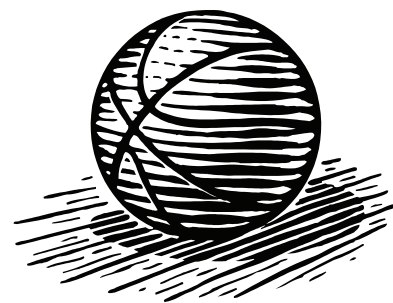


Name _____

FUNDAMENTALS

“ Ballhandling ”



Ballhandling Principles:
“glass of water on head”,
back straight, fingertips on ball,
hands soft, leopard stance

Crossover Dribble
Past Coach(es)

Slap & Squeeze (slams)
Patter Up & Down
Finger Tip Squeeze

Crossover Dribble
with back-out power
dribble, crossover,
direct drive to basket

Pendulum
Around the Body
Around the Legs
Figure 8 thru legs

Stop-Go Dribble
stop(power) go (speed)
Left/Right

Stationary Dribbling
Left/Right Low-High
V dribble-front, both sides
Around legs, figure eight

Hesitation Dribble
Left / Right Side
direct drive to basket

Control Dribble
Forward / Back
Left H/ Right H
Back and forth L/R,R/L

Two Ball Dribble
Low / High
Forward / backward

Power Dribble
Step-Slide Forward/Back
Left/Right then switch hands
Protect with back-head up

Two ball dribble
Alternate

Speed Dribble
Left / Right
Shoulder high-push out
in front

Dribble -other hand tennis ball
Throw up in air-catch
throw back & forth to
partner

Crossover Dribble
Thru chairs
V-cut footwork
push ball across body

Dribble games
Dribble Tag
Dribble Knockout
Shark tank