INVICTUS

SPORTS PERFORMANCE AND FITNESS

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.

## **FIGURE EIGHT QUICK DROPS DRILL**

Ball Requirements: one basketball per player or divide your team into two groups

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.

## **FRONT-TO-BACK QUICK DROPS DRILL**

Ball Requirements: one basketball per player or divide your team into two groups

Description:

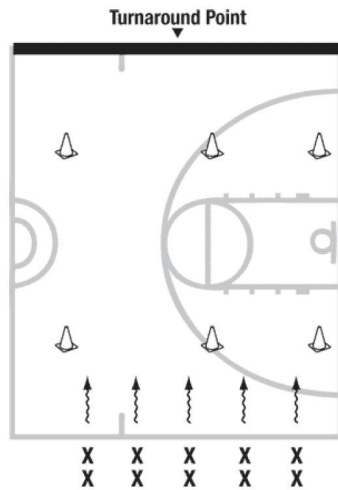
With feet slightly wider than shoulder-width apart, players should hold the basketball between their legs with both hands behind their bodies. Players should drop the ball while switching both hands from back to front. Encourage players to catch the ball before it hits the floor.

**NOTE:** Hand quickness, keeping the head up, and ball control should be emphasized during all ball handling drills.

# INVICTUS

SPORTS PERFORMANCE AND FITNESS

## DRIBBLING LINE DRILLS



Ball Requirements: three to five basketballs required

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/sideline (two players deep) - one basketball per line
- Use cones/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 basketball to 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.

# INVICTUS

SPORTS PERFORMANCE AND FITNESS

## **Speed Dribble**

Dribble full speed from one end to other (remember to have players jump stop & pivot at turn around point). Right hand down and left hand back.

## **Speed Dribble/Control Dribble**

Speed dribble followed by an on command, stationary control dribble followed by speed dribble (repeat).

## **Speed Dribble/Retreat Dribble**

Speed dribble followed by an on command, two to three dribbles backwards against imaginary defender followed by speed dribble (repeat).

## **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.

## **Speed Dribble/Control Dribble/Whirl Pivot Dribble**

Begin with speed dribble. On command, players come to control dribble. On command, players perform whirl pivot followed by speed dribble (repeat).

## **Two Ball Dribble (emphasize keeping the dribble low)**

Two balls/player. Dribble both balls simultaneously (one with each hand).

Walk --- Speed dribble --- Speed dribble with alternating dribble

## **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

## **Sit Dribble**

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