

1-on-2

Description A good 1 on 2 defensive drill that helps people with their ball handling.

Instructions Divide the court in half lengthwise. Make up groups of three players to do the drill. You should have two groups going at a time. One on each each half of the court. Give a ball to each group. One player on each group is on offense and the other two are on defense. The offensive player must reach the other end of the floor, trying to beat both defenders. If a steal or deflection occurs, the offensive player gets the ball back at that spot. At the other end of the floor, the offensive player moves to defense and one of the defensive players goes to offense and they come back. Then let the next groups go.

Players 6 or more

Tips Let the players only use their half of the floor.
Tell the ball handlers to be aggressive and use moves and not be afraid of making mistakes.

Skills ball handling, double teaming on defense

PERMALINK www.degerstrom.com/basketball/drills/1/

4 speed dribble combinations

Description This drill improves the player's ball handling skills especially speed dribbling ability. This Drill does best for point guards. Centers can also benefit from this drill which adds to their offensive ability in the paint.

Instructions This drill must be done on an open court. Have the players ready for the 4 dribbling drills starting at the endline. When the whistle starts, the player/s must dribble starting with either hand then perform the cross-over dribble, between the legs, behind the back dribble and the spin dribble. Each dribble must be performed each step. Meaning if we have 4 kinds of dribble, the player must accomplish all 4 dribbles at four steps. After they accomplish the 4 dribbles, they already accomplish 4 steps at the same time...

Players Any number

Tips It will help if the players will perform one kind of dribble at a time for them to be ready for more exhausting 4 speed dribble combinations. Let them run the open court performing the Crossover dribble first. After that perform the cross over then the behind dribble and finally the spin dribble.

PERMALINK www.degerstrom.com/basketball/drills/2/

5 minute circle

Description This drill, devised by the great Pistol Pete Maravich is an excellent drill for developing ball-handling and dribbling skills. It improves your dribbling quickness, helps keep your handle when being closely guarded, and also improves your endurance and conditioning.

Instructions For this drill, all you need is a basketball and a circle to dribble in. (ie. free-throw or half-court circle). For anywhere from three to five minutes you dribble in the circle using all dribbling moves that you know of, ie. crossover, behind the back, spin, change of pace, under the legs, inside out, etc.)

Do not leave the circle and do this drill as rapidly as possible without rushing. Start one day at three minutes and add a minute everyday until you can reach five. You should feel tired after completing this drill.

Players 1

Tips Do this drill as rapidly as possible with out rushing. It will help to make you a better ball handler, and will increase your repertoire of moves.

Variations For an extra challenge try doing this drill blindfolded. You can also go against a partner and have him play defense. This is an excellent variation if you want to learn how to protect your dribble better.

Skills Dribbling and Ball-Handling

PERMALINK www.degerstrom.com/basketball/drills/3/

6 Cone Dribble Enhancement Drill

Description Six cones are set up in two lines of three. These lines are exactly parallel to each other and are approximately ten feet apart. You can set this drill up along the sidelines or on a stage as we do.

Instructions Start at the far right corner of this cone setup. The player dribbles at the first cone (the cone opposite them) as fast as they can. The ball is in the right hand. Once they reach the cone, they touch the cone with their left hand. Now, they dribble backwards toward the cone that they started by keeping the left hand up to protect the ball, their body angled to protect the ball and their head up simulating seeing the post and/or floor. Once they get to the next cone, they touch this cone with their left hand as well. Now they make a low crossover dribble putting the ball into the left hand. They proceed to dribble at the center cone, opposite line, as fast as they can. When they reach this cone, they touch the cone with their right hand. They proceed to dribble backwards toward the opposite line center cone keeping their right hand up. When they reach the center cone, they touch it with their right hand. Now, they use a low crossover dribble placing the ball into their right hand and dribble to the last cone in the opposite line. You continue this sequence until the player is back at the cone that was at the base of their feet when they started.

Players 1

Tips This drill not only is a great ball handling drill, but also, it is a great cardiovascular drill.

You must watch to ensure that the dribbler is keeping their head up. Often they want to look down for the cone that they are dribbling backwards toward.

They will, at times, knock over a cone.

When you rotate a player off of the floor to get a drink, it is sometimes a good time to have them do this drill.

Variations We call this a guard drill but, in reality, it is a great drill for forwards and post player as well.

Have your players use a 'big ball' when doing this drill.

Skills Guard penetration with their head up to see the post and the floor.

PERMALINK www.degerstrom.com/basketball/drills/4/

Caterpillar Dribble Weave

Description 2 Balls. Line players in single file along sideline, one ball at front and one at the back. This drill is good for warm-ups.

