



Youth Basketball Coaching Handbook

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Code of Conduct

All coaches are expected to abide by reasonable standards while volunteering for the Northbrook Park District. Coaches must abide by all policies and guidelines listed in this handbook. Coaches are subject to disciplinary actions or dismissal for failing to abide by all policies and guidelines listed in the handbook.

Officials will be instructed and given the authority to ask players, coaches or spectators to leave the park or facility in the event of any conduct violations. There will be no warnings. Failure to comply with officials' or staff members' requests may result in cancellation of games.

Conduct Guidelines:

- 1) Verbal or physical intimidation of any individual is prohibited. This includes, but is not limited to, all players, spectators, Northbrook Park District staff members and other coaches.
- 2) **Foul language is strictly prohibited.**
- 3) **ZERO TOLERANCE POLICY**

Coaches Code of Ethics Pledge

I will place the emotional and physical well-being of my players ahead of any personal desire to win.

I will remember to treat each player as an individual, remembering the large spread of emotional and physical development for each age group.

I will do my very best to provide a safe playing situation for my players.

I promise to review and practice the necessary first-aid principles needed to treat injuries of my players.

I will do my best to organize practices that are fun and challenging for my players.

I will lead, by example, in demonstrating fair play and sportsmanship to all my players.

I will insure that I am knowledgeable in the rules of each sport that I coach, and that I will teach these rules to my players.

I will use those coaching techniques appropriate for each of the skills that I teach.

I will remember that I am a youth coach and that the game is for children and not adults.

Team Formation

All teams will be formed according to the following guidelines and restrictions:

1. All participants will register for the program according to grade and school.
2. Reciprocal friendship requests are accepted but must be submitted prior to the early bird registration deadline. Friendship requests may not be granted if registered or submitted after the deadline.
3. All participants who register prior to the registration deadline will be placed on the appropriate team.
4. Coaches are not allowed to send in a roster of players whom they wish to coach or be part of their team.
5. In the event a school's registration is too large or insufficient to form one school team, the following criteria will be used:
 - a. For schools with insufficient registration, children will be paired with others from additional schools in order to form a full team. Schools that are combined are at the discretion of the Park District.
 - b. For schools with large registration numbers, children will be split as evenly as possible into two or more groups and combined with other schools.
6. Teams will be selected within one week of the early bird registration deadline. Every effort will be made to form **full** teams after the deadline.
7. In the event a team is not full, children on the waiting list will be placed on the particular team with no consideration of school or geographic location.
8. If a child is offered the opportunity to be moved from the waiting list to a formed team and refused the offer, the child will be placed at the end of the waiting list, and the next child in line will be given the identical offer.
9. Under no circumstances will friendship requests be accepted or granted.
10. **Under no circumstances will children be switched from one team to another unless a documented error in registration has occurred.**
11. Rosters will be made available to team coaches after they are formed.

Switching Players

Once team rosters are established by the Northbrook Park District, **they will not be changed.** Coaches are required to abide to the following guidelines:

1. Coaches may not ask another coach permission to switch rostered players.
2. Coaches may not offer a child or parent of a child on **(a)** another team **(b)** on the waiting list, or **(c)** a non-registered player the opportunity to switch to his/her team to the Leisure Services Supervisor responsible for the youth athletic league.
3. Coaches should direct **all** calls from players or parents who desire to switch or join teams to the Recreation Supervisor responsible for the youth athletic league
4. Under no circumstance should a coach offer or insinuate agreement or desire to allow a child on his/her roster.

Coaches who do not abide by **all** of the above guidelines will be dismissed as volunteer coaches indefinitely. Any alleged violation will be investigated. If a coach is found to be in violation of even one small violation, that coach may be removed immediately.

Pre-Season Meeting

After teams are assigned, schedule a team meeting with parents and players.

