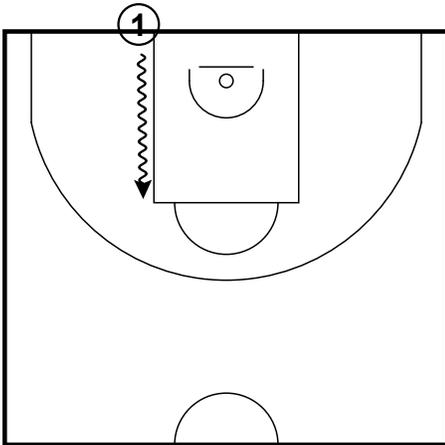


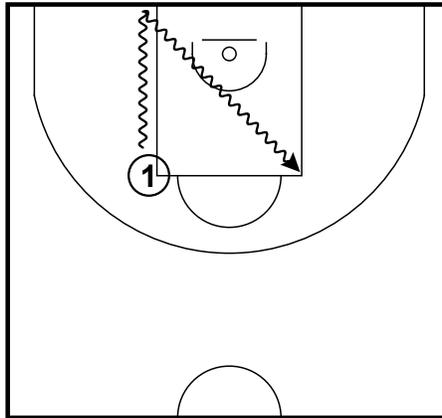
Ball handling

X Drill
Practice Drills



Start on the baseline and with your right hand speed dribble to the elbow.

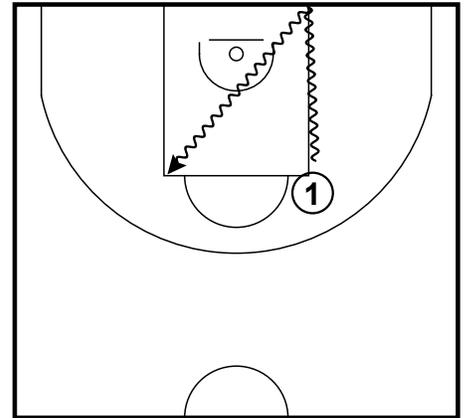
X Drill
Practice Drills



After coming to a stop at the elbow, retreat dribble to the baseline. Staying low, keeping your off hand up (arm bar).

Once you hit the baseline, perform a cross over, between the legs, or behind the back dribble move and speed dribble to the opposite elbow. (left hand dribble)

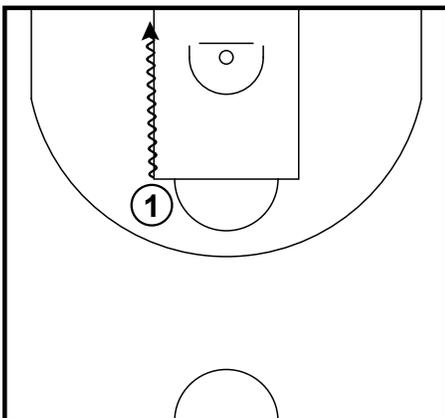
X Drill
Practice Drills



After coming to a stop at the elbow, retreat dribble to the baseline. Staying low, keeping your off hand up (arm bar).

Once you hit the baseline, perform a cross over, between the legs, or behind the back dribble move and speed dribble to the opposite elbow. (right hand dribble)

X Drill
Practice Drills



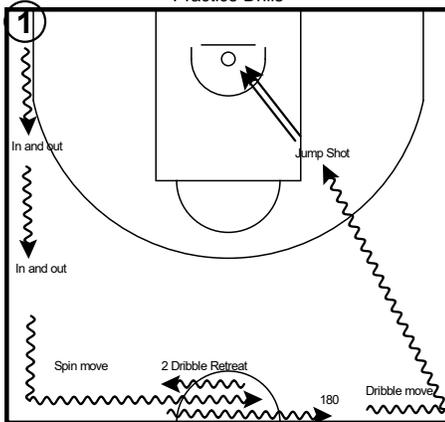
Finish with a retreat dribble, right hand.

Note: Repeat the sequence 3 times, each time using a different dribble move. Cross over, between the legs, behind the back.

To increase the difficulty use 2 basketballs.

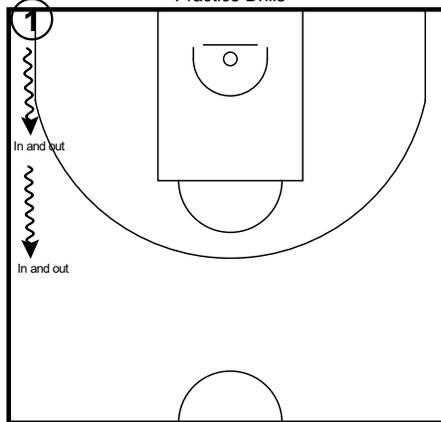
Ball handling

Chill Drill
Practice Drills



Chill Drill: Start slow and build up your speed. Start in the corner and perform each of the move in the sequence shown.

Chill Drill
Practice Drills

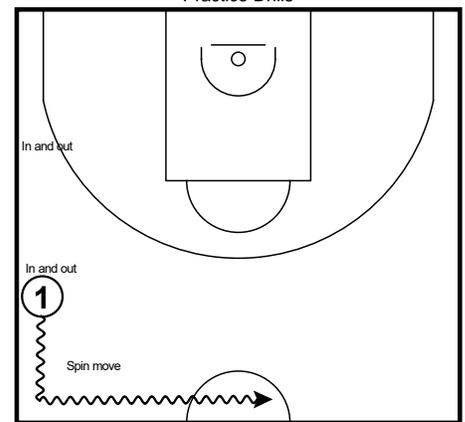


Start with your right hand dribble forward twice. On the third dribble, take the ball across your body and bounce it to the left of the line in front of your left foot. Then he explode past an imaginary defender by pushing off your left foot trying to cover as much ground as possible.