Instructions As the line jogs around the outside of the court, the ball at the front is passed back over the heads of the players, and the ball at the back is dribbled forward through the line, weaving between the players. As the ball reaches the back, it is dribbled forwards, when the ball reaches the front, it is passed back over heads.

Complete the drill after

- All players have dribbled
 - A certain number of laps
 - A certain time
-

Players 5 to 20

Tips Few really necessary, as you dribble balls off player's feet if you don't concentrate.

Variations Vary passes, dribble moves, speed.
Remove both balls and just jog, add more and add difficulty.
Remove one ball and dribble or remove one and just jog to the front of the line with the ball rather than dribble weaving.
Advanced players can all have a basketball, and the player at the back can dribble two balls to the front.

Skills Ball handling, dribbling.

PERMALINK www.degerstrom.com/basketball/drills/5/

Corner Dribbling Drill

Description This drill enhances the player's skill of speed dribbling and adding dribble moves.

Instructions Start at one corner of endline and speed dribble to the opposite half court. corner. Then make a change of direction and explode in to make lay-up. Repeat 10 to 15 times.

Players 1

Tips Keep your head up and go as fast as possible.

Skills Dribbling

PERMALINK www.degerstrom.com/basketball/drills/6/

Dribble attack

Description At the half court circle place the first 5 or 6 players , each with a ball, they start to dribble within the circle trying to maintain their dribble while attacking the other players within the circle trying to knock their ball away.. if a player loses his dribble/stops his dribble or is out of the circle, he then leaves the circle and passes to the next player in line. This teaches them to keep their heads up, use their peripheral vision, protect the ball and maintain their control upon contact, switch hands and keep calm upon pressure.

Players 5 to 6

Skills dribbling/vision/control

PERMALINK www.degerstrom.com/basketball/drills/7/

Dribble Enhancer

Description I thought of this myself. All you need is about four spare tires w/out rims in them. Line them up in a straight line. Have your players dribble the ball directly in the middle w/out touching the sides. One they have practiced this add more tires and have them run through the drill. It has really helped me out a lot.

Players One or more

Skills Dribbling and Ball handling

PERMALINK www.degerstrom.com/basketball/drills/8/

Dribble Weave

Description begins just like the traditional 3 man weave with 3 lines. first person in each line has a ball. movement is like normal 3 man weave only difference is instead of passing the players are dribbling. all 3 people are dribbling. everyone needs to make sure they keep their head up and talk to their teammates. player in the middle begins drill by dribbling right or left. then it becomes 3 person weave, go in front of person dribbling at you, allow them to go behind. remember if you go behind then next you go in front. again all 3 people are staying low while dribbling in an athletic position. drill is full court.

Instructions when players reach the free-throw extended they jump-stop, pivot and make a crisp two hand chest pass to the next man in line. the drill begins again with 3 new people.

Players 3

Tips points of emphasis:

- communication
- dribbling with your head up
- stay low and in an athletic position
- quickness and control with the ball.

Skills ball-handling, improve quickness and agility and communication

PERMALINK www.degerstrom.com/basketball/drills/9/

Four Corner X Drill

Description Have four lines in the four-corners of a half court. With right hand, front player in all four lines dribbles to a jump stop at free throw line (simultaneously). They pivot and spin to the right, making a pass to the next line, and then follow their pass and go to the back of that line. After a few turns, do the same drill with a left-hand dribble and pivot to the left, etc.

Players 8+

Tips Make sure the dribblers keep their heads up. Keep the four lines moving together. This makes a nice pre-game warm-up drill--it gives the players a good feel for the ball and the opportunity to get their footwork together--when everybody's in synch.

Variations Mix up the passes, going from chest pass to a bounce pass, etc.

Skills Dribbling, Jump Stop, Pivot and Pass

PERMALINK www.degerstrom.com/basketball/drills/10/

Go Somewhere With It.

Description I use this drill to teach kids how make their dribble more efficient. After a few times the kids understand that they must be able to cover a lot of ground in order to do it correctly.

Instructions one person one ball. From the free-throw line they get one dribble for a lay-up.
From half-court they get two dribbles for a lay-up. From three-quarter court they get three dribbles, and from baseline to baseline they get four dribbles.
Hopefully, what they will get out of this drill is the confidence to take the ball from the wing and explode to the basket using one or two dribbles.

Players 1

Tips Make sure the kids are not traveling when they first start out, this could lead to bad habits.
You might add a variation by using this drill from the wing or baseline and putting a defender on the ball handler. This will really show the kids how much quicker they will become by decreasing their dribble. If you're like me how many times have you asked your kids, why did your dribble or, why not go somewhere with that dribble

Variations This has been a good drill, it teaches explosion to the basket.

