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)

MDB Training Programs Can Take You To The Next Level!
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