



CENTRAL LOUDOUN BASKETBALL LEAGUE - PRACTICE RESOURCES



CENTRAL LOUDOUN
BASKETBALL LEAGUE

Ball Handling

MANUAL





CLBL

Practice Drills Manual – Ball Handling

Included in This Manual

- *Introduction to Ball Handling*
- *Points of Emphasis for Ball Handling Drills*
- *4 Drills with Detailed Pictures/ Descriptions*
- *Diagram to Show Proper Set-Up and Drill Execution*
- *Modifications for Beginner/ Advanced Athletes*

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More Information

- *For information about our training programs in northern Virginia and Maryland, please visit www.TrueAP.com*
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- *See Rob Rose's blog for weekly updates at www.TrueAP.com/blog*

Introduction

Ball Handling drills are a great starting point for any basketball player looking to improve their game. Being able to control the ball through basic and eventually advanced movements is important in developing dribbling and passing skills. Just be sure to remind your athletes to **START SLOW** and build speed through all drills as they get more comfortable. Our goal for them is to keep practicing these drills even outside of practice and keep becoming more efficient and comfortable with every exercise.

While many of these drills are simple enough to be performed at home by your players, their importance should not be underestimated. College and NBA players still perform ball handling drills to improve their ability to create open shot and pass opportunities, and your players will see a big difference in their games as well if they work hard.

Main Points/ Cues for Ball Handling Drills:

1. Spread the fingers out to allow for a wider grip on the ball which will give you more control
2. Fingers should be slightly bent to keep the palm of the hand from slapping the ball
3. Keep the head up to allow for vision in all directions



Crossover Ball Toss

Recommended Sets and Reps:

- Perform 3 sets of 30 seconds for each progression
*Can be modified based on time and skill level of athletes

Description:

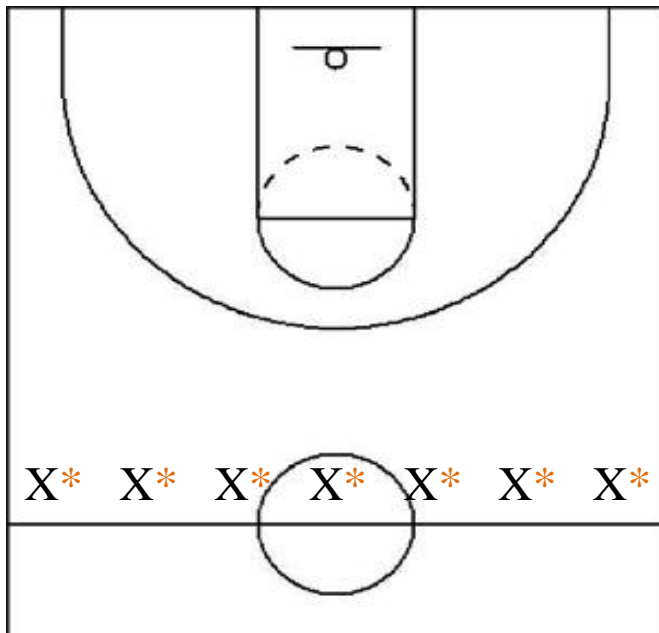
- Hold the ball in one hand and toss across the body to the other hand.
- Repeat to the opposite hand quickly as possible.

Drill Set-Up:

- Have athletes stand in a line at half-court or baseline.
- Make sure they keep proper spacing!

X = Athlete

*** = Basketball**



DYNAMIC: BALL HANDLING



PROGRESSIONS:

- Slow Pace (Controlled)
- Fast Pace
- Lightning Speed Competition*
*See which player can get the most touches in 1 minute!
- Standing on 1 Foot
- Add Walking

Around The Leg

Recommended Sets and Reps:

- Perform 3 sets of 30 seconds each leg
*Can be modified based on time and skill level of athletes

Description:

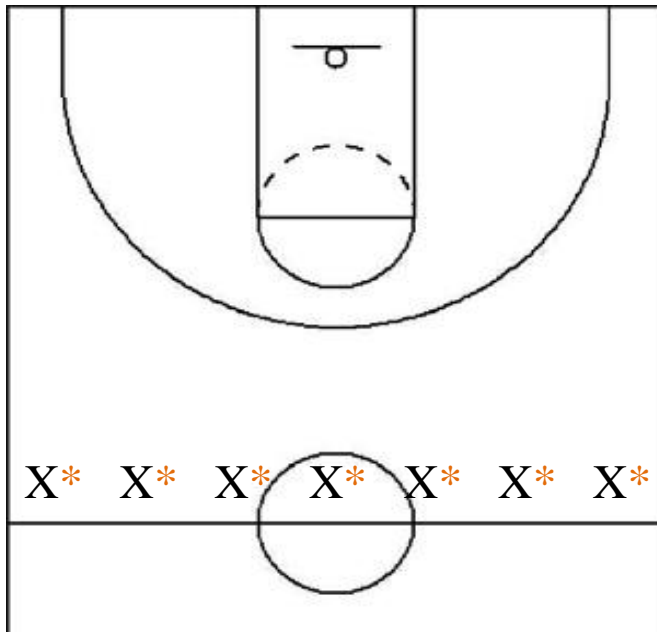
- 1). Feet should be wider than shoulder width apart.
- 2). Hold the ball in one hand.
- 3). Take the ball around one leg and hand off to the other hand.
- 4). Repeat in a circular motion around the same leg.

Drill Set-Up:

- Have athletes stand in a line at half-court or baseline.
- Make sure they keep proper spacing!