Skills dribbling

PERMALINK www.degerstrom.com/basketball/drills/11/

Heads Up, Dribble Up

Description Every player has a ball and must stay in bounds in the half court area. Drill begins when players start to dribble the ball. The object is to be the last one dribbling on the court.

Instructions Players try to knock the other balls off the court or make their opponent pick up their dribble to eliminate them from the contest. Slowly(or sometimes quickly) only one dribbler is left and is declared the winner.

Players 4- 15, one ball per person

Skills Dribbling

PERMALINK www.degerstrom.com/basketball/drills/12/

King of the Court (knock-out) - team variation

Description This is a variation off of the King of the Court (a.k.a. knockout)drill that involves ball handling, pressure, and teamwork.

Instructions Every player gets a basketball
 Players pair up in twos and/or threes
 Players must dribble the ball while they try to knock the ball away from other players.
 Players who lose control of ball must sit out
 Set up boundaries. (they must play within half court) as the game goes along, you can narrow the dribble area (i.e. three point area, 3-sec lane, ft circle, etc..)
 Teamwork variation. Players must hold hand of their teammate. To knock others' ball out, they can bounce their ball while they momentarily attempt to knock out others' ball with the same hand. - They can't let go of their teammates hand!

Players Use the whole team

Tips This is a good 'stress relief' type drill where the players have a lot of fun. It works great because they do work on their ball handling, defense, and teamwork skills. I recommend appointing teams yourself - so you can pair up varied levels of players.
 I like the teamwork add on since it gives those 'not so good' ball-handlers a better chance to win for once.

Skills Dribbling

PERMALINK www.degerstrom.com/basketball/drills/13/

Low-dribble figure eight

Description This will help you dribble very well if you practice it hard and push yourself hard. If you can master this drill you will make out very good in dribbling.

Instructions You start with a low dribble then go around both of your legs in the shape of an eight. First do it with your off hand then go with your good hand, then use both. When you do this drill you have to keep your head up!!! If you don't you won't improve yourself! Be patient you'll lose control of the ball often when your first starting out but after you practice hard you will find that it helps you alot! Good Luck and always do your best. Push yourself hard or you'll never find out what you can do.

Players 1

Tips Tell the kids on your team to practice hard and try your best!

Variations do with left hand then right then both!

Skills Ball Handling

PERMALINK www.degerstrom.com/basketball/drills/14/

Sheep Drill

Description This is a form of tag.

Instructions One player is the big bad wolf and the other players are the sheep. The wolf must have control of the ball to tag a sheep. If the sheep is tagged or runs out of bounds, he is dead. The game can be played until the wolf gets all the sheep out, or a two to three minute time limit. Add another wolf to make things really fun.

Players 5-50

Tips Make sure the wolf doesn't turn the ball over or double dribbles.
If the wolf can corner a sheep or team up with another wolf to corner a sheep, then they can get them out. Its great to teach teamwork.

Skills Ball Handling

PERMALINK www.degerstrom.com/basketball/drills/15/

Simon Says

Description This is a fun way to practice individual ball handling skills. It is simply a variation of the 'Simon Says...' game.

Instructions All of the players on your team get into a circle. One player will start out in the middle, 'Simon'. This player may do any ball handling skill that he/she desires. After a short period of time the middle player will call out a new skill and will perface the command with 'Simon Says...' if they do not say 'Simon Says' then players are to continue what they are doing. A player is out if they follow command without hearing 'Simon Says'.

Players More than 1

Tips To begin the drill players enjoy it if the coach is in the middle. This really seems to get the kids to listen hard. Also this allows the coach to call out skills that need to be worked on.

Variations The player in the middle can use their own name instead of 'Simon' (ex. 'Ashley says...').

Skills Dribbling/Ball Handling/Concentration

PERMALINK www.degerstrom.com/basketball/drills/16/

The Pistol

Description Quickness drill helps build coordination and concentration.

Instructions One player holds the ball at the back of the neck of the other player. The player that is not holding the ball holds his hands out in front of him then the player with the ball drops it the player with out the ball does not know when he is going to drop it when he feels the ball drop he claps his hands in front and catches the ball behind him.

Players 2

Tips Have your team work a lot on ball handling and quickness drills to improve their ability to get the ball down the court to score.

Skills Ball-handling

PERMALINK www.degerstrom.com/basketball/drills/17/

Three ball wall drill

Description The player stands ten to fifteen feet from a wall. He/she will need three basketballs.

