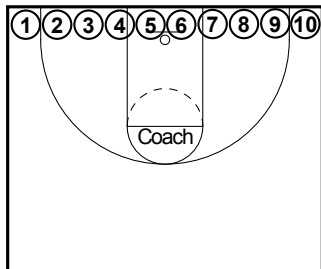


# 2nd/3rd/4th Grade Ballhandling & Dribbling

## 2nd/3rd Grade Ballhandling

### BH Series #1



#### 1 ball for each player

1. Player gets in athletic stance & dribbles outside feet
2. Series - Pounds, Pound Cross, Pound Pop, Behind Back, In-Outs, Push Pulls, Speed to Crab
3. Progression - moving

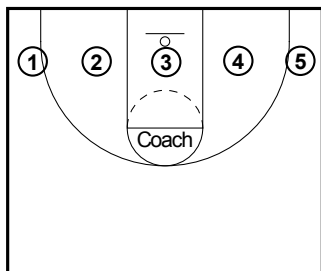
#### Coaching Points

- \*Hard dribbles
- \*Head up
- \*Change heights of dribble - shoulder, waist, knee

#### Terminology

Athletic stance  
Stay low - no bounce Eyes up  
Sit on it (behind back)

### 1-2-3 Cross



#### 1 ball per player

1. 3 pound dribbles in right hand
2. Low, quick crossover to left hand
3. 3 pound dribble in left hand
4. Repeat Coaching Points

- \*Hard dribbles
- \*Stay low - no bounce
- \*Tight to the body

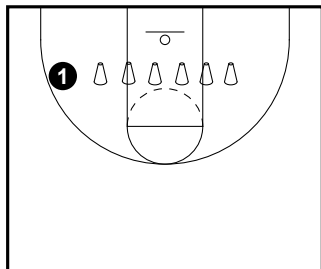
#### Terminology

Athletic stance  
Stay low - no bounce  
Eyes up

# 2nd/3rd/4th Grade Ballhandling & Dribbling

## 2nd/3rd Grade Dribbling

### Cone Series - Tight



#### Cones 2' apart - 1 ball per player

1. Feet stay wide - go OVER cones
2. Pound Cross, In-Out
3. Progression - Pound Pop, Pound Back, Pound Cross-Pop, Pound Pop-Back, Heavy ball

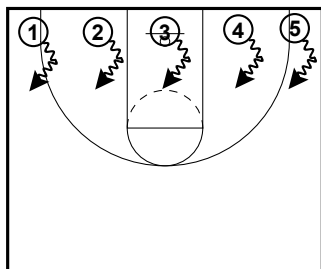
#### Coaching Points

- \*Stay low - low shoulder/hip
- \*Eyes up
- \*Game speed

#### Terminology

- Low cross
- Game speed

### Fullfloor BH



#### 1 ball per player

1. Players perform multiple moves as they progress down the court moving in a Zig-Zag pattern
2. Progression - Beginner  
Speed Dribble, Crab Dribble, Red/Green Light
3. Progression - Advanced  
Rips, \*Cross, \*Between Legs, \*Behind Back, Back Dribbles (\*10 Stationary reps to start)

#### Coaching Points

- \*Footwork
- \*Game speed
- \*Low/sharp ball control
- \*Low exchange
- \*Big step out of move
- \*Change speeds

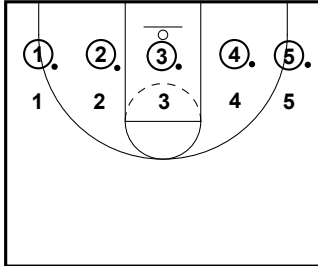
#### Terminology

- Low exchange
- Attack the hip
- Change speeds
- Bounce back (back dribbles)

# 2nd/3rd/4th Grade Ballhandling & Dribbling

## 2nd/3rd Grade Dribbling

### BH Series #2



#### 2 balls per player

1. Routine - Same, Alternate, Hi Low, Switch, Wipers, Broken Wipers, Push Pulls
2. Progression - change heights of dribble, move while performing routine