Suggested agenda:

- Introductions
- Coaching/Team management help
- Snack List
- Expectations for players and parents

Goals for the season:

- Have fun
- Learn new skills
- Sportsmanship
- Meet new friends
- Do your best

Talking about your goals with parents and players can set the right tone for the season.

Games and Practices

Coaches are asked to attend all games and practices scheduled for them. Coaches are responsible for scheduling and conducting at least one practice per week. If a coach is unable to attend a game or practice, a competent substitute must be secured.

Plan your practices. The more time you spend planning, the more that can be accomplished. Write down what you will do. Remember your goal is to keep all players active.

Make them fun. Try to do different drills to involve everyone. Try not to have players standing around – keep everyone involved and as active as possible. Talk to other coaches about their practices. Discuss problems or concerns you are experiencing. Other coaches may have helpful ideas and solutions.

Start and end on time. This is very important to parents. Even if you think “Just five more minutes and I’ll be done,” don’t. Your good graces with parents are more important than those five minutes.

Do not have too many practices. Remember the age you are coaching. We expect parents will have other activities planned. Recreation activities are to complement to other activities, not compete with them.

Keep an attendance record. If a player misses without notification, try to contact the parent to find out the reason. This serves a two-fold purpose. First, maybe the parents thought the child was, in fact, at practice. Second, you should expect a reason for missing. Remember, do not punish the child if it is the parent’s fault he/she missed practice. Try to work out a way to get the player to practice. Practice attendance should be noted and applied to playing time. A pre-season meeting should help this problem.

Ensure all players have a way home. Never leave anyone at practice waiting for a ride. Know how your players will get home. Don’t make yourself the taxi. Once you start, you’ll be the taxi for the entire season.

Ensure water is available. Encourage players to bring their own water bottles. A large cooler with cups is another option.

Time Limits

All games in the Park District in-house programs will have time limits. Time limits serve two purposes. First, they provide a timely procedure for proper scheduling. People arrive to play or watch a game, expecting it to start at a designated time. The proper starting of the game should be a feature of a well-run program. Second, players should learn that hustle and focus on the game are important lessons.

Treatment of Officials

The officials for our in-house programs will be, for the most part, the youth of our community or assigned referee’s. It is a very difficult job. Please understand that our youth are trying to do the best they can. The Park District is offering training and supervision in an attempt to improve our officials. Our assigned referees are trained professionals whom we trust to make the right call during games. We ask coaches to conduct themselves in a manner that will not bring discredit to the officials or to themselves. If you have constructive criticism about an official, please find an

opportune time to contact the Recreation Supervisor in charge of the league. Working together, we can strive to bring officiating to an acceptable level.

Expectations of Parents

1. Stress timeliness for games and practices. You are donating your time and should expect parents and players to be on time. Do not set unrealistic pre-game times. For most leagues, 15 minutes before a game should allow enough warm-ups. Stress to parents the need to pick up players on time after practices. Do not get into the habit of running players home. Parents have responsibility for their children.
2. Talk about times and locations of practice with the parents.
3. Discuss the role or need for a team manager. Roles a team manager could fulfill:

Create a calling tree or similar method to notify players and parents of practice changes or game reschedules. Coaches should not be expected to have to call everyone.

Distribute a list of all phone numbers, and have a number where you can be reached during the day and at night.

Assist players on and off the field.

Handle first aid and player injuries.

Expectations of the Players

1. Stress importance of timeliness for games and practices.
2. Instill in players their responsibility to notify you if they will miss a practice or game.
3. Each player should have a water bottle.
4. Players' names should be on water bottles and equipment.

Parent and Player Expectations of the Coach

1. Safety. Coach will carry a first aid kit at all times. All coaches will pass CDC concussion training program. Coaches will promote an anti-bullying environment.
2. Timeliness. Start and end practices on time. Do not try to take another 10 minutes. Parents expect practices to be finished at a certain time. Respect that. Try not to get into the habit of waiting for more players. Respect and reward those who arrive on time by starting on time.
3. Fairness. Northbrook Park District has requirements for participation. All coaches must adhere to these requirements.

