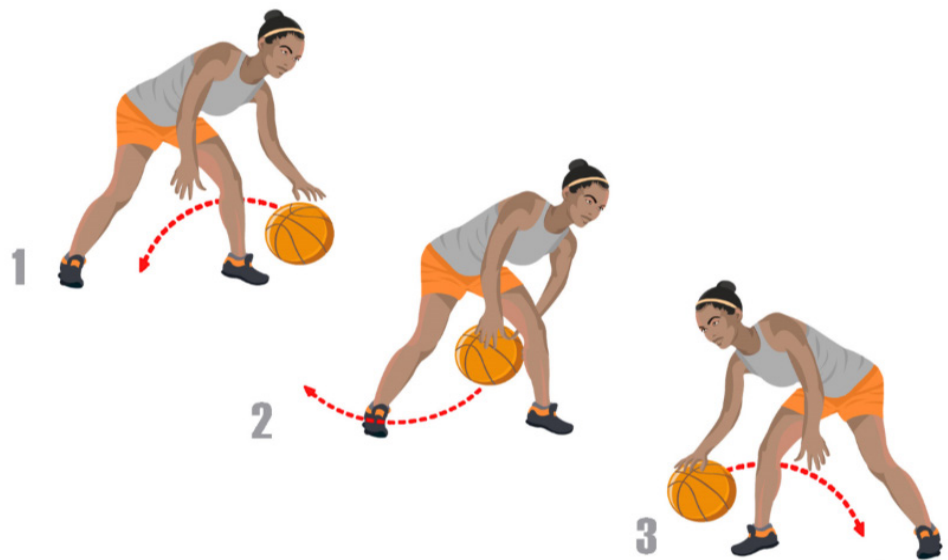


# FIGURE 8 DRILL

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## PURPOSE

This essential ballhandling drill will improve your hand strength, ball control, and concentration.



## HOW IT WORKS

1. Start dribbling low down by your left ankle.
2. Dribble the ball through your legs, switching around to the other hand and going around the other leg.
3. Continue dribbling around both legs, with the ball following a figure 8 pattern around both legs, switching hands as needed.

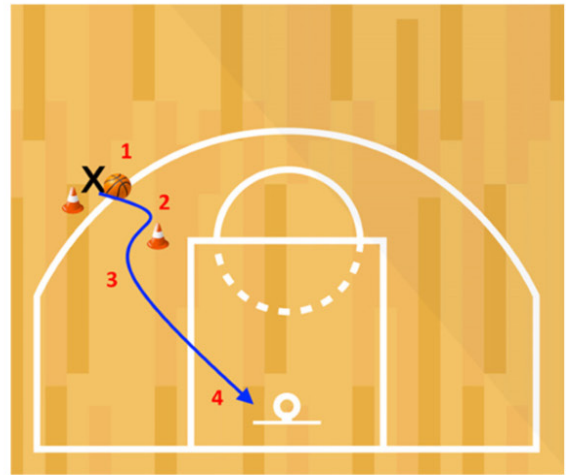
## COACHING TIPS

- Beginner players can start by rolling the ball through the figure 8 on the floor, then progress to dribbling it.
- Keep your knees bent and your back straight.
- Experiment with different dribble heights – see what maximum and minimum number of dribbles you can do around each leg.

# THROUGH THE LEGS & GO

## PURPOSE

Players learn to dribble through the legs and drive hard to the rim for a layup.



## HOW IT WORKS

1. Starting a couple feet behind the arc, take a dribble forward with your left hand.
2. Bounce the ball through your legs, crossing over to your right hand.
3. Explode out of the crossover with a hard dribble towards the hoop.
4. Finish at the rim with the right hand.
5. Secure the board, run back out to the wing and repeat.
6. Make 5 layups starting from the right wing, then move to the left wing and finally the top of the arc.

## COACHING TIPS

- Experiment with change of pace, using different speeds to maximize the effectiveness of the crossover.
- If you're having a hard time imagining a defender, you can put a chair or cone down to emulate one.

# GLASS CLEANER

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## PURPOSE

This drill focuses on grabbing the rebound with two hands and landing firmly on two feet. If you don't have access to a basket, you can still perform this drill by bouncing the ball off any wall.



