

Ball Handling

Learning to become a good ball-handler, and developing a feel for the ball are vitally important in becoming all-around player.

Hold The Ball Correctly

The most difficult skills, including shooting, passing, catching, dribbling, and rebounding, involve holding the ball. Work on these skills every day.

Ball-Handling Drills

Do ball handling drills at the start of nearly every practice and throughout the entire season. Players can really improve their ball handling skills by the end of the season. Very importantly, these drills can also be done at home, in the off-season, without the rest of the team. Have one of your better ball handlers lead the drill, and face the team. All the other players line up in rows facing the leader, and spread out so they don't get into each other's way.

These are the drills: Do each one about 30 to 60 seconds and then move to the next one. With all of these drills, try to keep your eyes forward, without looking at the ball.

Finger Grabs:

Hold the ball with the fingertips, squeezing it while rotating it back and forth from hand to hand. The ball should not touch the palms of the hands.

Pound the ball:

Pound or slap the ball hard from hand to hand.

Circles:

Move the ball in a circular motion around one leg, then the other leg. Then circle around the back. And then circle around the head. Then combine them and move the ball in circles around your head, then down your body, down around your knees, and then around your ankles. Then come back up again. Be sure to use your fingertips, not the palms.

Figure Eights:

Spread your legs out wide with the ball in front of you. Move the ball around through your legs in a figure-of-eight motion. Keep your eyes forward and don't let the ball hit the floor. After 30 seconds, reverse the direction.

Tipping:

Tip the ball back and forth from one hand to the next, starting with your hands straight up over your head. Then gradually move the ball down, while continuing to tip it back and forth. Go down to your chest, then your waist, knees, and ankles, and then back up again.

Drops:

Put the ball between your feet and grab it with both hands. Start with the left hand behind your left leg and your right hand in front of your right leg. Drop the ball and let it bounce once. Quickly, move your left hand in front of your left leg and your right hand behind your right leg, and catch the ball as it bounces up. Drop it again and switch your hands back to the original position (left behind, right in front) and catch it. Repeat this motion continuously. For a more difficult variation, try catching the ball