

Celina Lady Bulldogs Basketball

Ballhandling/Dribbling Drills

All MUST be done with your HEAD UP!

1. **Ball Slaps Drill** (back and forth between hands hard; get a feel for the ball)
2. **Back & Forth or Pull Back Dribbling Drill** (front & sides-one hand at a time, same as fake crossover, behind back-use 2 hands)
3. **Dribble Stops or Standing Dribbles** (from line to line; add crossover)
4. **Power Dribbling** (hard and intense; 10 seconds one hand, then other; repeat)
5. **Power Crossovers** (3-5 hard dribbles, then hard crossover, then other hand; repeat: add multiple crossovers later after hard dribbles)
6. **10-5 Repeats** (10 sec. power dribble, then 5 sec. soft dribble, then other hand: repeat)
7. **Speed Dribbles** (under control: breakdown at end lines)
8. **Zig Zag Dribbling** (crossover, between legs, behind back, spin)
9. **Dribble Between Legs While Walking / Jogging** (around gym)
10. **Two Ball Dribbling** (alternate, same time, crossover, behind back, between legs)
11. **Two Ball Power Dribbling** (ladders)
12. **Power Dribbling Sprints** (end line to end line)
13. **Retreat or Trap Dribbling** (dribble penetrate in, then back out)
14. **Dribbling Wars** (you versus everyone else: control your dribble and stop theirs)
15. **Kishwaukee** (attacking the basket with a stutter step, stop and go, fake crossover or pull Back dribble, crossover, spin or whirl, or any other dribble moves you can think of, as well as combination moves)

“Winners do what losers won’t”

“If you don’t have a handle, you can’t be a player!”