4. Fun. Try to make practices a learning experience as well as fun for the players. Try to keep all involved and allow them to try different positions. Ask parents to help at practices. Give them a definite assignment, and let them help.
5. Do not forget **your** family. Your coaching assignment will take a lot of your time. Save time for your family. Balance is the key.

Medical Information

1. Talk to parents about any medical problems their children may have. Know what to do in an emergency.
2. Explain what you will do in the event of an accident.

This is just a small list of possible discussion items. The key is information. The more information and understanding of the rules and expectations you share with players and parents, the more enjoyable your season will be. Remember that you are not alone in this coaching effort, you are not a professional coach, and you should not be expected to have all of the answers.

Season Wrap-Up

Plan a team party.

Early in the season, establish a date, time and place, if possible, for the end-of-season celebration. Let the team manager get involved and plan it. Use team parents and resources in the community.

End-of-Season Surveys

Please encourage parents to fill out program surveys. We take these seriously and use them in our planning for the next season. A link to the surveys is sent via email during the final week of the season.

Equipment Return

To help with inventory and insure that equipment is cleaned and properly stored, please return the equipment as soon as possible to the Northbrook Sports Center, 1730 Pfingsten Road, unless Recreation Supervisor notifies coaches of alternative location. It is essential that coaches turn in all equipment at the completion of the season to insure that enough practice equipment is available for next year's programs.

Volunteer Coaches' Credit

At the end of each season, coaches will be given a \$50 coaches credit for Fall and \$75 for Winter to their Park District account for volunteering as a youth league coach. In order to receive this credit, the following stipulations must be met.

1. Provide certificate of completion for Center for Disease Control's Concussion in Youth Sports program
2. Coaches must have attended more than 75% of games and practices
3. The equipment bag must be returned

No more than two coaches per team can receive credit.

Individuals who have been removed from coaching duties are not eligible for coaching credit. If you prefer to give the coaches' credit to another coach, please notify us prior to the last game of the season.

Severe Weather Protocol

The Northbrook Park District has two lightning warning systems within the District. One is located at Heritage Oaks Golf Club with ancillary units at West Park and Wood Oaks Green Park. The other unit is located at Village Green with ancillary units in Meadowhill Park and Techny Prairie Park & Fields as listed below.

Strike Guard-West

Horn and strobe light locations

Heritage Oaks Golf Club:

- horn/strobe light located on the golf clubhouse (sensor on golf maintenance building)
- on the pumphouse near 17th hole
- #5 green/#11 tee on the 18-hole course
- pumphouse on the Legacy-9 course

West Park:

- horn/strobe light located on the Sports Center RTU (NE corner),
- solar strobe light on light pole in west parking lot
- light pole along pathway by ballfields and storage shed in center of West Park

Wood Oaks: horn/strobe light located on the south end of the tennis building in the middle of the park

Strike Guard-East

Horn and strobe light locations

Village Green:

- horn/strobe light located on top of the Village Green Center
- strobe light on the scoreboard at the ballfield
- strobe light on a light post next to the playground

Techny Prairie Park and Fields:

- horn/strobe light located on a post next to Techny Prairie Center
- horn/strobe light located on the warming shelter building by the sled hill
- strobe light on the batting cage control building
- strobe light on a pole on the golf course

Meadowhill Park:

- horn/strobe light located on top of the Chalet next to the Velodrome
- strobe light at Meadowhill Aquatic Center
- strobe light at ballfield #2 in Meadowhill Park

The siren will sound a waivering noise for 15-seconds and the strobe will go off after the Strike Guard system determines conditions are safe. Activities may resume only after the all clear siren and strobe turns off.

Be vigilant in monitoring threatening weather and always err on the side of caution.

Seek shelter immediately if:

- You hear one long siren.
- You hear thunder (regardless of siren).
- You see lightning (regardless of siren).

