



Ball handling and individual offense Drills



Ball Handling

Maravich Series

- **1. Tipping:** Hold ball overhead with elbows extended up as high as possible. Tip ball back and forth on fingertips.
- **2. Wraparound:** The player passes the ball around waist, going 10 times in each direction.
- **3. Combo Wraparound:** The player combines waist and neck and leg wraparounds, trying to move the ball quickly while maintaining control.
- **4. Figure 8:** The player passes the ball in a figure 8 motion between legs, working up to the highest speed possible. Player goes 10 repetitions forward and backward.
- **5. Cradle:** Parallel Stance. The ball is held between legs with one hand in front and the other hand in rear. Player switches the positions of hands quickly so the ball stays in the same place.
- **6. Crab Run:** Player bends over and does figure 8 while running up the court.
- **7. In-Place Dribble:** Player stands in one place and dribbles in a figure 8 movement between legs. The player should keep the ball low, head up and concentrate on ball control with fingertips.
- **8. Machine Gun Dribble:** The player pounds the ball low in a "patter" dribble motion, alternating left and right hands, trying to dribble as low to the ground as possible and keeping the ball on the fingertips.

Dribble Moves

- **1. Speed Dribble:** Players dribbles up court as fast as possible with left hand and returns with right hand, concentrating on pushing the ball out in front and keeping head up.
- **2. Crossover Dribble:** Player changes direction with crossover dribble, protecting ball with off arm and body, and keeping ball at knee level or lower.
- **3. Inside-Out Dribble:** Using left hand, player dribbles hard and plants right foot as if to initiate a crossover dribble, but continue to dribble with left hand. This "fake" crossover forces the defense to shift its weight to respect the dribble fake, while the offensive player goes the same direction. Use left hand up and right hand back in full court.
- **4. Spin Dribble:** Player changes direction with reverse drop step, pulling dribble back while spinning to change direction. Ball must be kept low and protected from defense.
- **5. Behind-The-Back Dribble:** Player changes direction while wrapping the ball around the back of legs. Ball must be kept low to maintain control.
- **6. Stutter-Step:** All of these skills can be enhanced by using the "stutter step" dribble. Player uses short, choppy steps, "chattering" shoes on the court while executing the various dribbling skills previously described.



- **7. Between the Legs:** Come to jump stop splitting your legs and bounce the ball between your legs while changing direction.
- **8. Two Ball Stationary:** Start with 2 balls at same speed. Switch to alternating the 2 ball dribble. Next dribble one ball high, one ball low. Remember to keep your head up and be in athletic stance.
- **9. Two Ball on the Move:** Same drills as above but at full speed.

Individual Offense

V cut & Get Open/ Catch & Square

- **Jab Step and Crossover Drill:**
 - The offensive player will perform a V-cut to get open.
 - The player starts on the wing and will make a cut toward the low block on that side of the lane.
 - If on the right side of the court, as in the diagram, he or she will plant the right foot and then pivot back up the lane toward the passer.
 - When he or she comes toward the ball, the player shall give an outside hand (or both hands) as a target for the passer.
 - When receiving the pass, he or she will make sure to establish the proper pivot foot, which should be the inside foot to the basket.
 - If pivoting on the inside foot, the shooter will be able to square up more quickly and go straight to the basket ahead of the defender.
 - In this drill, after he or she squares up, the following moves are to be worked on as stated in the **Jab Series**.

Jab Series

- 1. Throw jab step right at defensive player. Extend step and drive to hoop for lay-up.
- 2. Throw jab step at the defensive player and shoot directly off the jab step.
- 3. Throw jab step at the defensive player and then take one hard dribble right past defender, square up, and shoot jump shot.
- 4. Throw jab step at the defensive player, cross over with the jab foot, and drive to the hoop for a lay-up.
- 5. Throw jab step at the defensive player, cross over with the jab foot for one hard dribble, square up to basket, and shoot jump shot.

Post/Live

- **1. Mikán Drill:** Continuous step-hooks with each hand. Right hand hook, left hand hook, continued.

- **2. McHale Tip Drill:** Throw the ball on the board, tip with your right hand in the basket. Then use a left-handed tip. Work up to five or six tips with each hand.