

Non- Dribbling - Developing hand eye coordination and a feel for the basketball.

- 1) Ball circles around your head.
- 2) Ball circles around your waste.
- 3) Feet together, Ball circles around your knees.
- 4) Scissors Stance, ball circle around front leg.
- 5) Other foot forward, ball circles around other leg.
- 6) Figure 8 around both legs.

When doing the above you can change directions, move the ball as quick as you can, don't be afraid to lose the ball as you want to push yourself and test your limits.

7) "Front to Back- one bounce"

Start with hands in front of you holding the ball underneath yourself with feet apart.
drop the ball and move your hands behind your legs to catch it.
Let the ball bounce one time before catching it.

8) "Front to Back- No bounce"

When you master the one bounce, try to catch the ball before it bounces, no bounce.

9) "Side to Side - one bounce"

Have feet in scissors stance holding the ball underneath yourself with one hand on one said and your other hand on the opposite side.
drop the ball and quickly switch your hands to opposite sides to catch the ball off one bounce.

10) "Side to Side - No bounce"

When you master the one bounce, try to catch the ball before it bounces, no bounce.

Bonus: Practice spinning the ball on your finger. This is a fun trick and with a little practice can be done by anyone. The key is to get a good "spin" and then keep it balanced on your finger. This will also teach you patience and persistence!

Dribbling - Developing dribbling skills.

1) Right hand dribble on your right side.

Right hand dribble in front.

Right hand dribble on left side.

Dribble the ball while moving it from right side to front to left side and back to right side.

2) Left hand dribble on your left side.

Left hand dribble in front.

Left hand dribble on rightside.

Dribble the ball while moving it from left side to front to right side and back to left side.

3) Right Hand High Dribble, Low Dribble, "pound" the dribble (dribble hard and powerful)

Left Hand High Dribble, Low Dribble, "pound" the dribble (dribble hard and powerful)

4) Right hand dribble right side - "push pull" dribble moving the ball front and back.

Left hand dribble left side - "push pull" dribble moving the ball front and back.

5) Right hand dribble out front- "V" dribble or "In Out" dribble moving the ball in a V shape.

Left hand dribble out front- "V" dribble or "In Out" dribble moving the ball in a V shape.

6) Scissors Stance and dribble the ball around your front leg, then change directions. Then change legs and change directions again.

7) Figure 8 Dribbling - then change directions.

8) "Spider Dribbling"

9) 2 ball dribbling keeping the balls hitting the ground at the same time.

10) 2 ball popcorn dribbling so the balls hit the ground at alternate times.

You may want to pick a few of these each day or do each one for a minute or two and move to the next one, if you get bored...get creative! Do them with your eyes closed. Add some new ones on your own and right them down so you remember for next time.