Instructions The player starts by performing a chest pass at their height towards the wall. The ball will return as a bounce pass. As the ball hits the ground the player makes another chest pass towards the same spot on the wall. They practice with two balls at first then introduce the third ball as they get use to the rhythm. The balls will be released such that the balls will be one in hand on hitting the wall and the third hitting the floor on the way back. 9 A fourth ball can be used if the player has fast hands).

Players 1

Tips The players will learn to keep hands up at all times and to follow through with their pass.

Variations After the player gets the movement down they can increase the level of intensity by slowly moving in towards the wall getting as close as five feet.

Skills Passing and receiving

PERMALINK www.degerstrom.com/basketball/drills/18/

Vision Test

Description A coach stands at the FT line. Two players are standing on the box on each side of the lane. Player dribbles to coach, full speed, head up, from half court. At top of circle, comes to a jump stop with both feet available for pivot. One of the post players raises his hand as a signal to get him the ball (don't shout 'ball.' In this drill we want to make sure the dribbler is developing court vision). The dribbler pivots off the appropriate foot, spinning around and sealing off the coach (i.e. drop step around and seal on hip), and makes a 'step around' bounce pass with the correct hand to the post player's outside who then drop steps for an uncontested lay-up. The passer follows up his pass and takes shooter's place. After you shoot, go back to line at half-court.

Players Team

Variations #1-#3 guards at half-court, two lines of #4 and #5 on low boxes.
 For more running, two lines of #4 and #5 at 28' marks, do same drill out of a fast-break mode.
 Have coaches at both FT lines and make it a full court drill with two players on box and a line out of bounds (ob) on each end. After the far end scores, player at front of OB line on opposite end speed dribbles the length of the court, jump stops, spins and passes. Scorer goes to end of near OB line.
 Emphasize dribbling with weak hand by putting lines on left side of basket.

Skills Court Vision, Dribbling, Jump Stop, Spin and Step around pass

PERMALINK www.degerstrom.com/basketball/drills/19/

War games

Description Just like 1 on 1 zigzag drill, 2 players start out on the baseline with one ball. The player with the ball will dribble in a zigzag motion from the baseline to mid-court. Player two will get body to body with player one. Player two will bump and push the ball handler while he dribbles to mid-court. The ball handler will not try to go past the defender-making sure there is constant contact to mid-court

Instructions The object is to have as much contact as possible while dribbling. Player's swath once they get to mid-court

Players 2

Tips Make sure defender is pushing the ball handler to the point where the ball handler is about to fall.

Skills Dribbling versus pressure/contact

PERMALINK www.degerstrom.com/basketball/drills/20/

SLAP BALL DRILL

Instructions The player holds the ball in her left hand and smacks the ball hard with her right hand. The player holds the ball in her right hand and smacks the ball hard with her left hand. The player releases the ball and smacks it hard with both hands.

Tips The player should get in the habit of grabbing the ball hard on a rebound, when receiving a pass, or when going after a loose ball.

PERMALINK www.degerstrom.com/basketball/drills/21/

BODY CIRCLES DRILL

Instructions The player quickly moves the ball clockwise around her neck, waist, both ankles, right ankle, and left ankle.

As she moves the ball around each body part, the player hits the ball hard, making a smacking sound.

The player repeats steps 1-2, this time moving the ball counterclockwise.

Tips The player should feel this drill in her arms.

PERMALINK www.degerstrom.com/basketball/drills/22/

FLIP DRILL

Instructions The player bends over with her feet apart and holds the ball with both hands behind her legs.
The player flips the ball forward through her legs, reaches forward, and catches the ball in front of her legs with her arms fully extended.
The player hikes the ball back through her legs, and catches the ball behind her legs.
The player repeats steps 1-3.

Tips The player should strive for quickness.
The player should smack the ball hard as she executes this drill.
This is a great reaction drill for loose balls.

PERMALINK www.degerstrom.com/basketball/drills/23/

FLOP DRILL

Instructions The player bends over with her feet apart and holds the ball between her legs, with her right hand in front of her and her left hand in back of her.
The player switches the positions of her hands quickly so the ball stays in the same place.
The player continues to switch the positions of her hands, making sure that the ball stays in the same place as she does so.

Tips The player should strive for quickness.
The player should smack the ball hard as she executes this drill.

PERMALINK www.degerstrom.com/basketball/drills/24/

MACHINE GUN DRILL

Instructions The player sits on the floor with her legs spread apart.
The player hits the ball, alternating between her right and left hands, and dribbles the ball between her legs as low and as fast as possible.

Tips The player should try to make the ball look like a blur as she moves her hands faster than a drumroll.
This drill is effective in developing the forearm muscles.

