

# BALL HANDLING

The objective of ball handling drills is to help you become a master of the ball. Your goal is to reach a point where you can do these drills with your eyes closed. This goal is achievable with practice. Many of the world's best players do this, your aim is to work the ball as though it is part of your body.

The following drills will help you develop balance, agility, flexibility and quick reflexes, they will also allow you to get a better feel for the ball. Remember to keep your head up and back straight (like you are sitting in a chair) when you do these drills. These drills will also help strengthen legs and lower back.

## Ball Handling and Control Program

1. Figure 8s - 3,2 & 1 bounce spend 1-2 minutes doing all dribbles going through the front, then do the same through the back. Work on timing and reducing upper body movement.
2. Figure 8s - No bounce spend 1-2 mins moving the ball round and through your legs in a figure 8 motion. Again do both through the front and back.
3. Knee Wraps; Head Wraps; and Waist Wraps - move the ball around each of these body parts in one direction doing about 30 seconds for each - then do the same in the other direction.
4. Full body Wraps - spend 1 minute going around your head then waist, then knees, then waist, then head etc... with the ball in one direction then for another minute in the other direction.
5. Straddle Flip - Start with your arms and hands behind you holding the ball between your legs (in a sitting position). Flip the ball slightly and move the hands to the front, keep changing from front to back for 30 seconds - 1 minute.
6. Blurr - Start with one hand at the front and one at the back holding the ball between your legs (in a sitting position). Flip the ball slightly and swap hands so that the hand at the front is now at the back etc... keep swapping hands for 30 seconds to 1 minute.
7. Single Leg, Double Leg - Start with both feet together, like with knee wraps go around both legs once, then step forward with one leg and put the ball around that leg, put your legs back together and go around both legs again, then step with the other leg and go around it, continue to do this for 1 minute clockwise and then 1 minute anti-clockwise. Be sure to keep the ball going in the same direction as you go around each leg.

# Ball Handling and Control Skills Program

[illegible]

On the table above write the date you did the drills & tick which ones you completed.

# 60 Minute Daily Self-Improvement Program

Item	Min	Activity	Description
1	5	Dribbling	Dribble in correct form forward, backward, stop, start, change hand etc. Keep ball close to body and head up.
2	5	Passing	Use all types of passes correctly against a wall, use a target on the wall. 2-handed chest, bounce & overhead, 1-hand push, bounce, curl, behind back, baseball & off dribble.
3*	5	Altman Jumps	Jump and touch a backboard, ring or other high target repeatedly 6 times without shifting weight on contact with the floor. Rest for 10-15 seconds, repeat, rest etc...
4	10	Rebounding a) 2-hand b) Left hand c) Right hand d) Alternate hand	Rebound the ball against a wall or backboard, use each of the 4 techniques for 2-3 minutes. Rebound at full extension & max height.
5*	5	Defensive Skills	Assume stance, slide forward, backward, left & right. Use 3 steps stop then change direction. Knees bent, back straight, head up, hands up. Feet shoulder width apart.
6	5	Lay-ups	Lay-up 50 shots using drive from line, shoot, recover, shoot, recover etc... Do lay-ups from left, right, middle, reverse, power and others.
7*	5	Defensive Runs	Assume correct defensive stance. Run 5 steps, stop, change. Run forward, backward, left & right.
8	5	Intermediate	Shoot 30 shots in 5 minutes. Shoot 4-5 metres out. Follow shot Shooting and catch it before it touches the floor, return to shooting area, square up, shoot, follow, return, square up etc...
9*	5	Rockhurst Special	From the Free-throw line, run and jump high to touch the back-board on alternate sides of the rim, run back to the foul line, repeat etc... Continue at high speed for at least 12 trips per minute, have a 15 second rest period and continue.
10*	10	Court Length	Sprint court length at top speed, walk across the end line at Sprints moderate speed, sprint court length again etc...

\*Use for 30 minute conditioner {Source: Basketball Aust. 1993. Level 1 Basketball Coaching Manual}

## Self Improvement Plan Record

1	Date	7	Date	13	Date	19	Date	25	Date	31	Date
2	Date	8	Date	14	Date	20	Date	26	Date	32	Date
3	Date	9	Date	15	Date	21	Date	27	Date	33	Date
4	Date	10	Date	16	Date	22	Date	28	Date	34	Date
5	Date	11	Date	17	Date	23	Date	29	Date	35	Date
6	Date	12	Date	18	Date	24	Date	30	Date	36	Date