

BALL HANDLING (BALL CONTROL, STATIONARY DRIBBLE, MOVEMENT WHILE DRIBBLE)

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Theme

PRACTICE GOALS:

1. BALL HANDLE
2. DRIBBLE
3. FUNDAMENTAL MOVEMENT SKILLS
4. AGILITY, COORDINATION
5. HOW TO GET OPEN

Min

PrePractice

- Stationary ball handling (ball control, coordination drills with stationary dribble...).
- Dynamic stretching drills.

Min

Practice - Main part

BLOCK 1

- Dribble around the circles

DIAGRAM 1

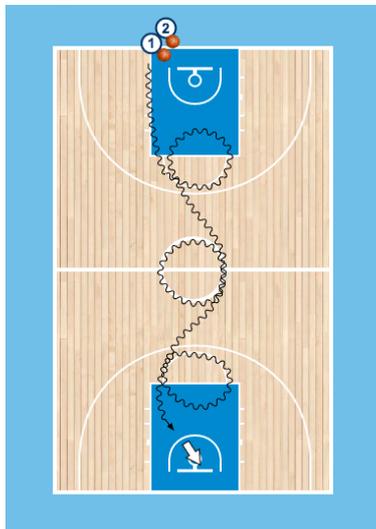
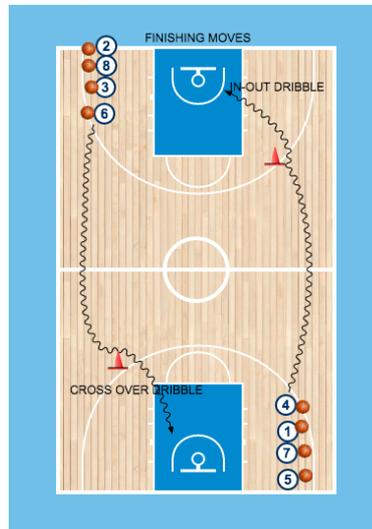


