Adding variety to individual ball handling for off season development

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Our goal: To introduce a variety of individual ball handling drills which provide players with variety and different degrees of difficulty for their own use in the off season when they manage their own workouts.

We all know the standard stationary ball handling drills players can utilize. These are extensions of many of those and specifically geared to appeal to today’s players for their own use as they approach workouts in the off season. The use of “props” keeps the options fresh and challenging in new ways for the millennial, Ipod, YouTube generation. Basically this is a new take on the old drills and ideas!

We want to provide them with a menu of ball handling so they can change out and mix up their 10-15 minutes of ball handling work and create different levels of difficulty for themselves without the help of coaches. We encourage players to pick a couple each day they head to the gym, touching on all of the categories, working to master the most difficult ones over the off season.

We introduce these drills through the season so they are familiar with the names and actions in each drill, and we send them off at the end of each season with a DVD and video file so they can duplicate their own versions of the drill. We also encourage players so add complexity and share with their teammates. Each year when we return to the court we award the “drill guru” award to the player who returns with the best twist on existing drills. All of these drills were adapted from other versions both our coaching staff and our players brought back from clinics and other sources. Some are presented as we acquired them and some drills are tweaked through the drill guru process.

All of our drills are geared toward players becoming so adept with the ball they can do a variety of other things while they are dribbling. Our ball handling philosophy is to make the ball an extension of the hand so they can do just about anything while dribbling. While many of these are clearly unrealistic in direct game application, they do provide a chance to be distracted while handling the ball forcing the dribble to be a natural reaction rather than a thought filled one. We also give players a partner series in hope that they will blend their gym workout with their lifting workout with their workout buddy. Some of the drills are partner drills for them to work together.

This is just a sampling of some of the drills we use to build player skill and understanding to build their own off season workouts. All of these drills are included in the accompanying DVD and categorized below into their respective “Menus”.
No Props

Individual
Two Ball – One floor, One Wall
Bleacher Crawl
Dribble and wall pass
Cross and touch front forward
Cross and touch front back ward
Cross and touch back forward
Cross and touch back backward

Partner
Slaps
Push Pull
Shoulders

Two Ball on the Move
Between the legs
Behind the back
Combo of two

Props

Dyna Disc
Traditional one ball series
Traditional two ball series

Tennis balls
Juggle – 2 Tennis balls
Juggle – 1 Tennis ball, 1 golf ball
Toss over shoulder

Mini Meds
Dribble and Grab

Cones
Down low tips
Touch Touch Cross Over
Touch Touch Cross Cross
Touch Touch Flat back
Touch Touch Flat Back and forth
Touch Touch Combos

Partner Props

Ropes
Heavy rope attack and BH

Tennis Balls
Partner tosses
Partner drop and catch

Mini Meds
Dribble and toss stationary
Dribble and toss on move

Resistance Bands*
Speed Dribble

Ladders*
1, 2
Icky Shuffle
Sidewinder
Buzz Saw
Hopscotch

Hurdles*
Front
Side
Mixed height

*can be done both one ball and two balls

Partner Props

Ladders*
Mirror
Baker passing with ladders

Parachutes/Weight Belt*
Speed Dribble
Speed to retreat
One with and one without weight belt