

# HOOPS 101 DRILLS FOR SKILLS

## BALL-HANDLING ROUTINE

Each of these drills should be done for about 15-20 seconds each. There are 27 drills listed here, so you can finish these drills in 10-12 minutes. Get in a daily routine if possible. The best aspect of these ball-handling drills is that you don't need a basket. All you need is a ball and a true willingness to improve. These drills will make you better, but only if you make them a habit. The great thing is that you will be able to notice yourself improving in just weeks—not to mention that once you become proficient with these drills you'll always be able to put on a show for family and friends. It serves as a great warm-up as well when you get into the gym.

Phase 1: Ball Control	Phase 2: Standing Dribbles	Phase 3: Finishing touches
<ul style="list-style-type: none"> <li>• Wake-up Drill</li> <li>• Fingertip Dribble</li> <li>• Body circles (head, waist, feet)</li> <li>• Cork Screw (combo)</li> <li>• Leg circles (left, right)</li> <li>• Figure 8 (front &amp; back)</li> <li>• Quick Hands (one hands in front, one in back)</li> <li>• Quick Hands (Both in front)</li> <li>• Rhythm Dribble (Horse)</li> <li>• Flapjacks</li> </ul>	<ul style="list-style-type: none"> <li>• Dribble circles (left &amp; right)</li> <li>• Figure 8 Dribbles</li> <li>• In and out (left and right)</li> <li>• Yo-yo (back and forth at side of body)</li> <li>• Behind the back continuous</li> <li>• Hardaway Dribble (In &amp; out, between the legs, behind the back)</li> <li>• Spider Dribble</li> <li>• Walking Scissors Dribble</li> <li>• Stationary Scissors</li> </ul>	<ul style="list-style-type: none"> <li>• Machine Gun</li> <li>• Sewing Machine</li> <li>• Dribble Situps</li> <li>• Pistol (Put ball on neck with hands, clap and catch behind back before it hits the floor)</li> <li>• Walking Scissors No Dribble</li> <li>• Roll along arms</li> <li>• 2-Ball Dribbling Routine (see below)</li> <li>• Spin the ball on your finger</li> </ul>

## 2 BALL ROUTINE

**Players start with two balls on the baseline or wherever you have space.**

1. 2 balls at the same time standing in place
2. 2 balls at the same time jogging to half court and back
3. 2 balls alternate standing in place
4. 2 balls alternate jogging to half court and back
5. Zig Zag to half court and back in unison
6. Zig Zag Alternating Dribble
7. Backpedal to halfcourt and back
  - Advanced players can do the same routine with tennis balls instead of basketballs for an added challenge. Try it and see how you stack up. The smaller the ball, the more you have to focus on keeping your hand over the ball and using your fingertips to dribble.

## POINTS OF EMPHASIS:

1. Keep head and eyes up
2. Keep body and ball down and hand over the top of the ball
3. Keep elbow in and use fingertips to dribble