

## **Basketball dribbling technique, basketball skill dribbling, youth dribbling drills**

**Everything you wanted and more about basketball dribbling technique, basketball skill dribbling [HERE](#)**

Here are some **basketball dribbling drills**. I hope you have a look though these **basketball dribbling drills**, and start improving your basketball skills today! You can learn a lot while practicing and working hard at these different basketball drills and you will see your game improving!

### **Basketball Dribbling Drill #1**

#### **BALL SLAP DRILL**

The **ball slap drill** is performed by taking the ball and with your left hand **slap the ball** hard, and then taking your right hand and **slap the ball** hard. This **ball slap drill** is a good way to warm your hands up and this will help you get a good feel for the ball. Continue performing the **slap the ball dribbling drill** until your hands are good, awake, and ready to begin.

### **Basketball Dribbling Drill #2**

#### **AROUND THE WORLD DRILL**

**Basketball Dribbling Drill #2:** The **around the world basketball drill** starts by circling the ball around your head, then your waist, and finally put your legs together and take the ball around both legs at the knees. Then, bend at the waist, spread your legs, and circle the ball around one leg, then the other. The **around the world basketball drill** will give you a great feel for the ball in addition to hand coordination and speed.

### **Basketball Dribbling Drill #3**

#### **Running in Place Drill**

**Basketball Dribbling Drill #3:** The **run in place dribbling drill** is started by **running in place** while dribbling through your legs. Start the **basketball dribbling drill** with one foot in front of the other, dribble through your legs and shift your feet and then dribble through your legs again. So every time the ball goes through your legs, you shift your feet position.

### **Dribbling Drill #4**

Start the **finger tip drill** by placing both of your arms straight up in the air and lock them so they don't bend. Then tap the ball back and forth with your fingertips. Try the **finger tip drill** for about 2 and a half minutes. Then when you get good at the **finger tip drill**, you can start moving the

ball at eye level then the waist, knees, and even your ankles while continuing with the **finger tip drill**.

The **finger tip drill** key is to keep your head up at all times during **finger tip drill**, and push yourself. It's going to start burning after a while, but keep trying to improve and do it longer and longer!

### **Basketball Dribbling Drill #5**

Between the Legs Flip Flop

#### **Ball Handling Drill #5:**

The player bends over with his/her feet apart and holds the ball between his/her legs, with his/her right hand in front of his/her and her left hand in back of his/her.

The player switches the positions of his/her hands quickly so the ball stays in the same place.

The player continues to switch the positions on his/her hands, making sure that the ball stays in the same place as he/she does so.

### **Basketball Dribbling Drill #6**

#### **Through the Legs Flip Flop**

Basketball Dribbling Drill #6: **Through the legs flip flop** starts with the player bends over with his/her feet apart and holds the ball with both hands behind her legs.

The player **flips and flops** (flip the ball/flop the hands) forward through his/her legs, reaches forward, and catches the ball in front of her legs with her arms fully extended.

The player hikes the ball back through his/her legs, and catches the ball behind his/her legs. The **through leg flip flop drill** is very good basketball drill and will help with hand speed, hand quickness, and coordination.

### **Basketball Dribbling Drill #8:**

#### **Ricochet Drill**

Basketball Dribbling Drill #8: The **Ricochet Drill** starts with the ball at chest height with both hands. You then **Ricochet** or throw the ball between your legs. Move both hands from front to

back, catching the ball behind your back. Attempt to slam the ball through your legs as hard as you can this is where it comes in to play calling it the **Ricochet Drill**.

Advanced **ricochet drill** (reversal) is to bounce the ball back through from the back to the front it's a lot harder to. I have also seen this done as well, but it's very difficult. Taking the ball from the front reaching as far back as possible above your head and in the back and try to bounce the ball through your legs from the back to the front!

Basketball Dribbling Drill #5:

### **FIGURE 8**

The player dribbles the ball in a **figure eight** fashion, alternating hands. To do so, she begins by standing with her feet apart and leans to the right. He/She dribbles with her right hand, starting at the outside of her right leg. Then she leans to the left as she dribbles with her left hand. She gives the ball a hard, quick tap from behind when changing hands. The hand that is not dribbling should be between the player's legs ready to make the switch as soon as possible.

The player repeats the drill as she moves forward, dribbling a **figure eight** behind her legs as she walks. She starts at the outside of her right foot, and dribbles behind it, then steps with her left foot and dribbles behind it. She continues up the court in this fashion.

### **Stomp the Grass Drill**

**Stomp the grass Drill** is a simple drill but hard! And it's just that **stomp the grass**, that's what you will be doing. **Stomp the grass drill** is dribbling in the grass for 5 minutes. You may think this is stupid at first, but you will soon see why this is such a good **basketball dribbling drill**. Keys to try to **dribble in the grass** but keep your head up and don't look at the ball though it might try to jump away from you. Secondly, for your parents sake pick different spots in your yard to this **basketball dribbling drill** so you don't kill all your parents grass in there yard! I can still remember to this day me and friend playing dribble tag while using the **stomp the grass drill**.

### **Basketball Dribbling Drill #11**

#### **Two ball dribbling**

Each player has two balls. Start off with stationary dribbling about waist high, try to start off simple with dribbling both balls waist high at the same time trying to get the feel for it. Then have the players quick dribble about 4 or 5 inches off of the floor. Lastly you can have them dribble there left hand really low, while the right hand is dribbling normal waist high then do the opposite. Where the right hand will be dribbling low, and the left is waist high. Finally have the players from the baseline dribble down and back.

\*If they get bored with it fast, you can always race...but remember to keep teaching the

fundamentals. Which would be to keep your head up at all times, finger tip control on the ball, and dribbling low.