

Change Ballhandling

Coach Angie Lee

Purpose

To keep the head up while controlling the ball and changing direction quickly on verbal command.

Organization

In partners across from each other, spread out on the floor; everyone has a ball.

Procedure

1. The coach gives a command, such as "start ball in the right hand and on change go between the legs to the left."
2. The coach says "go," and as players approach each other, she or he calls "change."
3. On the change command, the players will dribble the ball between their legs to their left hand, pass each other, and continue dribbling.
4. The coach calls another ballhandling skill, having players start again by facing one another.

Coaching Points

- Listen and keep head and eyes up.
- Dribble in control.
- Accelerate out of "change" call.

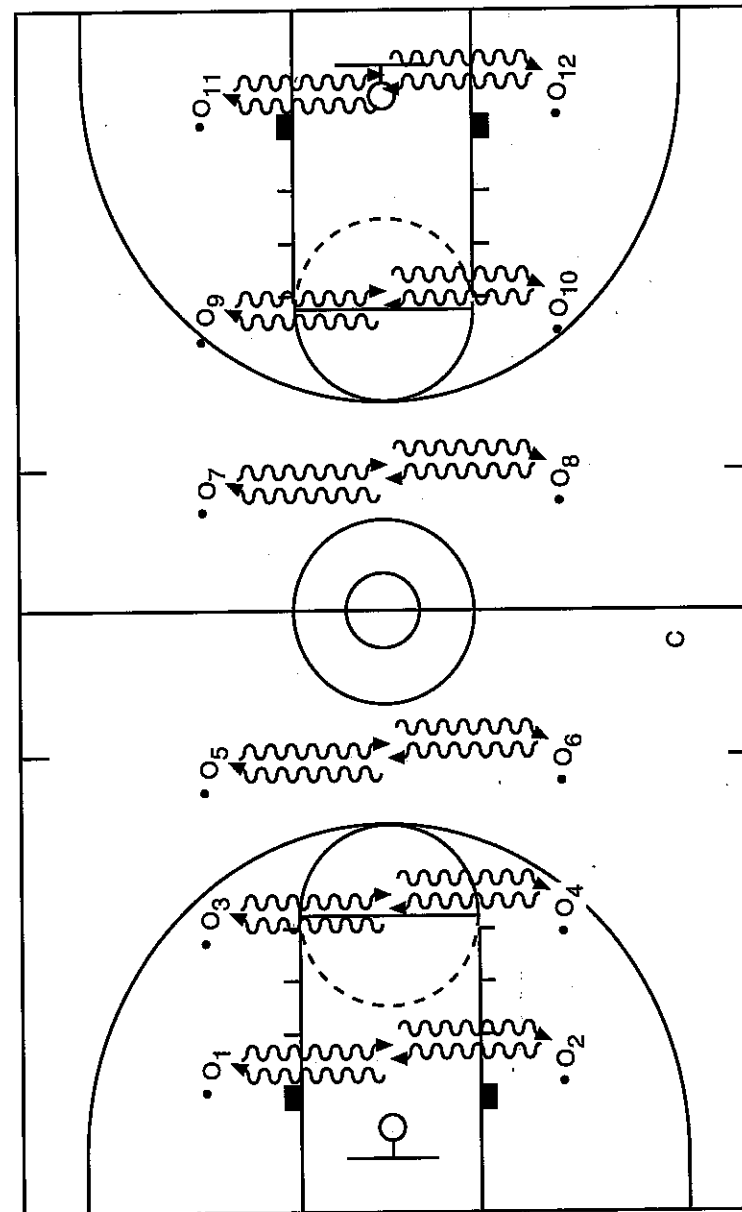


Figure-Eight Dribbling

Coach Angie Lee

Purpose

To work on handling the ball at different speeds and in varying directions.

Organization

One line at the corner of the court, and everyone has a ball.