DIAGRAM 2



- Dribble and cut drills

DIAGRAM 3

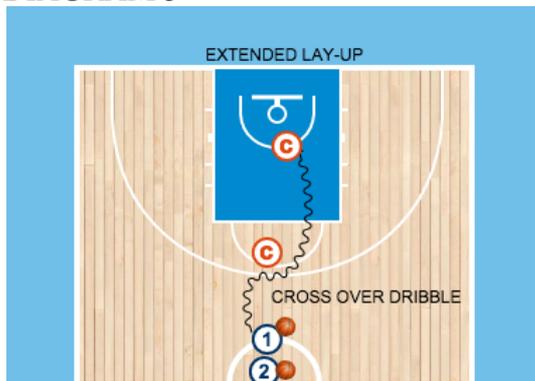


DIAGRAM 4

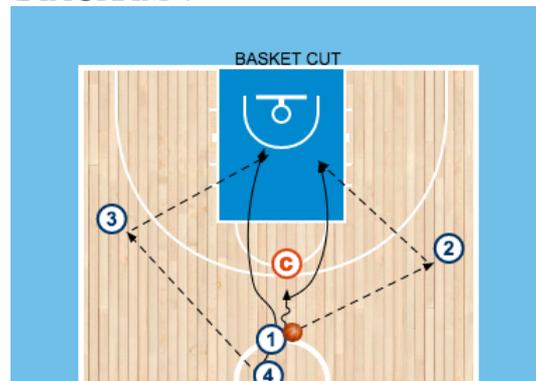


DIAGRAM 5

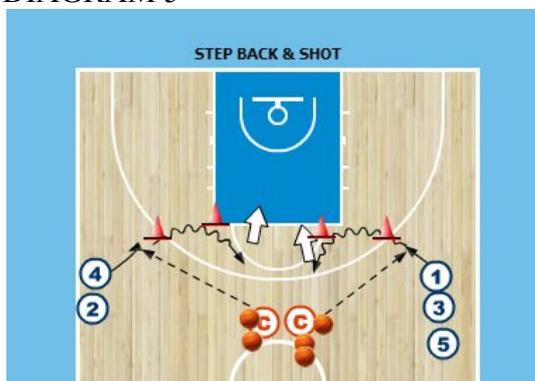
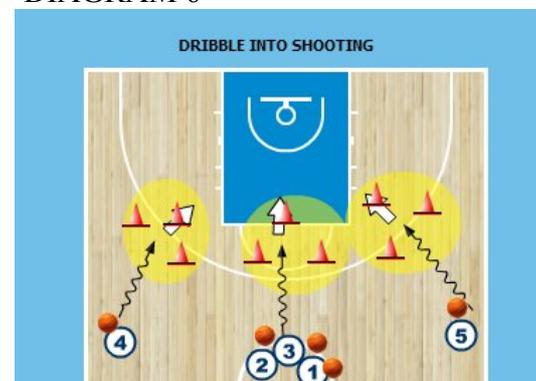


DIAGRAM 6



- Intensity lay-ups (no dribble, one dribble, catch & shot, back pedal)
- Trailer lay-ups

DIAGRAM 7

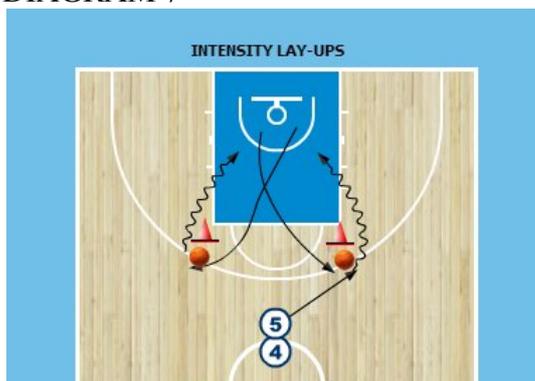
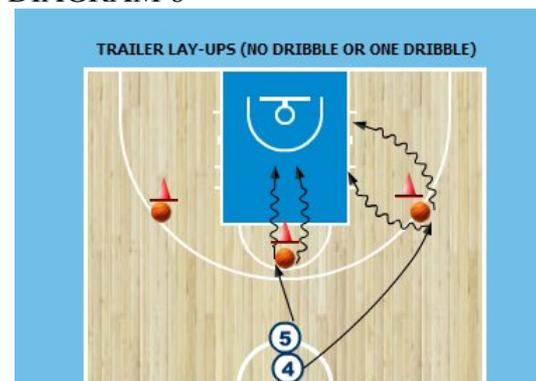


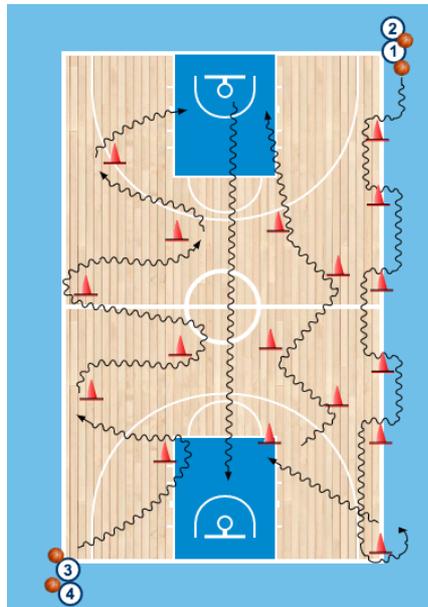
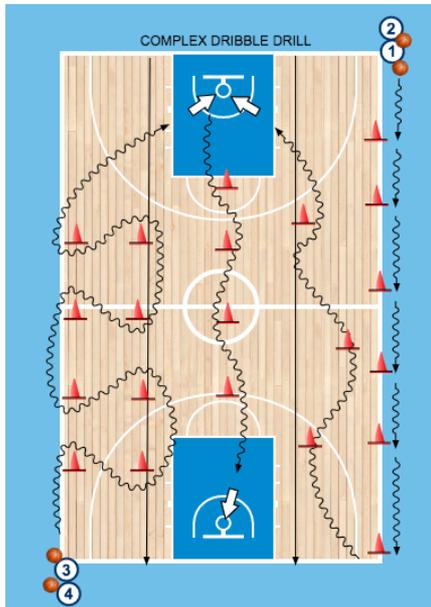
DIAGRAM 8



