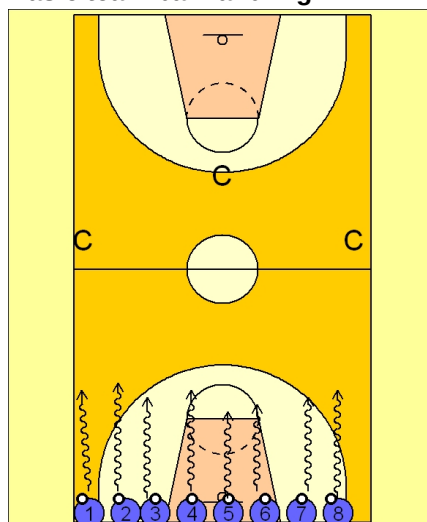
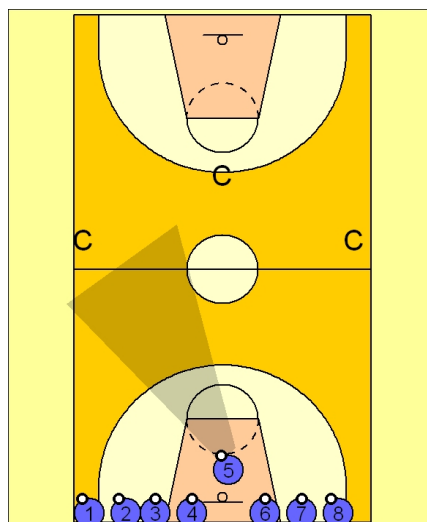


Basic team ballhandling



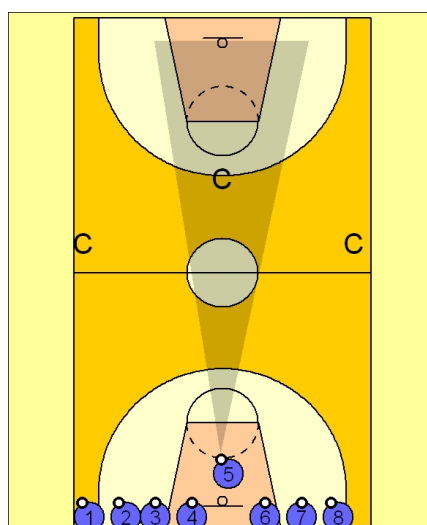
In doing basic ballhandling drills it is important that athletes get familiar with ball and do all kinds of exercises moving with the ball. Changing speeds, changing directions, changing hands; moving left, right, forward and backward; turning and spinning and pivoting. All while maintaining balance and vision of everything that is happening in front of them. Any game or activity you can have them do that involves doing these things while dribbling a basketball will help them be a more creative dynamic player

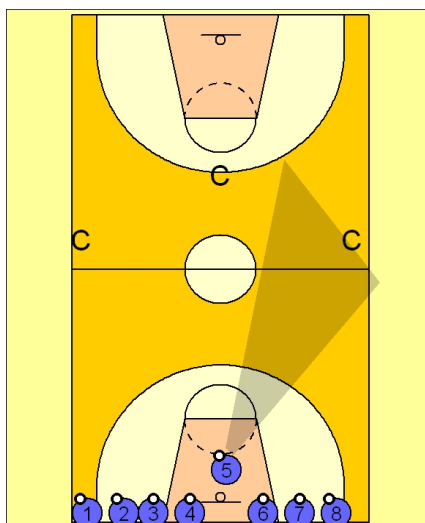
In this drill, line up the players on one baseline each with a basketball. Position coaches, managers, parents or anything you can find spread across the floor at various positions.



As the players dribble up the floor, executing various movements and dribbles, they are asked to scan the court. First to the left side and the "hoop" and then the right side.

It is a very good practice to get players to always scan the floor looking at all parts and always coming back to the hoop.





One fun way you can do this is to get each coach to hold up a certain number of fingers and have the players add them up in order. Players must then scan the floor and yell out the sum of the coaches fingers. Coaches can change their number every 5- 10 seconds. The point is not to work on their math skills but rather have them scan the floor and using their brain a little while working on their ball handling skills.