Procedure

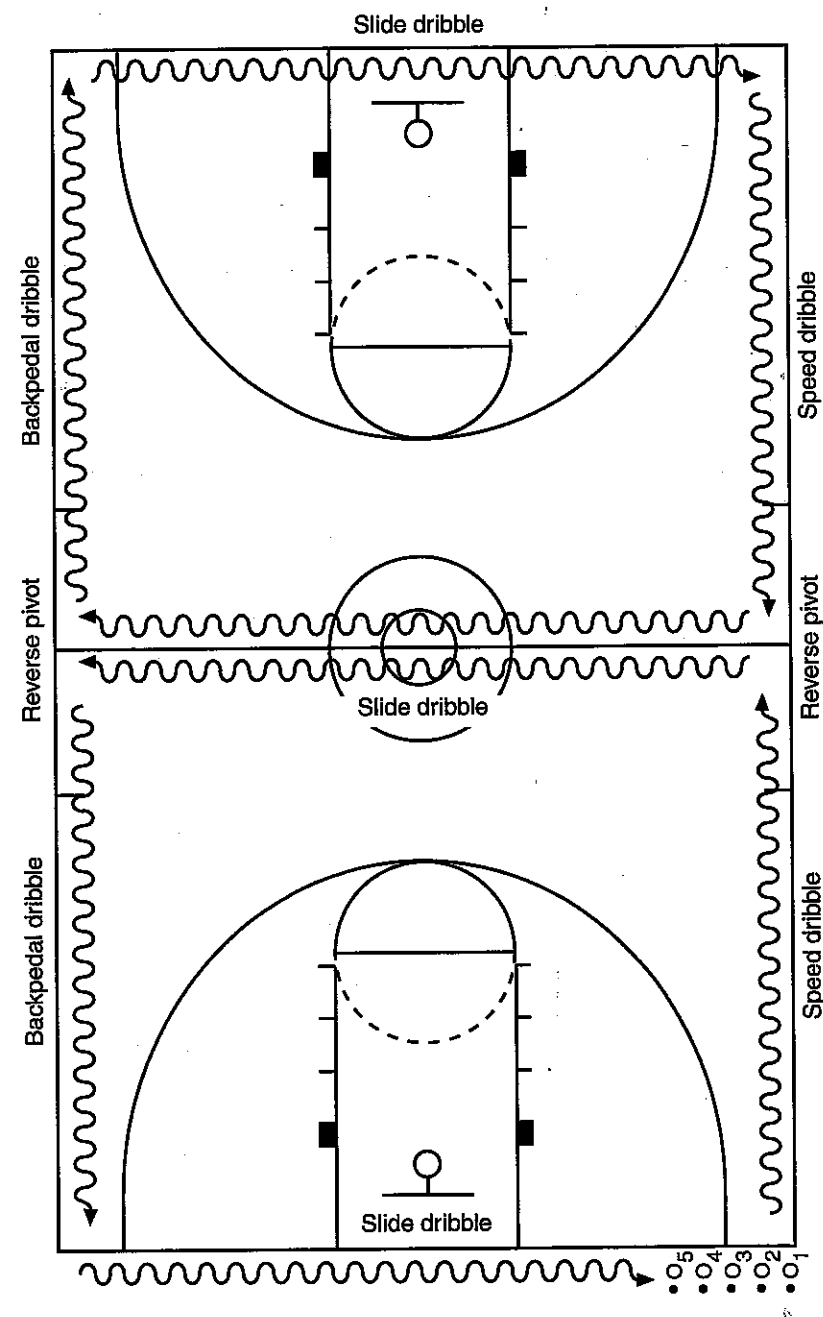
1. The first player in line speed dribbles to half-court; once at half-court, the next player in line can start.
2. At half-court, the player must reverse pivot and slide dribble across half-court.
3. At the other sideline, the player must backpedal while controlling the ball; at the opposite endline, she must slide dribble across the baseline.
4. At the corner, the player must speed dribble to half-court, reverse dribble, and slide dribble across half-court.
5. At the other side, the player must backpedal while controlling the ball and at the baseline slide dribble to the starting corner.
6. The drill starts over again.

Coaching Points

- Keep head and eyes up at all times.
- Keep dribble below the waist and control the ball.
- Change speeds and accelerate after each change while controlling the ball.

Variation

Compete a certain number of figure eights in a given amount of time or according to a given number of figure eights to be completed.



Full-Court Ballhandling

Coach Angie Lee

Purpose

To handle the ball through a series of different ballhandling changes down the full length of the floor.