- Complex dribble drills

DIAGRAM 9

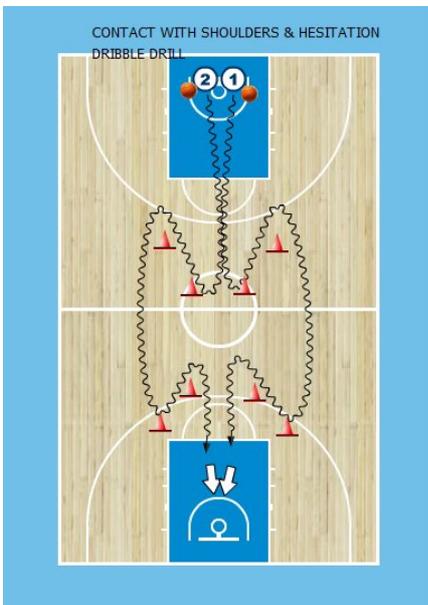
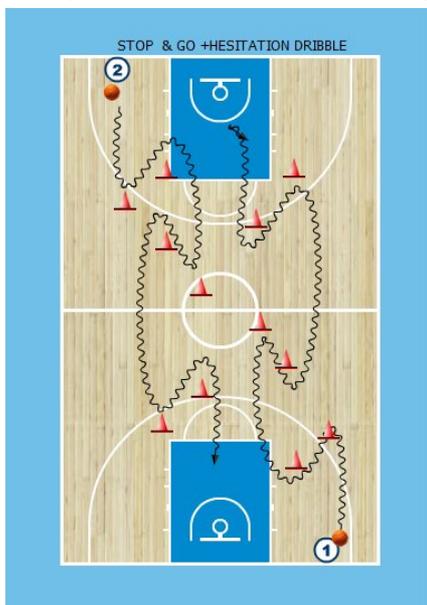
DIAGRAM 10



- Hesitation dribble drills

DIAGRAM 11

DIAGRAM 12



- Dribble and injury prevention drills

DIAGRAM 13

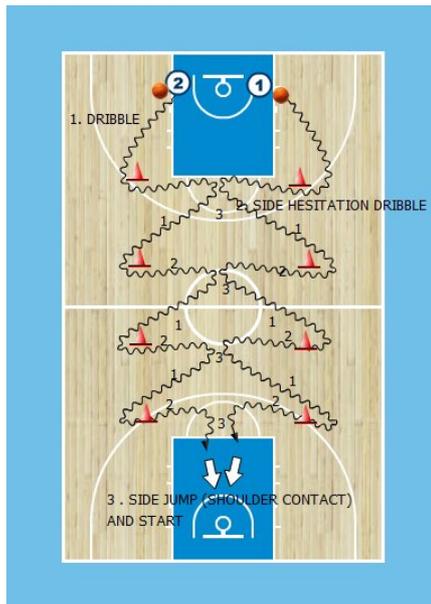
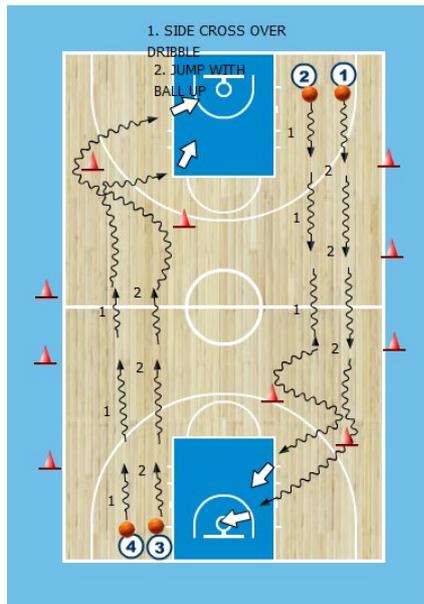


