

SUMMER BALL-HANDLING WORK

TEACHING TIPS

EYES UP – A LOW DRIBBLE IS A FAST DRIBBLE – WORK AGAINST ANOTHER PERSON AS MUCH AS POSSIBLE

- ✓ **To increase ball speed** – practice lowering the height of your dribble; to lower the height of your dribble, lower the height of your shoulders and hips.
- ✓ **To change speeds** – practice changing the height of your dribble by changing the height of your shoulders and hips.
- ✓ **To increase your ability to beat defenders off the dribble** – practice using foot fakes, use jabs and scissor steps while dribbling to move defenders.
- ✓ **To increase reaction time** – practice with a partner, have them reach for the ball, and work on quickening your ability to move the ball cleanly from one hand to the other.

DRILL VIDEOS

[CREATIVITY](#)

[RHYTHM AND CHANGING SPEED](#)

[CHANGING SPEED AND CHANGING HEIGHT](#)

[BASIC STATIONARY](#)

DRIBBLE MOVES

[IN-OUT DRIBBLE](#)

[JAB STEP CROSSOVER](#)

[GLIDE DRIBBLE](#)

[DRAG STEP](#)

[CHANGING DIRECTION MOVES](#)