



## Sample Ballhandling Drills

### Stationary Drills

#### One Ball Drills:

1. Ball slaps – Keep hands “big”
2. Finger tips **QUICK!**
3. Up and Back R&L
4. Side to side R&L
5. “Upside-down L” R&L
6. Alternate hands – pull ball back by heels; pull it back by toe; switch hands; continue.
7. Standing alternate hands – waist, knees, as low as you can go
8. Figure 8 dribbles – 4 dribbles, 2 dribbles, baby dribbles; go both directions.
9. Alternate hands behind your back – waist, as low as you can go
10. Body wraps – around head, waist, knees, ankles, figure 8, figure 8 over back
11. R. Hand around R. Leg; L. Hand around L. Leg – three dribbles
12. Both hands in front of knees, drop ball catch w/both hands behind knees, catch w/both in front, etc.
13. One hand in front, one hand in back of knees; drop ball and catch, but switch which hand is in front and which is in back.
14. Scissor legs and pass ball in-between them at same time
15. Scissor legs and dribble ball in-between them.
16. Machine Gun (Spider drill)
17. Rhythm dribble – on a knee bounce R., L., R. under your knee; L., R., L. under knee, etc.
8. Side to side – balls will cross each other
9. R. Hand around R. Foot; L. Hand around L. Foot; balls go through opposite each other.
10. R. Hand around R. Foot; L. Hand around L. Foot; balls go through at the same time
11. On a knee – baby dribbles – up and back, side to side, in a circle, upside-down L, etc...
12. Figure 8's
13. Behind back at same time
14. Pass balls to floor – they should continue going in a circle as you catch and pass to floor

#### Two Ball Drills

1. Bounce at same time – waist, knees, as low as you can go
2. Alternate bounces – Waist, knees, as low as you can go
3. Up and back – same direction
4. Side to side – opposite directions
5. “Upside-down L”
6. Side to side – same direction
7. Up and back – opposite directions

### On the Move Drills

#### One/Two Ball Dribble Drills:

1. 2 ball - Bounce balls at same time – push them out in front of you
2. 2 ball - Alternate bounces
3. 2 ball – 5 machine guns at  $\frac{1}{4}$ ,  $\frac{1}{2}$ ,  $\frac{3}{4}$ , full
4. 1 or 2 ball - Cross-over dribble
5. 1 or 2 ball - Between leg dribble
6. 1 or 2 ball - Behind back dribble
7. 1 or 2 ball - Reverse spin dribble
8. Forward to  $\frac{1}{2}$  court then backward – pull balls back with you keeping them at your side
9. Regress dribble (3 forward/2back) into crossover, bet legs, etc...
10. Stutter steps
11. Hesitation dribble
12. In and out dribble
13. In and out/crossover dribble
14. Any Double moves
15. 3-2-1 dribbling
16. K-State dribbling
17. Full court or  $\frac{1}{2}$  court make a move lay-ups
18. Trace the lane with 1 and 2 balls.
19. 3 Circle Dribbling
20. Cone Dribbling – be creative!