

YouthFirst

The Sports Education and Leadership
Program at UNLV

Parents Learning About Youth Sports

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Special points of interest:

- The importance of ball handling
- Practicing dribbling can help your teams defense.

Ball Handling

Most of this issue will deal with ball handling. Players must have ball handling skills, in order to be effective as a team. Its true that defense wins game but you can't win if your team can't bring the ball up court. Before starting this drill, have your

players run about two laps around the court. This will not only loosen up their muscles but speed up their heart rate as well.

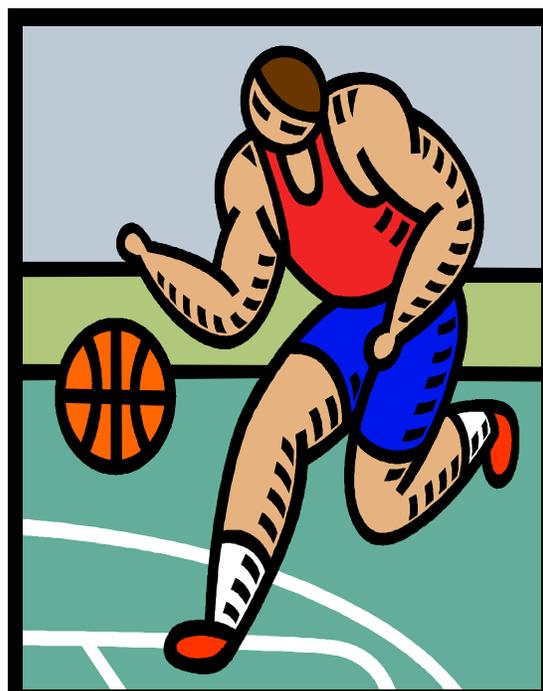
The first drill is a very simple. Make sure all your players have a basketball, and have them run around the court freely, to observe their dribbling skills.

Advance dribbling drills cont.

After 3 to 5 minutes have them all line at the baseline (single file line). Set up drill lines so players can continue to dribble up and down the court lines. Observe their skills and provide positive feedback with good constructive responses. Select those that need a bit more fine-tuning and spend time with them. Have players switch hands and continue dribbling up and down the court lines using the other hand. Then have them switch back and forth with their hands as they dribble up and down the lines. Provide cues such as remembering to lower waist and bend at the knees. Emphasize rhythm and keeping the dribble to a set beat of their own design.

More advanced drills.

This drill not only helps your players become better dribblers, but introduces defensive skills. Divide the court in half lengthwise. Make up groups of



three players to do the drill. You should have two groups going at a time. One on each half of the court. Then give a ball to each group. One player on each group is on offense and the other two are on defense. Make sure you pay close attention to your players because you don't want anyone getting hurt on the court.

Advance dribbling drills cont.

This next drill requires cones. This drill is effective if your players are good dribblers. This is a combination of a crossover and a spin dribble. Dribble hard to the first cone and as you approach the cone, plant your outside foot and change direction using a low crossover dribble. It is easily taught when the spin is done with the ball in the right hand, which is the dominating/ strong hand of most of the players. Start your dribble with your left hand, do a crossover with your left hand and a spin dribble with your right. Continue at every cone then finish it with a lay-up shot. As payers get more advanced they are going to want to learn to do these drills. Its important that you as a coach teach them in a simple and easy to learn way. If your player doesn't grasp the idea of the drill, discontinue this drill and start with another.