Avoid open areas, water, tall trees, metal fences, overhead wires, power lines, elevated ground, golf carts, mowers, cellular phones and radios.

30/30 Lightning Safety Rule:

Go indoors if, after seeing lightning, you cannot count to 30 before hearing thunder. Stay indoors for 30 minutes after hearing the last clap of thunder.

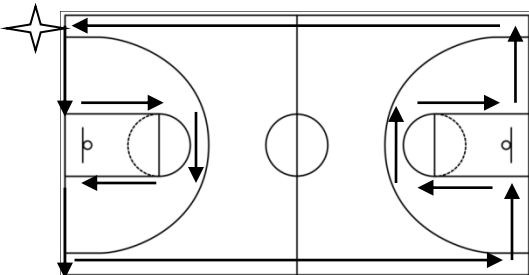
The Northbrook Park District strives to provide a safe environment for participation in all activities.

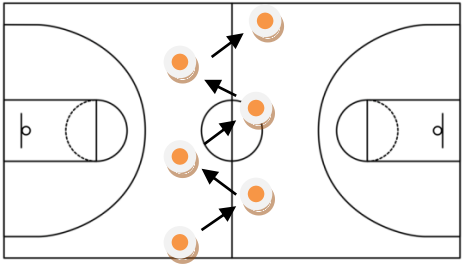
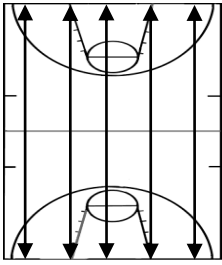
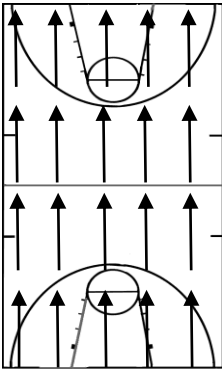
What to Do During a Thunderstorm

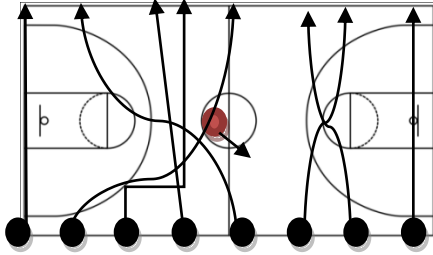
If you are:	Then:
In an open area	Go to a low place such as a ravine or valley. Be alert for flash floods.
Anywhere you feel your hair stand on end (which indicates that lightning is about to strike)	Squat low to the ground on the balls of your feet. Place your hands over your ears and your head between your knees. Make yourself the smallest target possible and minimize your contact it the ground. DO NOT lie flat on the ground.
Park District Facilities	
Greenfield Park	Return to your vehicle

Indian Ridge Park	Seek shelter in the Leisure Center or return to your vehicle
Meadowhill Park	Seek shelter in the Chalet, MAC locker rooms, depending on which is closest. If not open, return to your vehicle.
Stonegate Park	Return to your vehicle
Techny Prairie Park and Fields	Seek shelter in the Techny Prairie Center golf area, Techny Prairie Activity Center, restrooms or the Shelter Restroom facilities at the bottom of the sled hill
Tower Rink	Return to your vehicle
Village Green	Seek shelter in Village Green Center or Pavilion restrooms. DO NOT seek shelter in the gazebo. If not open, return to your vehicle
Velodrome	Seek shelter in the Chalet. If not open, return to your vehicle.
Wescott Park	Return to your vehicle
West Park	Seek shelter in the Sport Center. If not open, return to your vehicle.
Williamsburg Square Park	Return to your vehicle
Wood Oaks Green	Seek shelter in the tennis building. If not open, return to your vehicle.