X = Athlete

*** = Basketball**



DYNAMIC: BALL HANDLING



PROGRESSIONS:

1. Slow Pace
2. Fast Pace
3. Lightning Speed Competition*
*See which player can pass the ball around their leg the most times in 1 minute!
4. Eyes Closed

Around The Waist

Recommended Sets and Reps:

- Perform 3 sets of 30 seconds each direction
**Can be modified based on time and skill level of athletes*

Description:

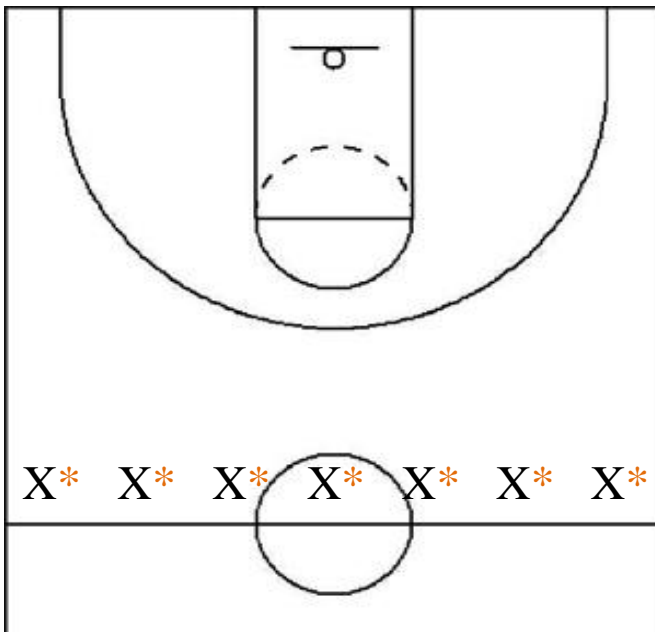
- 1). Hold the ball in one hand.
- 2). Take it around the waist and hand off to the other hand.
- 3). Repeat in a circular motion around the body as quickly as possible.

Drill Set-Up:

- Have athletes stand in a line at half-court or baseline.
- Make sure they keep proper spacing!

X = Athlete

*** = Basketball**



DYNAMIC: BALL HANDLING



PROGRESSIONS:

1. Slow Pace
2. Fast Pace
3. Lightning Speed Competition*
**See which player can pass the ball around their waist the most times in 1 minute!*
4. Standing on 1 Foot
5. Add Walking

Figure 8

Recommended Sets and Reps:

- Perform 3 sets of 30 seconds each direction
**Can be modified based on time and skill level of athletes*

Description:

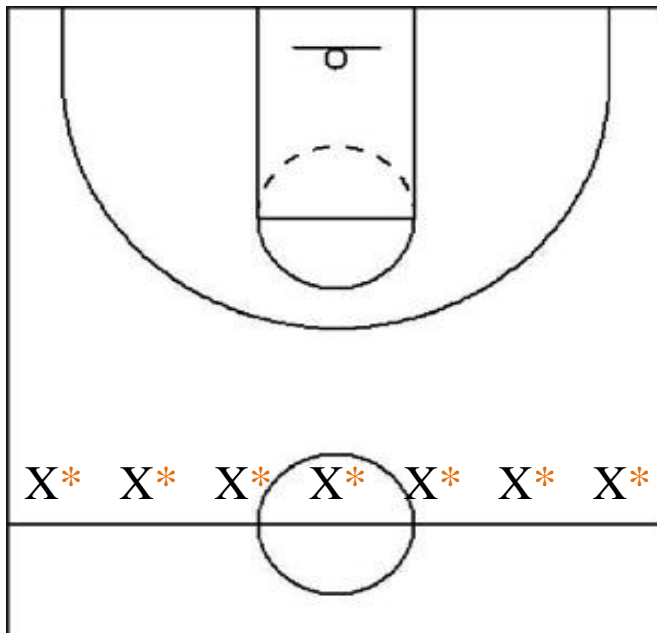
- 1). Feet should be wider than shoulder width apart.
- 2). Hold the ball in one hand.
- 3). Take the ball around one leg and hand off to the other hand.
- 4). Repeat the movement around the opposite leg to complete the figure 8 motion.

Drill Set-Up:

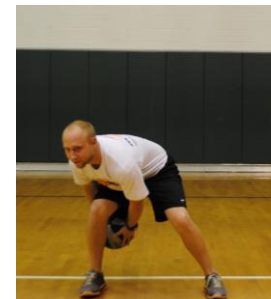
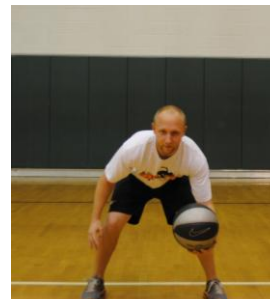
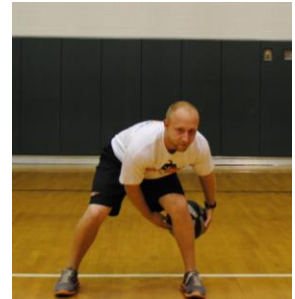
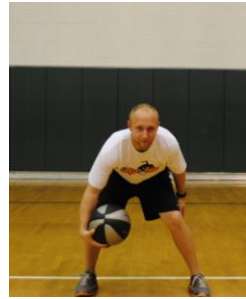
- Have athletes stand in a line at half-court or baseline.
- Make sure they keep proper spacing!

X = Athlete

*** = Basketball**



DYNAMIC: BALL HANDLING



PROGRESSIONS:

1. Slow Pace
2. Fast Pace
3. Lightning Speed Competition*
**See which player can pass the ball between legs the most times in 1 minute!*
4. Eyes Closed
5. Add Walking