

Coach Dawley's Ball Handling Improvement Plan

1. Ball Slaps- 25
2. Tips- with finger tips move ball up and down body
3. Circles- waist, each leg, both leg, head, both directions
4. Pound dribbles- 3 sets of 10 each side
5. Pound dribbles, 3 stage- 5 high, 5 middle, 5 low, both sides
6. Pound dribbles, 3 stage- 5 low, 5 middle, 5 high, both sides
7. Front and Back- 3 sets of 10 both hands
8. Left to Right/Right to Left- 3 sets of 10 both hands
9. Crossovers- 3 sets of 10 with 2 hands, add dribble on each side,
behind the back
10. Figure 8's- roll, dribble, both directions
11. Spider dribble
12. Tricks- 2 balls, speed dribble, balance one ball on top of the other,
grab top ball then catch bottom ball with top ball.

Have Fun!!!!!!