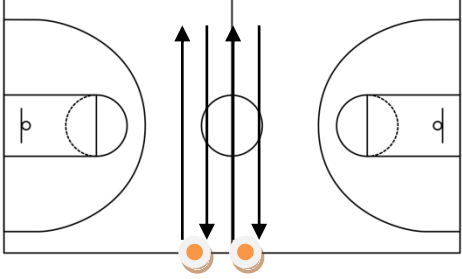
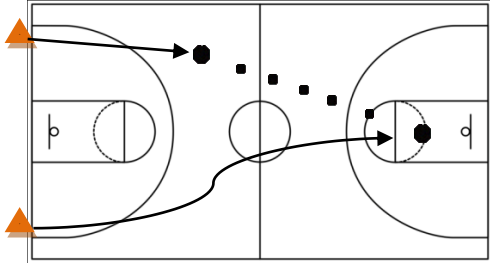
Dribbling Drills/Games

Game/Drill Name	Description
Dribbling the Lines	<ul style="list-style-type: none"> The dribbler begins in the left corner of the court and dribbles along the lines, following the pattern in the diagram. Encourage players to stay low and to keep their head up. Players should make their cuts at the corners and around the keys sharp and precise while maintain ball control. 
Zig Zags	<ul style="list-style-type: none"> Set up cones in a "Z" formation. Have players first dribble switching as

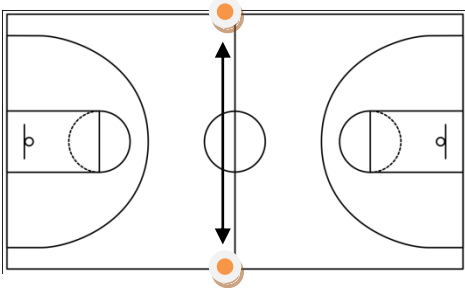
	<p>if they are dribbling to protect the ball from a defender.</p> <ul style="list-style-type: none"> • Place defender(s) behind various cones to attempt to take the ball away. • Players can also switch hands behind their back if the skill has been taught. 
<p>Walk & Run</p>	<ul style="list-style-type: none"> • Players form even lines at one of the baselines. • On the coach's command, the first player in each line begins walking down the court dribbling with their right hand. • After all players have gone, repeat the drill going back down the court with the left hand. • Repeat the drill jogging and running. 
<p>Stop & Go</p>	<ul style="list-style-type: none"> • Form lines like in Walk and Run (on one baseline). • On the coaches command, players will dribble quickly to a spot on the floor, stop and then dribble quickly to the next spot. • Go up the court using one hand and back using the other. 
<p>King of the Court</p>	<ul style="list-style-type: none"> • Have players spread across half of the court.

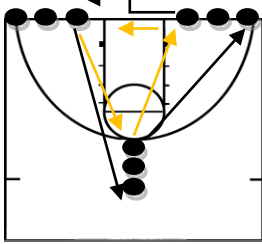
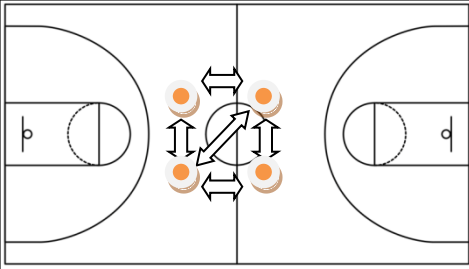
	<ul style="list-style-type: none"> • Players should begin dribbling and while doing so should try to knock the ball away from the other players. • If a player loses control of the basketball or another player touches their basketball, the player is then eliminated from the game. • Players are also eliminated if they travel or double dribble. • When eliminated, players should go to the other half of the court and work on ball handling drills. • As players are eliminated or a certain amount of time passes, make the boundaries smaller.
<p>Sharks and Minnows:</p>	<ul style="list-style-type: none"> • Have players take a ball and line up along the sideline. • Choose two or three “sharks” and station them around midcourt. • Have the sharks put away their balls as they will defend against the “minnows.” • The sharks must try to stop the “minnows” by stealing their ball. • If a shark steals the ball, the minnow becomes a shark and now tries to steal the ball from the remaining minnows. • If fouled the minnow gets a free pass. • Once a minnow reaches the opposite side they may return to the original side immediately or rest for up to 20 seconds. • The game is played until all minnows have become sharks. 
<p>Blinking Game</p>	<ul style="list-style-type: none"> • Have players find a partner. • Both players dribble while maintaining eye contact with their partner. • If a player loses control, blinks, or looks away they must begin again; that player’s partner scores a point. • Do this for a set amount of time and have players find new partners. • If players are extremely successful with this drill, challenge them by having them move while playing.
<p>Down & Backs</p>	<ul style="list-style-type: none"> • Divide teams up so there are a maximum of three players behind each cone. • Players will dribble down using one hand, go around the cone at the opposite end of the gym (approximately 50 feet apart) then switch hands coming back.