Organization

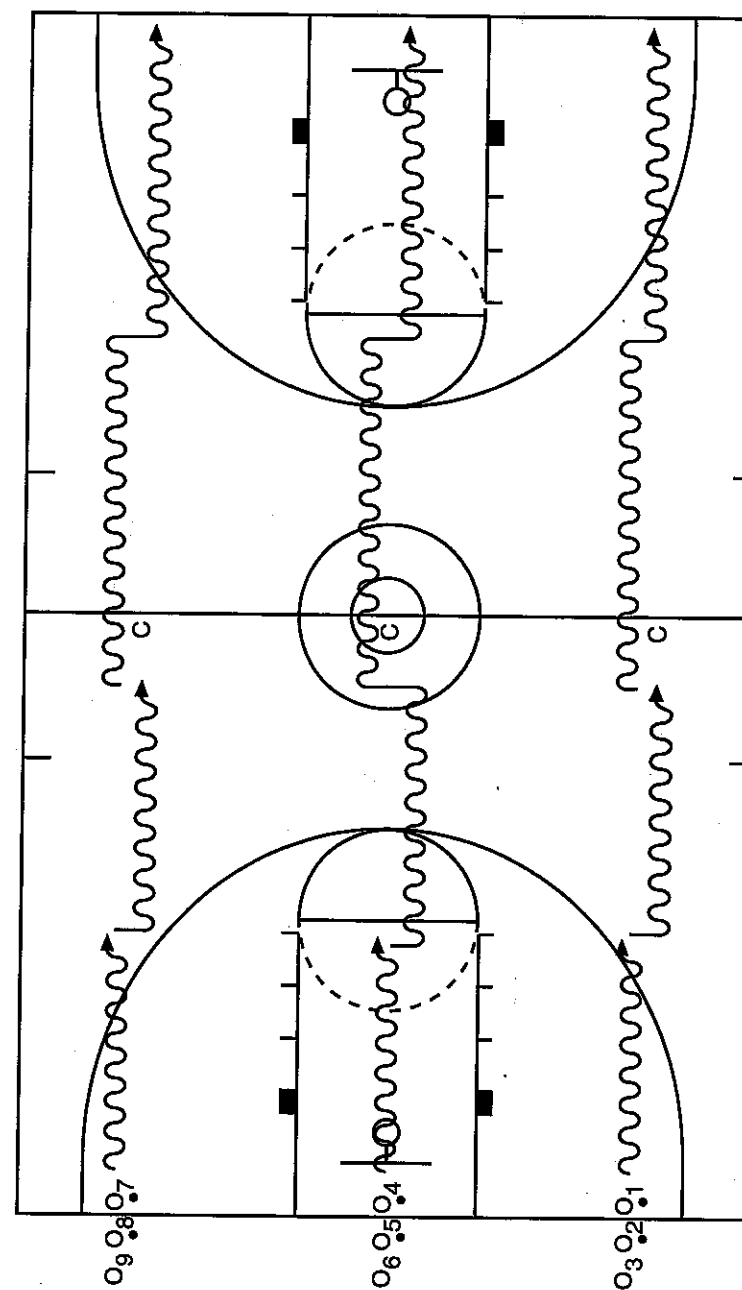
Three lines of three players with extra players along the baseline; three coaches or managers at half-court facing each line.

Procedure

1. The coach calls out the hand he or she wants the players to start with and what he or she wants at each change point.
2. Changes happen at the free throw line, half-court (doing the ballhandling move on the coach), and at the far free throw line, finishing at the opposite endline. *Example:* Start with the ball in the left hand, speed dribble to crossover at the free throw line, control the dribble to reverse dribble at half-court, and dribble behind the back at the other free throw line.
3. The next player in line starts when the player in front of her gets to half-court.
4. As each player comes back, the coach should call a new series of ballhandling skills or tell the player to use the same series starting with the other hand.

Coaching Points

- Listen and keep head and eyes up.
- Control the ball at different speeds, changing from high speed to controlled speed.
- Protect the ball.



Herding Drill

Coach Wendy Larry

Purpose

To maintain dribble and attempt to dribble out of a trap.