PERMALINK www.degerstrom.com/basketball/drills/25/

SKIP DRIBBLE DRILL

Instructions The player stands and moves her legs in a scissors-like fashion, with her toes pointing straight ahead. The player should keep her back straight and should not bend over.

The player dribbles the ball through her legs from front to back, from one hand to the other, as she jumps and shifts her feet.

The player should try to complete fifty to one hundred bounces without making a mistake.

Tips This is a great coordination drill, especially for big players. The player should maintain control of the ball at all times. The player should concentrate on quickness.

PERMALINK www.degerstrom.com/basketball/drills/26/

CRAB RUN DRILL

Instructions The player bends over and moves her legs forward and backward in a scissors-like fashion, keeping his toes pointed straight ahead.

When her right leg is forward, the player moves the ball behind it and between her legs to her left hand. When her left leg is forward, the player moves the ball behind it and between her legs to her right hand.

The player repeats steps 1-2 as she runs up the court, keeping her head up, and making sure to bring the ball behind each of her legs so that if she drops the ball, she will not trip over it.

PERMALINK www.degerstrom.com/basketball/drills/27/

FIGURE EIGHT DRIBBLE DRILL

Instructions The player dribbles the ball in a figure eight fashion, alternating hands. To do so, she begins by standing with her feet apart and leans to the right. She dribbles with her right hand, starting at the outside of her right leg. Then she leans to the left as she dribbles with her left hand. She gives the ball a hard, quick tap from behind when changing hands. The hand that is not dribbling should be between the player's legs ready to make the switch as soon as possible.

The player repeats the drill as she moves forward, dribbling a figure eight behind her legs as she walks. She starts at the outside of her right foot, and dribbles behind it, then steps with her left foot and dribbles behind it. She continues up the court in this fashion.

Tips In step 1, as the player becomes faster, her dribbles should get lower and lower.

In step 2, the player should keep her hands behind the ball, with her palms up, as she dribbles.

In step 2, the player should work on coordinating her feet with her hands until she can bend over and almost run down the court. As she becomes faster, she will be able to keep her feet out in front of the ball.

PERMALINK www.degerstrom.com/basketball/drills/28/

PROTECTION DRIBBLE DRILL

Instructions The player zigzags up the court, pretending someone is guarding her.

The player changes hands as she whirls and pivots, keeping her knees bent on the change of direction. To protect the ball, the player should dribble it at her side, away from the 'defender'.

PERMALINK www.degerstrom.com/basketball/drills/29/

BODY CONTROL DRIBBLE DRILL

Instructions The player dribbles forward three bounces. She stops with her knees bent and her feet parallel to each other. She catches the ball in front of her on the final dribble.

The player dribbles backward three bounces. She stops with her knees bent and her knees parallel to each other. She catches the ball in front of her on the final dribble.

The player shuffles to the right as she dribbles three times with her left hand. She stops with her knees bent and her feet parallel to each other. She catches the ball in front of her on the final dribble.

The player shuffles to the left as she dribbles three times with her right hand. She stops with her knees bent and her feet parallel to each other. She catches the ball in front of her on the final dribble.

Tips When dribbling forward and backward, the player should alternate using her right and left hands.

The player should stay under control and strive for greater speed.

When dribbling, the player should not concentrate on dribbling quickly but rather on stopping quickly with her body under control and her knees bent.

PERMALINK www.degerstrom.com/basketball/drills/30/

THIRTY-FIVE-SECOND WEAK HAND DRIBBLE DRILL

Instructions The player stands on the outside of the three-second area on the appropriate side: the left if she is right-handed, and on the right if she is left-handed.

The player dribbles up the court with her outside/weak hand.

When the player reaches the opposite basket, she makes a layup using her weak hand.

The player rebounds her own shot and dribbles with her weak hand back down the court again.

When the player reaches the basket, she makes a layup using her weak hand.

The player continues the drill, moving up and down the court. She tries to make a predetermined number of layups (six is suggested).

Tips The player should use her weak hand for this drill.

The player should dribble by pounding the ball into her hands. She should not push the ball way out in front of her and then try to catch up to it.

The player should always keep her head up.

PERMALINK www.degerstrom.com/basketball/drills/31/

FULL COURT DRIBBLING AND SHOOTING DRILL

Instructions The player stands on the baseline on the left side of the court.
The player speed dribbles along the sideline until she is half way to half court, and hesitates.
The player continues her speed dribble until she is even with the top of the three-point line (still dribbling along the sideline), and hesitates.
The player now V cuts cuts with the dribble and goes straight in to the basket for a layup.
The player repeats steps 2-4 going the other way on the court.
The player repeats steps 2-4, except instead of going in for a layup she stops just outside the three-point area for a bank shot.
The player repeats steps 2-4, except instead of V cutting she dribbles down to the corner for a jump shot.
Remember to do this drill from both sides of the court, allowing the player to perfect her skills with both hands.