	
<p>Wild Ball</p>	<ul style="list-style-type: none"> • Make two lines behind one baseline facing the far basket. • Players will look forward (not at coach), the coach will either throw, roll, or high bounce a ball into play. • Once the ball is put into play, both players will run out to play the ball. • The player closest to the ball will retrieve the ball to keep it in play while the other player becomes an outlet pass. • The player closest to where the ball is put into play will be the passer while the other player will be the shooter. • Have players rotate lines after each turn. 

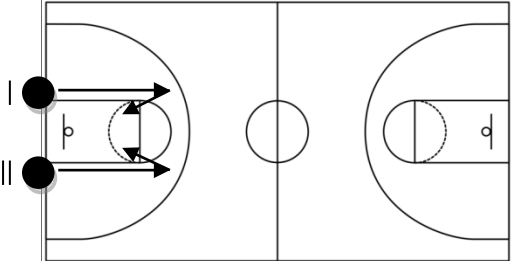
Passing Drills/Games

Game/Drill Name	Description
Shuffle Drill	<ul style="list-style-type: none"> • Have players find a partner and have them face each other along the half court line • On the coach's command, one group of partners will shuffle working on chest and bounce passes all the way to the far sideline and back • Make sure players are not crossing their feet while shuffling and passing the ball to their partners chest • To make the drill more difficult, increase the pace. 
Rapid Fire	<ul style="list-style-type: none"> • Have players line up about two feet from a solid wall. • On the coach's command, players will begin passing at the wall and stepping back two feet after each pass. • Once players have passed five times stepping back, they should repeat the process stepping forward. • This cycle continues until all players have completed a total of twenty passes. • This drill can start with a basic chest passes and later incorporating overhead passes and bounce passes as you wish.
Two Player Rapid Fire	<ul style="list-style-type: none"> • Have players partner up and stand facing each other about ten feet apart. • Begin by working on chest passing. Have players step into the pass and perform a crisp pass into the chest of the receiver. • The receiver should provide the passer with a target by placing their open hands at chest level.
Group Wall Pass	<ul style="list-style-type: none"> • Divide your team into 8 to 10 players per group. • Each group will need just one ball. The group stands in a line (front to back) at a distance of about 8 feet. • The front partner executes a chest pass to the wall and immediately slides to the side and goes to the end of the line. • The next person in line receives the pass off the wall and returns a chest pass to the wall, also sliding to the side and heads to the back of the line. • The groups goal is to try to get into a rhythm of sliding to the side and back again, circling one another while keeping the ball in motion.

<p>Triangle Passing</p>	<ul style="list-style-type: none"> • Form even passing lanes, one player at the top of the key, one in the right short corner and one in the left short corner. • The ball begins at the top of the key. The player with the ball then passes to the right. • The receiver steps out to receive the pass and passes to the next station in the same direction. • After players make their pass, they sprint (no walking) to the next line in the same direction as the ball, following their pass. • After a few times through, alternate between chest passes, bounce passes, and overhead passes. 
<p>Monkey in the Middle</p>	<ul style="list-style-type: none"> • Setup 4 cones in a square. • One player must be a defender in the middle while the other three each are at an open cone, only one cone should be open. • The defender “monkey in the middle” is attempting to steal the pass or create a bad pass while the other offensive players are working on passing the ball. • Offensive players should be moving to get open by utilizing the open cone. <p>Progression: Place two defenders in the middle as defenders. One defender is guarding the person with the ball while the second defender is in the middle looking to intercept a pass and be ready to guard the next person who receives the pass.</p> 

