

Ballhandling Drills

One Ball Drills

- Ball slaps
- Finger tips
- Around waist, knees – clockwise & counter clockwise
- Figure 8 weave
- Figure 8 dribble – small dribbles
- Dribble around right leg with right hand only
- Dribble around left leg with left hand only
- Right hand front to back – wide
- Right hand side to side – wide
- Left hand front to back – wide
- Left hand front to back – wide
- Right to left crossover in front – keep low to ground
- Right to left crossover behind you
- Right to left between legs – switch front leg after a while
- Scissors – right to left between legs, switching front leg with each bounce
- Figure 8 two bounce – dribble ball once with right hand in front of leg and then bring around behind right leg, dribble ball once with left hand and then bring around left leg, continue
- Figure 8 no bounce – same as above but take out the dribble in front of leg
- Straddle – both hands in front to behind, keeping the ball in the air
- Flip – one hand in front, one behind, keeping the ball in the air
- Spider
- Bounce & catch – between legs

Two Ball Drills

- Dribble both balls together – can be done at different heights (waist to ankles)
- Dribble both balls alternating – can be done at different heights (waist to ankles)
- Front to back – balls going the same direction
- Front to back – balls going opposite directions
- Side to side – balls going the same direction
- Side to side – balls going different directions
- Figure 8 dribble – both balls going in figure 8 pattern
- Figure 8 dribble – only one ball going in figure 8 pattern
- Two ball figure 8 – both balls go through at the same time
- Two ball figure 8 – alternate which ball goes through
- Yo Yo – continually bounce ball from right hand to left hand, while left hand gives ball to right hand...switch directions
- Two ball crossover – either balls move in a circular pattern; or keep one ball in front and one ball behind
- Two ball behind back – dribble both balls in front, wrap one ball around back and cross other ball over, continue