Organization

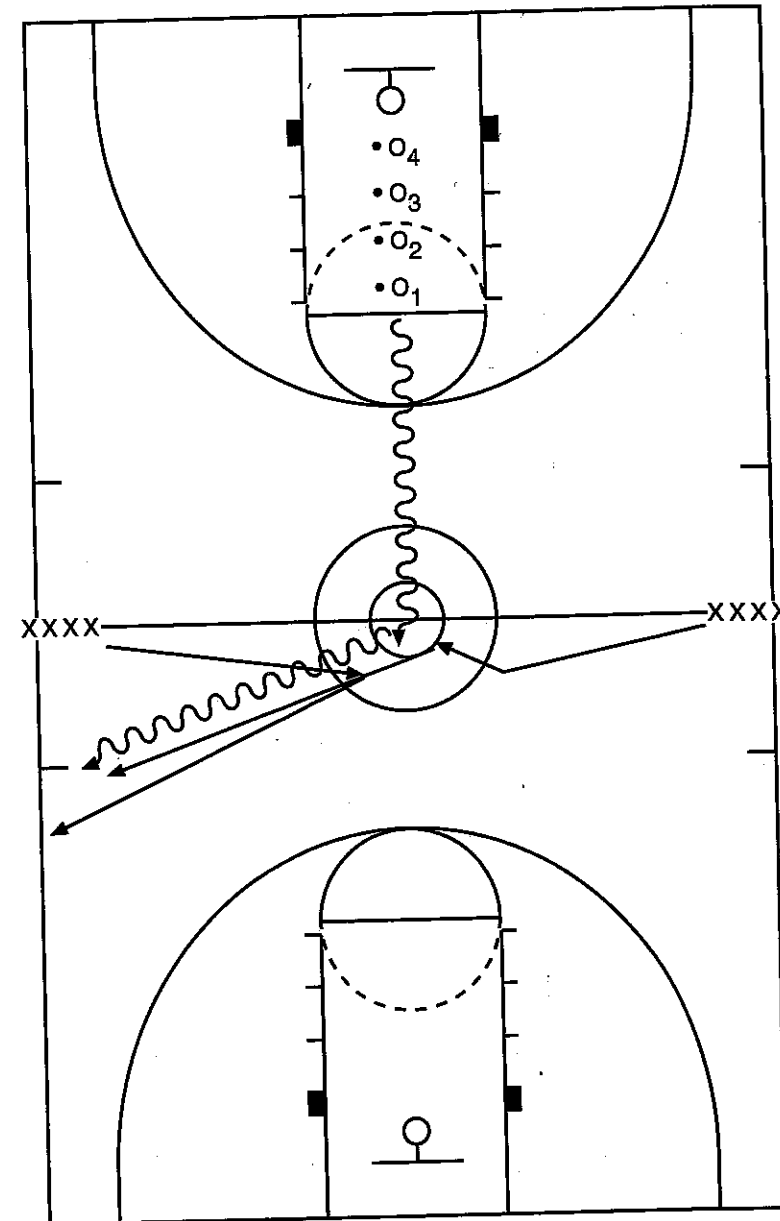
One line of players at the foul line facing the opposite basket; each person in line has a ball. One line on the right sideline and one on the left sideline, both at half-court.

Procedure

1. The first offensive player in line (O_1) begins dribbling toward the opposite basket.
2. The first defender from each line at half-court approaches the dribbler.
3. Two defenders attempt to "herd" the dribbler toward the sideline where they can trap the ball handler.
4. The player (O_1) must attempt to avoid the trap with her dribble and to score on the two defenders.
5. If the player (O_1) scores or picks up her dribble without a shot or if the defense steals the ball, everyone goes to the back of the line they came from and the next three players begin immediately.

Coaching Points

- Make sure players dribbling keep their heads up to see the floor.
- Teach players to avoid traps by backing out of a trap with the dribble, splitting the trap with the dribble, or driving by the trap before it can be set.
- Emphasize that a player is not expected to beat the trap and score every time.



Killer

Coach Rene Portland

Purpose

To work on players' ballhandling skills while also improving players' defensive skills and stamina.