Shooting Drills/Games

<p>Basketball Roulette</p>	<ul style="list-style-type: none"> • Divide players into even teams and place poly spots around one half of the gym. • On the coach’s command, players race to collect poly spots on shots
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	<p>that are made and bring them back to their team.</p> <ul style="list-style-type: none"> • Play continues until all the spots are gone or the allotted time has expired. • At the end of a round have each team count the total number of spots they collected. The team with the most spots wins the round.
<p>In-Ins & Outs</p>	<ul style="list-style-type: none"> • Divide players into two even groups and create two lines starting at the baseline at the bottom of the paint. • On the coach's command, line "I" will run around the paint to the top of the key and receive a pass from line "II" at the top of the key. Once the line "I" player receives the pass from line "II", the player from line "I" will take one shot and rebound their shot returning it to line "II" where the pass came from. • After the player from line "I" takes a shot and is rebounding their ball, the player from line "II" will simultaneously run in the same motion around the paint to the top of the key on their respective side and repeats shooting and rebounding. • Players should switch line after each shot • This drill is a continuous and relies on good passing, shooting, and rebounding to keep the drill running. 
<p>One Step No Dribble Layup</p>	<ul style="list-style-type: none"> • There is NO Dribbling in this drill. • Have players take one step on the opposite foot of their shooting hand and shoot the ball off the backboard into the basket • Do this on both sides of the basket with the proper hand (Right side, right hand; Left side left hand).
<p>One Step with a Dribble</p>	<ul style="list-style-type: none"> • Same as above except players take on dribble before shooting • Perform from both sides
<p>Full Layup</p>	<ul style="list-style-type: none"> • Players line up behind the three-point line and dribble to the basket and perform a layup. • Do this from both sides.
<p>Two Line Layup</p>	<ul style="list-style-type: none"> • Make two lines; one shooting line and one rebounding line. • The drill starts with the first shooter dribbling in and doing a layup, while the first rebounder rebounds and passes to the next shooter. • The shooter goes to the rebounding line and the rebounder goes to the shooting line.

	<ul style="list-style-type: none"> • After a few minutes switch sides so that now the left line is the shooting line • To speed things up, another ball can be added to the drill.
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Rebounding Drills/Games

Rapid Shot Rebound	<ul style="list-style-type: none"> • Divide the team into small groups (<i>no more than 3 per group</i>) and assign each group a basket. • On the coaches' command, each player will rotate taking a shot and recovering their rebound. • The goal is to take close shots (<i>i.e., within a few feet from the hoop</i>) and rebound the basketball (<i>whether made or missed</i>) without letting the ball touch the ground first, keeping it close and high to the body and quickly taking another shot. Have each player rotate after 30 seconds.
Wall Rebounding Drill	<ul style="list-style-type: none"> • For this drill, players will spread out facing a wall, standing 10 feet away from it. They will start the drill by tossing the basketball up against the wall so it bounces back above their head. They will then jump, reach up and grab the ball above their head, chin it, and land on two feet in a balanced position. • You can also have the players pivot left or right once they rebound the basketball and make an imaginary outlet pass. Older players can perform this rebounding drill using the left and right sides of the backboard instead of the wall.
Box Out Drill	<ul style="list-style-type: none"> • The players will divide into two teams, with the defensive team on the inside of the jump ball circle and the offensive team on the outside of it. The players should match up according to their positions. • A basketball will be placed in the middle of the circle and the coach will start the drill by yelling "GO". The offensive players will try to get into the circle and grab the basketball. The defensive team will establish and maintain a good box out position in an attempt to keep the offensive team out of the circle.
Circle Rebounding Drill	<ul style="list-style-type: none"> • The players will form a circle and each player will be assigned a number. The drill will start with one player positioned in the middle of the circle with a basketball at their feet. • The coach will call a number and that player will attempt to touch the basketball. They can only use their hands to reach for the ball and cannot reach through the defenders legs. The defender will prevent the other player from touching the basketball. • The drill should continue for 10 seconds or until the ball is touched, whichever comes first. The coach will then call another player's number to challenge the defender

