

BALL HANDLING DRILLS - NO DRIBBLE

SLAPS:

Pound or slap the ball hard from hand to hand. See video clip.

LADDER TIPS:

Tip the ball back and forth from one hand to the next, starting with your hands straight up over your head. Then gradually move the ball down, while continuing to tip it back and forth. Go down to your chest, then your waist, knees, and ankles, and then back up again.

SQUEEZE:

Hold the ball in front of you at eye level with two hands. By squeezing your fingers and thumb together with one hand at a time, you move the ball from one hand to the other as quickly as you can.

AROUND LEGS:

Put one leg forward and move the ball in a circular motion around the front leg. Reverse the direction.

AROUND THE WAISTS:

Circle the ball around the waist. Reverse the direction.

CANDY CANE:

Put your feet together and make circles around both legs. Then circle around the waist. And then circle around the head. Then combine them and move the ball in circles around your head, then down your body, down around your waist, and then around your ankles ("candy cane"). Then come back up again. Be sure to use your fingertips, not the palms.

FIGURE 8

Spread your legs, bend at the waist, put the ball through your legs, around one leg, back through your legs, and around your other leg, making a figure eight. This will help you get a feel for the basketball as you move it around. Keep your head up not looking at the ball and increase your speed. Reverse the direction.

FIGURE 8 STATIONARY RUN

Move the ball around your legs as in the Figure Eight Drill, but in addition, run in place.

RIP DOWN

From a standing position, take your basketball and raise it high over your head with one hand. Swing your arm down quickly. If done forcefully enough, the ball will try to fly out of your hand. The key to the drill is to control the ball with your wrist and pads so that it doesn't fly out. Switch hands each time.

The rip drill is great for improving your ability to control the ball while rebounding.

DROPS:

Put the ball between your feet and grab it with both hands. Start with the left hand behind your left leg and your right hand in front of your right leg. Drop the ball and let it bounce once. Quickly, move your left hand in front of your left leg and your right hand behind your right leg, and catch the ball as it bounces up. Drop it again and switch your hands back to the original position (left behind, right in front) and catch it. Repeat this motion continuously. For a more difficult variation, try catching the ball before it actually hits the floor!

CRAB WALK:

Walk, bent over up the floor and put the ball between the legs, back and forth as you go. The ball is brought over the front of the thigh, then through the legs and then behind the opposite thigh and around and over the thigh.

**Start out slow making sure you are doing it right.
As you get it speed up the drill and challenge yourself.**