Tips The last dribble before the bank shot must be hard to force the player to come upright and then go straight up.

PERMALINK www.degerstrom.com/basketball/drills/32/

HALF COURT DRIBBLING AND SHOOTING DRILL

Instructions The player stands on the right side of the court at half court.
The player dribbles with her right hand from half court until she is even with the top of the three-point line and then V cuts with the dribble to the basket for a right-handed layup.
The player rebounds her own shot, and dribbles back up the court on the other side of the basket. She then imagines that there is a defender in front of her, and she uses a stutter step dribble with her right hand to avoid the defender.
The player dribbles to the half court. When she reaches the half court she begins dribbling with her left hand and keeps her dribble alive.
The player repeats steps 2-4, this time using her left hand and beginning on the left side at half court.

PERMALINK www.degerstrom.com/basketball/drills/33/

Collection of ballhandling drills

Instructions You must remember that the dribble is one of the most important skills to master but should be the last skill to be used in offense. You must always dribble for a purpose. The purpose may be to:

- Gain distance
- Improve angles
- Establish correct position on the floor to initiate a play
- To create outnumbering situations with fastbreak
- To draw a defender through penetration to open up

teammate for a high percentage shot

- Using your dribble to improve your passing angle

When you dribble, stay low, keep your head up, see your defense, see your teammates, keep your hand cupped and not stiff, never throw the ball out and chase it, work your wrist and fingers, keep your palm off the ball, dribble with either hand.

Whenever you dribble you must dribble under control, no matter what movement you attempt with the dribble.

You must execute a right dribble at right time. Keep the ball in triple threat. Do not have one bounce habit.

Dribble less and pass more to success. Dribble is a most time consuming basketball skill in the game. Time means the defensive help can arrive negating any pass or shot opportunity you might create from dribble.

A good rule of thumb is to keep your body between the defense and the ball. This means your body, arm and leg is always between the defense and the ball.

CONE DRIBBLING DRILLS WITH COMBINATIONS

PURPOSE: To work on proper dribbling technique-using change of pace and change of direction by using cones to simulate defender

METHOD / PROCEDURE: Set cones as shown in the diagram from baseline to opposite foul line. Dribble the ball as fast as you can but under control. After the last dribble go for a lay-up.

CROSSOVER DRIBBLE:

Dribble hard to the first cone in full speed, as you reach the first cone plant your outside foot and change direction as you use a low and sharp crossover dribble. Keep the ball waist high as you go for the second cone. Plant your outside foot and execute a crossover dribble and continue till you reach the last cone, then make a hard cut to the basket for a lay-up shot.

SPIN DRIBBLE:

Dribble all out to the first cone, lower your body and plant your inside foot, start on with the right hand, spin in clockwise direction, move the ball from your outside hand on the spin to your left hand (do not carry the ball) using your body and the free hand to shield the ball. Keep your head up and eyes off the ball to see the defense. Continue to spin on each cone changing hands till you reach the last cone, then go for a lay-up shot.

BEHIND THE BACK DRIBBLE:

Dribble, as fast to the first cone, when you approach the cone, your body should be forward in front of the ball. Quickly pull the ball with your wrist, fingers then arm around you back to change direction. The ball should be waist high. As the ball changes direction use your off hand and body to shield the ball. So on keep going changing hands using behind the back dribble till the last cone then goes for a lay-up shot.

YO-YO DRIBBLE:

This is a combination of crossover on a crossover dribble. This is a dribble to deceive and commit the defense. As you plant your outside foot to change direction you use a low crossover dribble from right to left and left to right and speed up dribbling the ball waist high as you approach the next cone. Continue until you reach the last cone then take a lay-up shot

CROSSOVER AND A SPIN DRIBBLE:

This is also a combination of a crossover and a spin dribble. Dribble hard to the first cone and as you approach the cone, plant your outside foot and change direction using a low crossover dribble on this quickly plant your inside foot and execute a spin dribble. It is easily taught when the spin is done with the right hand, which is the dominating/ strong hand of most of the players. So you start you dribble with your left hand, do a crossover with your left hand and a spin dribble with your right. Continue till the last cone then finish it with a lay-up shot.

No matter what position you play on the court, you will be a greatest asset to your team if you can dribble the basketball

effectively.