Make sure to keep your knees bent and your head up, moving only the ball. Note that the ball remains in player's right hand during this step.

Repeat after 2 more dribbles.

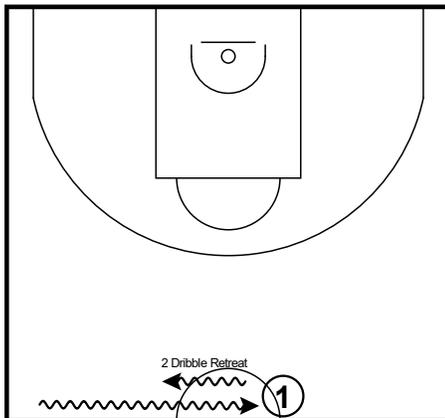
Chill Drill
Practice Drills



Come to a quick jump stop at half court line. Executes a spin dribble, keeping you left foot on the ground and making sure to reach (hook) with you right leg in order to beat the defender.

Pull the ball as you get the imaginary defender on his back, and then switches the ball to you left hand and dribble quickly to the centre.

Chill Drill
Practice Drills

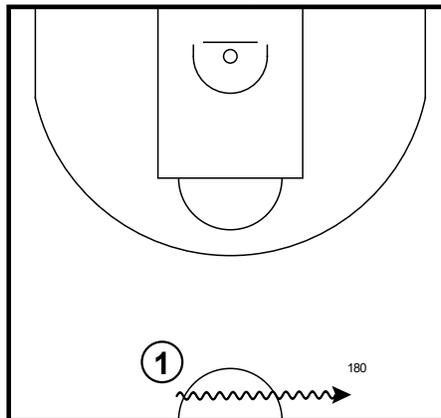


Once you get to the centre (jump circle) execute a 2 dribble retreat, you should pull the ball back beside your left knee staying low and make two low, quick retreat dribbles.

This retreat step helps create space against a trap or double team.

From there perform a quick, low crossover (left to right hand) and explode forward.

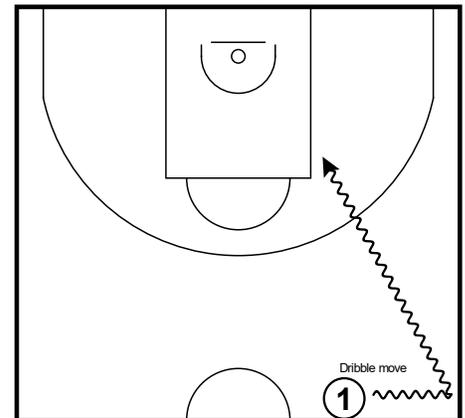
Chill Drill
Practice Drills



Take two dribbles and come to a quick jump stop. Execute a half-a-spin move, which is the counter move to the reverse or spin dribble.

Do this by pivoting 180 degrees on your left foot and pulling the ball until it is directly in front of his right foot. Then bounce the ball with force in front of your right foot when your back is to the defender. Then explode out by pivoting on his left foot.

Chill Drill
Practice Drills

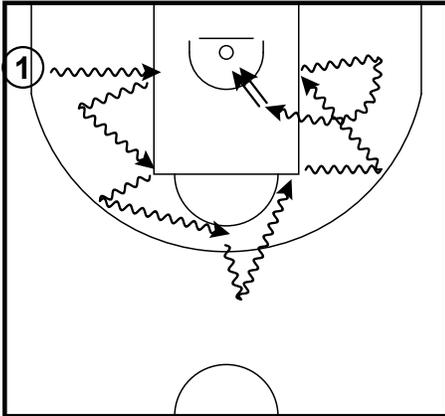


Plant your right foot where the sideline and execute a behind-the-back dribble going right to left hand, try to cover as much ground as possible by pushing off your right foot toward the elbow.

At the 3pt line execute a stutter-step to freeze the defender and make a quick, low crossover, (or between the legs), from left to his right hand. Then make on hard dribble to the basket for a jump shot or lay up.

Ball handling

5 Spot Attack
Practice Drills



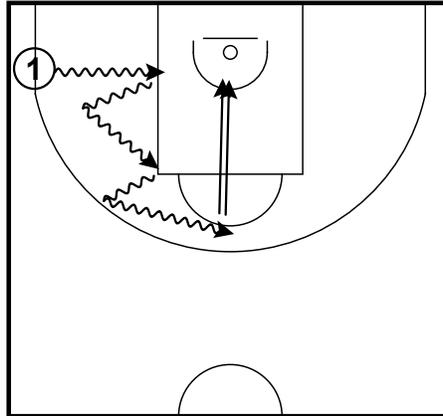
Start by driving left attacking the block, left hand 2 dribble retreat & quickly cross-over. Right hand drive to the elbow at elbow, right hand 2 dribble retreat. Right hand drive to the top of the key, right hand 2 dribble retreat. Right hand drive to the elbow, right hand 2 dribble retreat. Right hand drive to the block, right hand 2 dribble retreat, quick cross-over and finish at rim.

Mix up the finishes:

- Stronside
- Weakside
- Reverse
- Floater

Repeat both sides

5 Spot Attack
Practice Drills



Once you go through the lay-ups series a few times, add some jump-shots. Attack two spots and then dribble into 15 ft. jumpers.

(Mix in some dribble moves at last spot into a jumper).