Ball Handling Drills:

Finger Grabs

Hold the ball with the fingertips, squeezing it while rotating it back and forth from hand to hand. The ball should not touch the palms of the hands.

Slaps

Pound or slap the ball hard from hand to hand.

Tipping

Tip the ball back and forth from one hand to the next, starting with your hands straight up over your head. Then gradually move the ball down, while continuing to tip it back and forth. GO down to your chest, then your waist, knees, and ankles, and then back up again. Make sure to keep elbows straight.

Circles:

Put your feet together and make circles around both legs. Then circle around the back. And then circle around the head. Then combine them and move the ball in circles around your head, down your body, down around your knees, and then around your ankles. Then come back up again. Be sure to use your fingertips, no palms.

Figure Eights Around Each Leg

Put one leg forward and move the ball in a circular motion around the leg. Then do the other leg and finally, spread your legs out wide with the ball in front of you. Move the ball around through your legs in a figure-of-eight motion. Keep your eyes forward and don't let the ball hit the floor. After 30 seconds, reverse the direction.

Drops

Put the ball between your feet and grab it with both hands. Start with the left hand behind your left leg and your right hand in front of your right leg. Drop the ball and let it bounce once. Quickly, move your left hand in front of your left legs and your right hand behind your right leg, and catch the ball as it bounces up. Drop it again and switch your hands back to the original position (left behind, right in front) and catch it. Repeat this motion continuously. For a more difficult variation, try catching the ball before it actually hits the floor.

Hesitation Dribble

Players start at the baseline and dribble the length of the court hesitating at the free throw line, half court, and free throw line again. Players should be dribbling at full speed and hesitating almost to a complete stop.

Jab Step and Dribble

Players start at the top of the key with a defender on them. They take a jab step on direction while maintain their pivot. The player will then dribble the opposite direction of the step towards the basket.

Show and Go

Players start with the ball at the elbow. They player fakes the shot and drives towards the basket.

Stationary Dribbling Drills:

Two Ball Dribble

Players dribble two balls simultaneously ensuring that the balls hit the ground at the same time. As players progress have them alternate the dribble, move around, or dribble close to the ground.

Ups & Downs – Pound Dribble

Start by dribbling the ball in front of you so that the ball reaches you waist high. Gradually, bounce the ball harder and harder until you are dribbling the ball as high as you can without jumping. Then gradually dribble the ball lower and lower until you are on one knee, finishing as close to the floor as possible. Pound the ball quickly to keep it going. Then do it with the other hand.

Kills

Dribble the ball waist high, then suddenly “kill” it by dribbling it as low as you can, hold this for a few seconds, then bring it back up to waist high. Do this several times with each hand.

Crossover Dribbles

Dribble the ball with your right hand. Bounce the ball once on the right side, then cross the ball over in front of you by bouncing it to the left. The left hand now bounces it on the left once, and then crossover back to the right, where the right takes over again. Make the cross-over low and quick.

Circle Dribbles

Extend the left leg forward and dribble the ball low around the leg in a circular motion. Then do it around the right leg. After doing each leg, try dribbling in a “Figure 8” motion.

V-Dribble in Front

Start with the right hand and dribble once on the right side. Then dribble the ball in front of you, as if you were going to cross over to the left side. Instead of getting it with your left hand, roll your right hand over the top of the ball, and bring it back to the right.

Back and Forth Under the Legs

Get crouched over with your right knee and leg forward. V-Dribble the ball behind the extended leg and repeat the same motion behind the other leg.