Submitted by vinod vachani (vinodvachani@usa.net)

Date 2001-03-10

PERMALINK www.degerstrom.com/basketball/drills/34/

Two balls

Instructions Do this drill w/two basketballs. Take both balls, and while dribbling one with right hand down low in good position, dribble another in the right hand around your right leg. Switch and keep right ball stationary while left goes around left leg. Then, you can do cross over, by just criss crossing the two balls. Then just dribble up and down the court w/ both balls, doing hesitation at some spots, and then crossover. This improves ball handling dramatically.

Submitted by Erin (chaindog_03@hotmail.com)

Date 2000-11-11

PERMALINK www.degerstrom.com/basketball/drills/35/

Spider

Instructions You get in a defensive position and dribble the ball twice in the front, when you dribble the ball twice in front you push back on the second dribble and dribble twice in the back sorry can't explain it.

Submitted by trevor bybee (tbybee3@hotmail.com)

Date 2000-05-10

PERMALINK www.degerstrom.com/basketball/drills/36/

Knee Clap

Instructions Stand with your feet together and bend over like you are going to touch your toes. Place the ball behind your knees. Let the ball go, clap your hands in front of your knees and catch the ball before it hits the ground. This is a very hard drill, but is a real good hand quickness drill. When you can do this...You have quick hands!

This is a drill Pistol Pete developed and used. He was the best ball handler ever!!!

Submitted by johny (johny223@frenzmail.com)

Date 2001-04-27

PERMALINK www.degerstrom.com/basketball/drills/37/

KG Drill

Instructions Bounce the ball off the glass.
Make a sudden move such as a fake crossover.
Do the move three times while heading down the court. Once at the three point line, once at the half court line, and again at the other three point line.

Tips Think about going left before doing a fake crossover to the right. If you think of going left, the defender will too.
Make sure the moves are done fast.

Variations Put chairs up at each line to act as a defender.

Submitted by Kevin Girard (kg21_22@hotmail.com)

Date 2001-11-05

Team/school Beavers

PERMALINK www.degerstrom.com/basketball/drills/38/

Pull through

Instructions Take the ball and speed dribble about 15 ft. in a 45 degree angle once you reach that point drop step in a 90 degree angle keeping the ball close to you, your head up, and butt down. Repeat this many more times forming a zig zag pattern
^^^/^^/^^/.

Players 1

Skills Your dribbling and ball handling

Submitted by A.J. (corvettelover53@hotmail.com)

Date 2002-03-09

Team/school 6th grade east middle team

PERMALINK www.degerstrom.com/basketball/drills/39/

Knock Out

Description Control your ball and go for the steal to win.

Instructions Every player has a ball and everyone is confined to the inside of the 3-point arc. Each player dribbles their ball and simultaneously tries to knock other player's balls out of the arc. Last person with control of their ball wins.
It teaches ball control, shielding, and fast hands.

Players 3-10

Skills Ball control and steals

Submitted by Austen Moore

Date 2002-06-21

Team/school JE C-Hoops Team

PERMALINK www.degerstrom.com/basketball/drills/40/

Ping*Pong*

Description Very good ballhandling drill!

Instructions Start at one end of the court with ball in either hand. Run down the court throwing the ball under the legs! If you drop the ball while running up and down the court you are out the last player still performing the drill is named the Champion!

Players 1 or more.

Tips Make the losers run sprints and give the winner a water break!

Variations Run backwards!

Skills Ballhandling/Speed/Endurance/Hand-Eye Coordination

Submitted by Jonathan
 Date 2002-07-19
 Team/school Oak Hill High School

PERMALINK www.degerstrom.com/basketball/drills/41/

Ricochet

Instructions Hold the ball at chest height with both hands. You then bounce the ball between your legs. Move both hands from front to back, catching the ball behind your back. Attempt to slam the ball through your legs as hard as you can.

Players 1

Variations Instead of catching the ball behind the back, rotate the hands above your head and catch the ball on the back of your neck.

Skills Coordination, quickness

Date 2002-07-23

PERMALINK www.degerstrom.com/basketball/drills/42/

Rob 'em blind

Description Kids in a square, trying to steal each others basketballs.

Instructions Put 4 tubs (or small baskets) in a square. Tubs at the corners. Put two balls in each tub and have a player stand at each tub. Put cones on the outsides of the tubs about 10 feet away, in the middle of each tub to make a bigger square that's at a 45 degree tilt from the tub square. When coach says go, the players have to go to another player's tub and take a ball and then dribble it on the outside of the cones square until they can get to their tub. If they go to their direct neighbor's tub, they just have one cone to dribble around, the diagonal player would be two cones.

The object is to collect as many balls as possible.