Organization

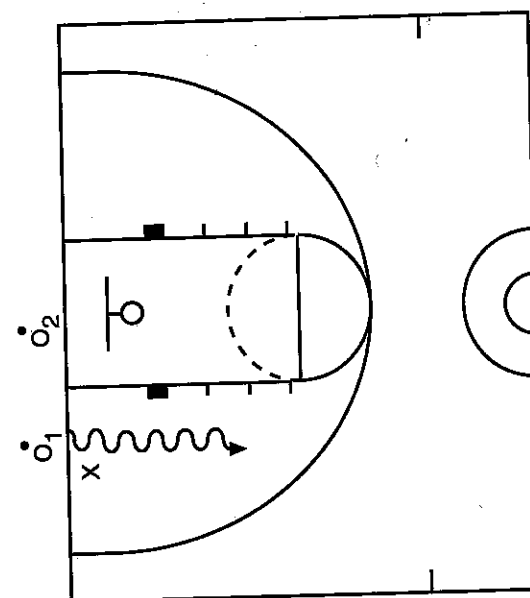
Two balls, four players. Players form one line along the baseline.

Procedure

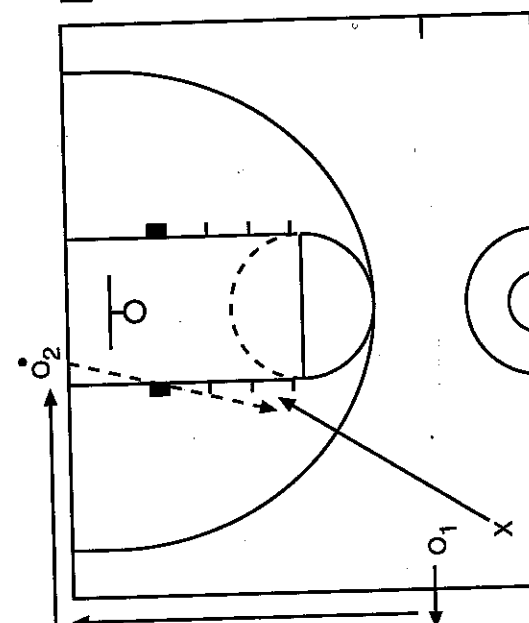
1. The first player in line steps out and becomes the defensive player (X). See diagram 1. The second player has the ball and is the offensive player (O_1).
2. The offensive player attempts to beat the defensive player to half-court using any variety of dribbles.
3. The defensive player attempts to contain the offensive player by forcing her to change direction.
4. Once both players reach half-court, the defensive player sprints back toward the basket. The next player in line (O_2) calls out a shot (layup, elbow, three-pointer) and passes the ball to the former defensive player. The player catches the ball and shoots the shot that was called out. The offensive player (O_1) goes to the end of the line (see diagram 2).
5. After the player (X) shoots, that player plays defense on the next person in line. The defensive player should go three times, executing each shot listed above.

Coaching Point

This is very challenging for the defensive player. They will need plenty of encouragement to survive "killer."



1



2

Sixer Drill

Coach Rene Portland

Purpose

To develop players' ballhandling skills; also develops skills in reading defense, passing, and penetrating with the ball.

