

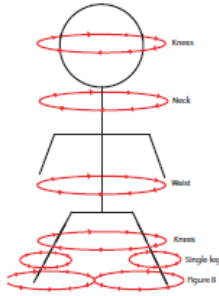


# Today's topic..... Ball Handling Skills

## BODY WRAPS

Wrap the ball around your body, moving the ball from hand to hand.

1. Head
2. Neck
3. Waist
4. Knees
5. Single Leg
6. Figure 8
7. Whole Body



## CROSS OVERS

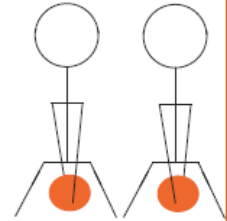
Practice changing from right to left hand

1. in front of body (below knees)
2. behind back
3. between legs

## BLURR

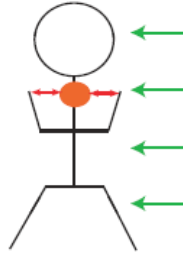
Hold the ball with one hand in front and one hand behind your body. Let the ball go and change hands.

1. Let the ball bounce once
2. Don't let the ball bounce



## FINGER TIPPING

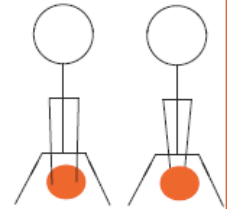
Move the ball (tip) between the finger tips of both hands, quickly but controlled. Start in front of the body and move up and down from above your head down to your knees



## STRADDLE FLIPS

Hold the ball with both hands in front of your body. Let go of the ball and catch it with both hands behind your body.

1. Let the ball bounce once
2. Catch before the ball bounces



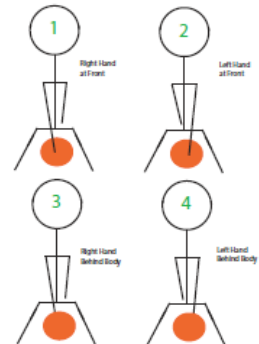
WITH ALL TECHNIQUES BELOW MAKE SURE YOU ... Stand with legs apart, knees bent, back straight, head up and looking forward.

## HARD DRIBBLES

Dribble the ball hard against the ground, keeping the ball below your waist. Use right then left hand

## SPIDER DRIBBLE

Dribble the ball with right hand then left hand in front of the body, then, right then left hand behind the body. **\*\*tricky\*\***



## FINGER 8 DRIBBLES

Dribble the basketball fast and low (below your knee) in a figure 8 pattern around your legs. Change hands as you move around each leg.