DIAGRAM 14



- Two guards collaboration: drive & kick series

DIAGRAM 15

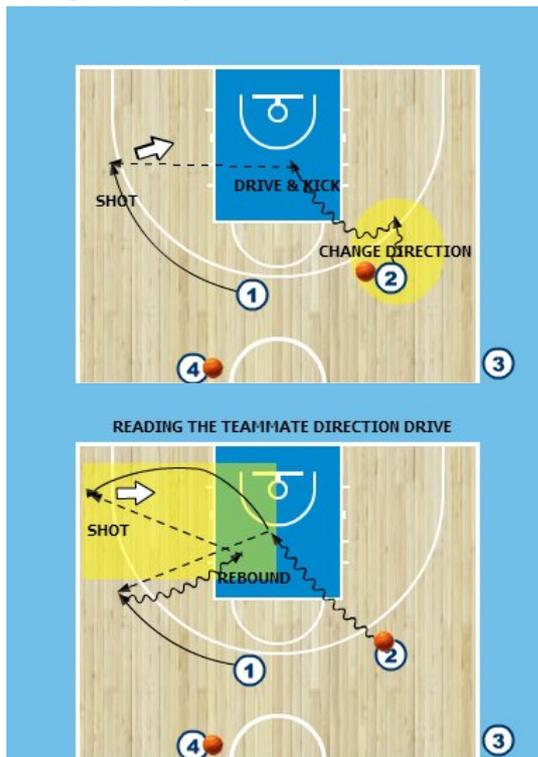
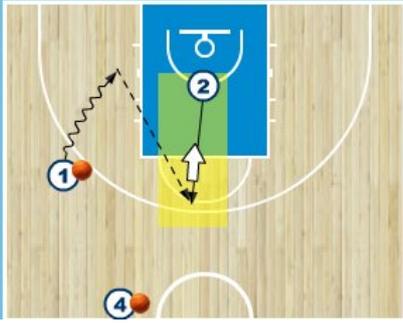


DIAGRAM 16

DIAGRAM 17

DIAGRAM 18

BASE LINE DRIVE-SLIDE UP



MIDDLE DRIVE GO TO THE CORNER

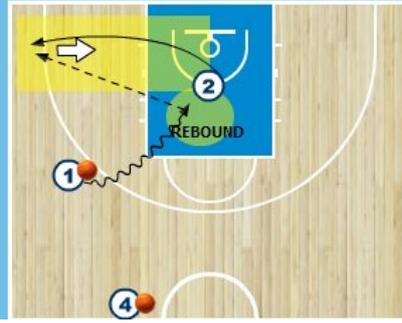


DIAGRAM 19

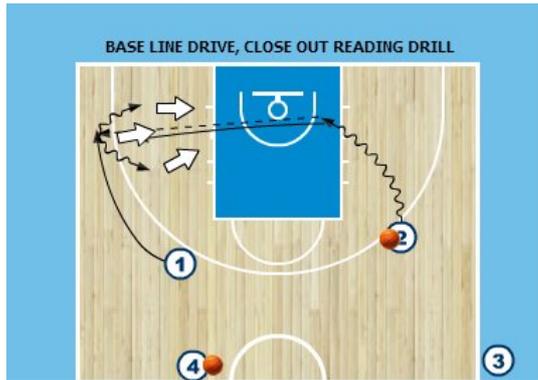
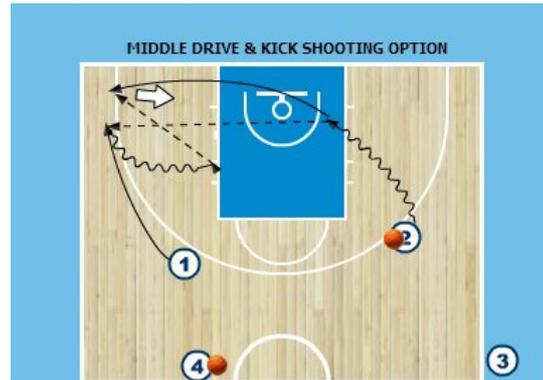


DIAGRAM 20



Min

Practice - Final part

- Free throws
- Static stretching