

BALL HANDLING/OFFENSIVE SKILLS 1

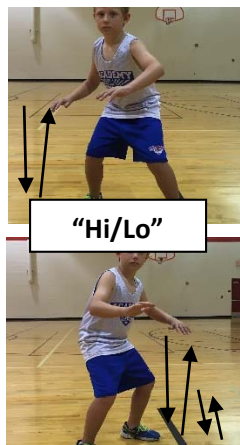


Drill: "Stationary Ball-Handling"

Set up: Organize players with good spacing



"Pound it"



"Hi/Lo"



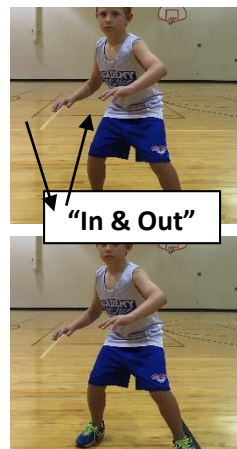
"V Bounce"



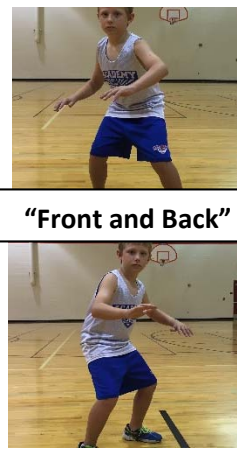
"M Dribble"

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

- 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.



"In & Out"



"Front and Back"

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