

## Hand Ball-Handling Drills, Skills, & Ideas:

- To dribble a ball correctly the students should use only their finger-tips, not their whole hand; wrist should flex; elbow bends; eyes on the horizon; and keep the ball lower than shoulder height.
- Have the students pass the ball around their waist without it rolling on their body; go the other direction.
- Have the students pass the ball around both of their legs (while they are together) without it rolling on their legs; go the other direction.
- Have the students place their right foot in front of their left foot; pass the ball around their right leg without rolling it on the ground or their body.
- Have the students place their left foot in front of their right foot; pass the ball around their left leg without rolling it on the ground or their body.
- Have the students stand with their feet shoulder width apart; pass the ball between their legs in a figure-8 pattern without rolling it on the ground or touching their body.
- Have the students attempt to dribble the ball in their right hand for a given period of time.
- Have students attempt to dribble the ball in their left hand for a given period of time.
- Have the students attempt to dribble the ball while taking four steps forward, and then four steps backwards, with their right hand.
- Have the students attempt to dribble the ball while taking four steps forward, and then four steps backwards, with their left hand.
- Have the students attempt to do a "V" dribble: the ball moves from the right hand to the left hand with one bounce in front of the student.
- Have the students attempt to do a back "V" dribble: the ball moves from the right hand to the left hand with one bounce in back of the student.
- Have the students place their right foot in front of their left foot; baby dribbles around their right leg, using only their right hand.
- Have the students place their left foot in front of their right foot; baby dribbles around their left leg, using only their left hand.
- Have the students stand with their feet shoulder width apart; baby dribble the ball between their legs in a figure-8 pattern.
- Have students stand with their right foot in front of their left, shoulder width apart; dribble the ball from their right hand, through their legs, to their left hand, with only one bounce; then back from their left to the right.
- Have students stand with their left foot in front of their right, shoulder width apart; dribble the ball from their left hand, through their legs, to their right hand, with only one bounce; then back from their right to the left.

- Have the students attempt to walk while dribbling the ball between their legs, keeping their feet on the ground.
- Students should be standing in one place; the ball on one side; push the ball forward with one bounce; pull the ball back with one bounce; repeat on the other side.
- Add walking while dribbling the ball behind their back: push, pull, wrap (dribbling hand should wrap around the back, hitting the opposite gluteus cheek), bounce, pick up in the other hand.

### Simple Dribbling Drill

- 1) Right hand dribble to the half court, return with the Left hand  
Keep ball as low as possible, see if they dribble and with out looking down at the ball (focus on the basket). See if they can keep the non dribbling hand behind their back (this discourages them from always bailing out the other hand)  
Advanced Drill-have them walk down the court, dribbling the ball from the left hand to the right
- 2) Hands drill  
While walking (half court or full court) have the student "patter" the ball between their left and right hand .  
Depending on their hand size, essentially they should strive to use their finger tips to manage the ball.  
Advanced drill- have them do the above drill but this time move the ball to different height ranges (above the head - to knee level)  
Basic- do above skill while stationary
- 3) Body and ball  
Have student rotate ball around their head  
Have student rotate ball around their back (waist)  
Have students rotate ball around their knees  
Have students rotate ball around their ankles  
\*have them rotate the ball in the opposite direction  
\*\*have them "corkscrew" and rotate the ball through the various positions

### Foot work

- 1) Skips- 2 short 1 powerful (get as high as possible) Vary using verbals
- 2) Sprint and back peddle -have student sprint to one end and return by back peddling. \*you can have the students keep their hands up while back peddling
- 3) Stationary jumps-have student jump in place with hands stretched out high. Vary the heights "low, low, high (burst)" , "low, low, high, high" use verbal commands

### Dribbling Skill Practice Ideas

Skill Practice (bounce and catch)

- A. Have students get a ball and find personal space
- B. Beginning with 2 hands, have students bounce and catch the ball 10 times in a row.
- C. Have students bounce it high at the level of their head
- D. Have students bounce it at the level of their waist
- E. Have students bounce it low at the level of their knees

- F. Have students bounce and catch the ball with dominant hand 10 times in a row.
  - same at different levels
  - using non-dominant hand
- G. Have students bounce the ball doing various stunts (turning around, hand clap, jumping, clicking heels) then catching the ball
- H. Have students use various body parts to bounce the ball (knee, elbow, head) then catching it in their hands
- I. Have the students use various body parts consecutively (head to knee, knee to elbow) and then catching it.

Skill practice (dribbling-stationary)

- A. Have students bounce the ball with two hands so that it keep going
  - B. Explain that this is called dribbling
  - C. Explain the cue "push" -- like pushing a door- fingers spread, using fingertips, not palms
  - D. Have them try dribbling with one hand (dominant)
  - E. Tell them to try and dribble it 3 times in a row
  - F. Have them try the other hand (non-dominant)
  - G. Ask them if they can switch from on hand to the other

Skill practice (dribbling- walking)

- A. have students bounce the ball with two hands while walking
  - B. have students bounce the ball with one hand while walking
  - C. ask them to try to dribble it three times in a row while walking
  - D. tell the students to try and take five steps while dribbling

Culminating activity-"Dribble and Jump"

- A. Have students get back to back.
  - B. One student from each pair gets a ball to dribble.
  - C. The one with the ball gets to dribble first and the one without gets to exercise first.
  - D. On the teacher's command, the student with the ball attempts to keep the ball bouncing with any part of their body
  - E. The other student does jumping jacks for a period of thirty seconds.
  - F. At the end of the thirty seconds, the students switch.
  - G. Challenges for student with ball
- 1. using dominant hand
  - 2. using non-dominant hand
  - 3. walking in a circle dribbling with dominant hand
  - 4. walking in a circle dribbling with non-dominant hand