



**BALL HANDLING DRILLS:** A good handle is essential for any guard and a big advantage for any big man that wants to be any good. These drills will help you develop good ball handling skills if you practice them several times a week.

**DRILLS:**

- 1) Ball slap and finger push (warm up)
- 2) Pound Dribble- both hands, good offensive stance protect ball with other hand. 100 reps
- 3) Circles-
  - a) circle ball around ankle 20x's (both directions)
  - b) circle ball around waist 20x's (both directions)
  - c) circle ball around head 20x's (both directions)
  - d) alternate- head, waist, ankle, ankle, waist, head 20x's (both directions)
- 4) Figure 8's no dribble 50x's both directions
- 5) Figure 8's with dribble 25x's both directions
- 6) Spider drill- ball between legs, alternate two drib. In front two in back, 25 reps
- 7) Two dribble series (running as fast as you can but under control)
  - a) behind back
  - b) between legs
  - c) spin dribble