

BALL HANDLING/OFFENSIVE SKILLS 2



Set up:

Drill: "Bubble Ball"



Offensive Player must hold the ball in Triple Threat and move the ball around the offensive square.



Defensive player holds a ball out in front to be the bubble for the offensive player. The offense should not touch the "bubble" as he/she moves the ball.



Directions:

- Each partner will have a ball and will be facing each other
- Have the defensive player hold a ball out in front of them as a bubble. The offensive player must start in Triple Threat and move the ball around the Offensive Square without touching the bubble.
- Be sure players are using his/her pivot foot properly, using ball fakes, and holding the ball correctly
- Variations: Have the offensive player drive pass the defense for a shot, Have the offensive player make a pass, Move the defensive player into different spots (Red, Yellow, Green light)