## HOW IT WORKS

1. Start on the left lane, and throw the ball up off the backboard.
2. Secure the rebound with both hands.
3. Come down with a strong base on the outside of the opposite lane line.
4. Throw the ball off the backboard going the other way, and repeat.

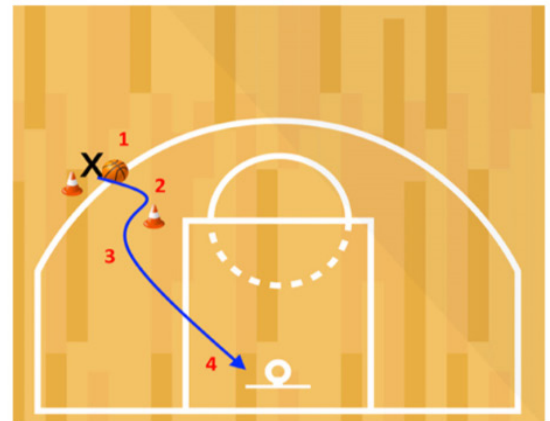
## COACHING TIPS

- Land on the balls of your feet so that you're ready to spring right back up.

# SPIN AND GO

## PURPOSE

This is a great at home dribbling drill that works on beating a defender with a spin move, then finishing strong at the hoop.



## HOW IT WORKS

1. Start out with the left wing, and take a hard dribble inside with your left hand,
2. Plant the right foot, and spin towards the baseline with the left foot.
3. Take one dribble to gather yourself and close on the rim.
4. Finish at the hoop with a strong right handed layup.
5. Grab the board, sprint out to the wing and do it again.
6. Drill is complete when you've made 10 layups (left and right hand) from each wing and the top of the arc.

## COACHING TIPS

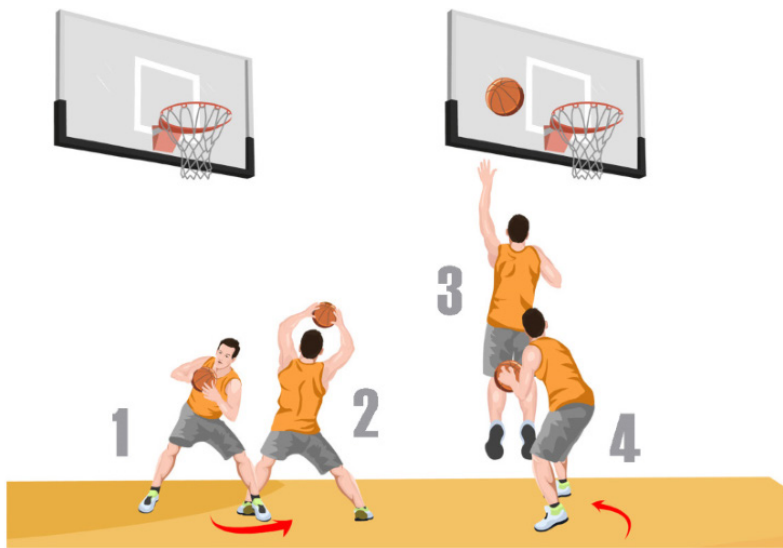
- Keep your hand on top of the ball – avoid the tendency to carry the ball through the spin.
- It can be a good idea to work on finishing with the right hand on the left side and left hand on the right side – to keep prospective shotblockers on their toes when you attack the hoop.

# UP AND UNDER DRILL

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## PURPOSE

This is a classic post move popularized by players like Kevin McHale, Michael Jordan and Kobe Bryant. It helps develop precise footwork and strong finishes around the rim.



## HOW IT WORKS

1. Start down on the left block, chinning the ball in a low, strong stance.
2. Pivot inside with your right foot, selling the shot fake as you plant down.
3. Step towards the hoop and around the defender with your right foot.
4. Go up and strong off two feet and finish with the left hand.
5. Secure the rebound and repeat. Make 5 from each side of the court.

## COACHING TIPS

- Don't just step forward after the fake - imagine a defender jumping on the pump fake and step around him as you would in a game situation.
- Keep the plant foot down! Any dragging or slight movement will result in a travel call.