

# **BALL-HANDLING DRILLS**

**2-Ball Drills - move at least 45 feet for each drill.**

## Simultaneous Dribbling >

- 1) Knee level
- 2) Waist level
- 3) High dribbles - shoulder height
- 4) Baby dribbles - 1" from the floor
- 5) Knee level moving backwards
- 6) Waist level moving backwards
- 7) Baby dribbles moving backwards
- 8) Two dribbles forwards - crossover the basketballs (repeat)
- 9) Two dribbles forwards - hesitate - two dribbles forwards (repeat)
- 10) Two dribbles forwards - one between the legs - one crosses over (repeat)
- 11) Two dribbles forwards - one behind the back - one crosses over (repeat)
- 12) Lateral slide while dribbling basketballs knee level (both directions)

## Alternating Dribbling >

- 1) Knee level
- 2) Waist level
- 3) High dribbles - above the waist
- 4) Baby dribbles - lower the better
- 5) Knee level moving backwards
- 6) Waist level moving backwards
- 7) Baby dribbles moving backwards
- 8) Speed dribble - below the waist with hands moving as fast as possible
- 9) Wide dribbles - knee level and both hands out to the side of the body
- 10) Changing level of the dribbles - move the basketballs up above the waist and then back down below the knees (keep repeating)
- 11) Four dribbles forwards - hesitate - four dribbles forwards (repeat)
- 12) Four dribbles forwards - two dribbles back - four dribbles forwards (repeat)

For more information on **MDB**  Programs please call... **952/346-8866**

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