Set up: Organize players with good spacing

- As players are performing stationary dribbling drills be sure they remain in an athletic stance.
- Encourage looking up and only glancing at the ball when necessary.
- Instruct players to push the ball hard into the ground with his/her finger pads. This will get the ball to return to his/her hand quicker which equals more control.

Drill: “Stationary Ball-Handling”

- “Pound it”
- “Hi/Lo”
- “V Bounce”
- “M Dribble”
- “In & Out”
- “Front and Back”

Dribble once on the right, crossover, once on the left,

These dribbling drills use just one hand. Be sure to work both sides.