Go for about a minute or minute and a half.

Winner has the most balls and stays in while the players on the sideline jump in.

Players 4

Tips Make sure they are dribbling with the outside hand as they dribble around the cones. Keeping them selves inbetween the cone and the ball.

For the second variation with the defensive players, make sure dribblers stay close and not dribble so far out.

Variations Loose the bigger cone square for younger players so they don't have to dribble to the outside after they steal the ball.

For older kids, put defensive players at the cones and have them restricted to staying at the cones but as players dribble by, they can try to knock the ball away.

Skills Quickness, dribbling and conditioning.

Submitted by Josh Slimp (jaimin@earthlink.net)

Date 2002-10-07

Team/school Ballard Boys & Girls Club (2nd graders)

PERMALINK www.degerstrom.com/basketball/drills/542/

33 Z's

Description You stand up with your hands at your sides. You have someone place the ball on your lower neck upper back and when ever they want they let go of the ball. You then as fast as you can clap in front and try to grap the ball before it hits the ground.

Players 2 or more (must need a even number)

Tips This is a great drill to do. This drill will help your players to improve their quickness and speed with their hands. It was one done by Pistol Pete.

Skills This is to work on speed and quickness

Submitted by Chelsea Collier (33_in_your_face@hoopsking.com)

Date 2003-05-27

Team/school Olivet Eagles

PERMALINK www.degerstrom.com/basketball/drills/549/

Crossover

Instructions Put ball in 1 hand and cross over to other hand as hard and as fast as you can do for several minutes (try to keep control of ball)

Skills Will give you a quicker crossover

Submitted by murpher (nnjmur@aol.com)

Date 2003-06-08

Team/school Collingswood Panthers

PERMALINK www.degerstrom.com/basketball/drills/552/

Mashburn

Description This move is fir more advanced players but if mastered the player can get by any defender.

Instructions Take one dribble with either hand with that same hand the player flips the ball behind their back and between their leg all in one swift smooth motion.

Players 1

Variations Switching hands and performing the drill from one end of the court to the other.

Skills The skill that is used is being able to go anywhere on the court and deception.

Submitted by jay lockett (www.surlyjay1@hotmail.com)

Date 2003-06-10

PERMALINK www.degerstrom.com/basketball/drills/555/

Killer crossover (my version)

Description Hard, but works very well.

Instructions Have one person defend. Start with the ball in one hand. Once the defender moves his feet, crossover. Repeat until defender's feet cross.

Players 2

Tips To practice it, have the defender only get in the way, not try to steal it.

Variations Do it as fast as you can.

Skills Using both hands, crossing over quickly.

Submitted by Duke (cowkid2k@hotmail.com)

Date 2003-06-16

Team/school YMCA Junior basketball

PERMALINK www.degerstrom.com/basketball/drills/559/

Sanchez

Description Dribbling behind the back.

Instructions With legs spread and the you low dribble behind the back as hard as you can without watching the ball walk up and down the court this way.

Players 1

Variations Walking up the court and running up the court.

Skills Ballhandling smoothness and an easier behind the back dribble.

Submitted by Juan Gardea

Date 2003-06-17

PERMALINK www.degerstrom.com/basketball/drills/560/

Gardea cat cut

Description A simple cut with extreme effectiveness.

Instructions With a person guarding, you run while dribbling right then put ball between legs to cut left then with the left hand cut right again.

Players 2 or more.

Tips A bit flashy but is generally more effective than the simple cut.

Variations Have more than one person guarding you.

Skills Learning the cut is important

Submitted by Juan Gardea

Date 2003-06-17

PERMALINK www.degerstrom.com/basketball/drills/561/

Windmill

Description A great way to split a double team on a drive.

Instructions Have the ballhandler make a drive into a big man on the strong side. Then, have a weak side defender come and swat at the ball. Once the weak side defender does that, hold the ball in both hands and hold it above your head and finish with a lay-up or dunk.

Players 3-10

Tips Learn to hold the ball firmly.

Variations Fip sides, use as a practice drill or game move.

Skills Using only 2 steps, timing, smoothness.

Submitted by Duke (cowkid2k@hotmail.com)

Date 2003-06-20

Team/school YMCA youth basketball

PERMALINK www.degerstrom.com/basketball/drills/563/

Speed dribble

Description As fast as you can dribble the ball in between your legs while your going down the court.

Instructions Dribble the ball in between your legs going down the court.

Players 1

Tips Go as fast as you can do the drill correctly.

Skills Coordination, ballhandling

Submitted by Rick Sepis

Date 2003-07-29

PERMALINK www.degerstrom.com/basketball/drills/584/