Organization

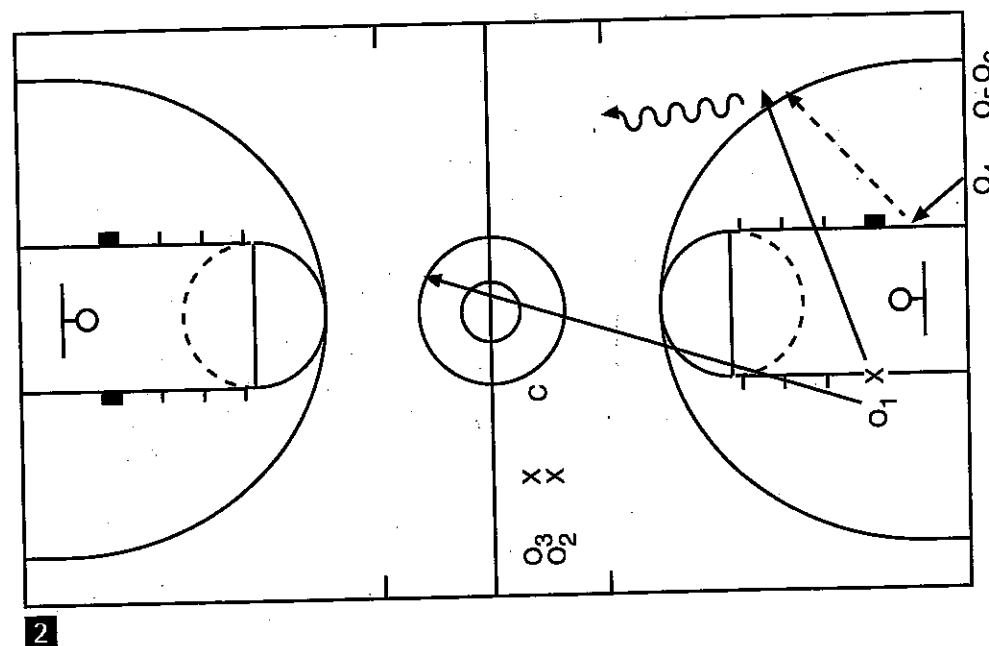
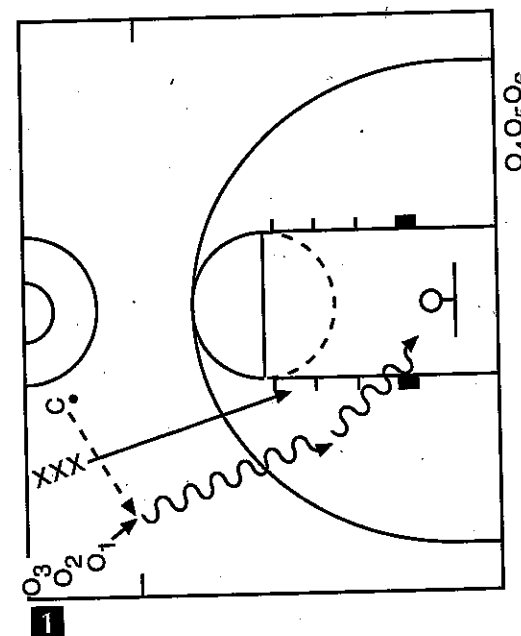
Three players, one ball, and three lines. Additional players and balls may be used for the drill to run continuously.

Procedure

1. Players form two lines at midcourt. The line closest to the sideline will be on offense. The line closest to the jump circle will be on defense. A third line is needed on the baseline opposite the side of the other two lines.
2. From midcourt, a coach or manager throws the ball toward the sideline in front of the offensive player (see diagram 1).
3. The offensive player receives the ball and goes to the basket to score. The offensive player must read the defense and decide whether to go strong for a layup or pull up for a jump shot.
4. The defensive player leaves as soon as the ball is thrown. She tries to chase and catch the offensive player in order to stop that player from scoring.
5. As soon as the offensive player (O_1) puts up a shot (make or miss), that player retreats down the court on defense. The defensive player then moves to the opposite wing to become the outlet player. The first person in the line along the baseline (O_4) steps onto the court, rebounds the ball, and makes an outlet pass. The drill continues with a two-on-one break in the opposite direction (see diagram 2).

Coaching Points

- For continuous play, the two-on-one break should be carried out on the half of the court opposite of the one-on-one. The two-on-one can then widen once it reaches half-court to use the full half of the court.
- As the two-on-one part of the drill continues, a new set of players can begin the one-on-one part of the drill.



Two-Ball Handling

Coach Angie Lee

Purpose

To work on handling two balls at once, getting a feel for the ball, and working on dexterity.

Organization

Two or three lines of players on the baseline; every player has two balls.

Procedure

1. Players dribble up and down the court handling two balls at the same time.
2. A coach tells players what to do (e.g., dribble balls at the same time, alternate dribbles).
3. The next player in line does not start until the player before her reaches half-court.

Coaching Points

- Keep head and eyes up.
- Control the balls—crisp dribbles on finger pads.
- Keep dribble below waist.

Variation

Run the drill as a relay or for time.