#### Coaching Points

- \*Hard dribbles
- \*Head up
- \*Athletic stance

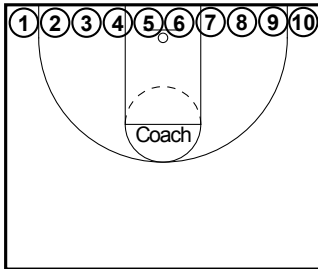
#### Terminology

- Head up
- Pound dribbles
- Low hips

# 2nd/3rd/4th Grade Ballhandling & Dribbling

## 4th Grade Ballhandling

### BH Series #1



#### 1 ball for each player

1. Player gets in athletic stance & dribbles outside feet
2. Series - Pounds, Pound Cross, Pound Pop, Behind Back, In-Outs, Push Pulls, Speed to Crab
3. Progression - moving

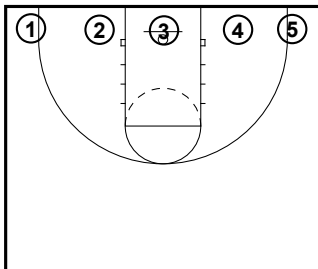
#### Coaching Points

- \*Hard dribbles
- \*Head up
- \*Change heights of dribble - shoulder, waist, knee

#### Terminology

Athletic stance  
Stay low - no bounce Eyes up  
Sit on it (behind back)

## Wall Touches



#### Each player with a ball

1. Player dribbles facing the wall
2. He performs an offensive move then touches the wall in front of him with the hand the ball just left

#### Coaching Points

- \*Quick exchange on move
- \*Low dribbles
- \*Hard dribbles

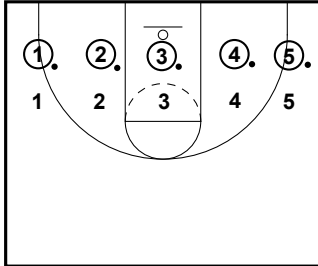
#### Terminology

Athletic stance  
Stay low

# 2nd/3rd/4th Grade Ballhandling & Dribbling

## 4th Grade Ballhandling

### BH Series #2



#### 2 balls per player

1. Routine - Same, Alternate, Hi Low, Switch, Wipers, Broken Wipers, Push Pulls
2. Progression - change heights of dribble, move while performing routine

#### Coaching Points

- \*Hard dribbles
- \*Head up
- \*Athletic stance

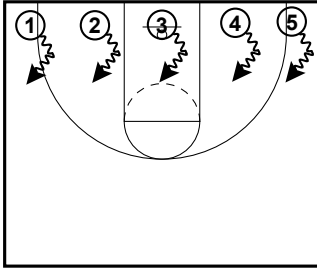
#### Terminology

Head up  
Pound dribbles  
Low hips

# 2nd/3rd/4th Grade Ballhandling & Dribbling

## 4th Grade Dribbling

### Fullfloor BH



#### 1 ball per player

1. Players perform multiple moves as they progress down the court moving in a Zig-Zag pattern
2. Progression - Beginner  
Speed Dribble, Crab Dribble, Red/Green Light
3. Progression - Advanced  
Rips, \*Cross, \*Between Legs, \*Behind Back, Back Dribbles (\*10 Stationary reps to start)

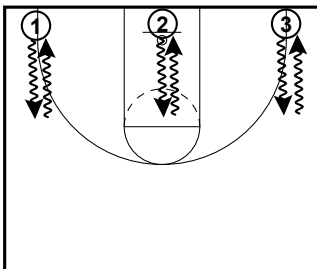
#### Coaching Points

- \*Footwork
- \*Game speed
- \*Low/sharp ball control
- \*Low exchange
- \*Big step out of move
- \*Change speeds

#### Terminology

- Low exchange
- Attack the hip
- Change speeds
- Bounce back (back dribbles)

### Up 2, Back 2



#### 1 ball per player, starting on baseline

1. Players take 2 hard, speed dribbles forward
2. Followed immediately by 2 back dribbles
3. Followed by 2 more forward speed dribbles
4. Continue for 30 seconds

#### Coaching Points

- \*Head up
- \*Flip hips on back dribbles
- \*Ball on back foot
- \*Explode out of back dribble

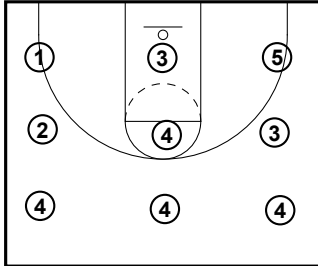
#### Terminology

- Eyes up
- Flip hips
- Explode out

# 2nd/3rd/4th Grade Ballhandling & Dribbling

## 4th Grade Dribbling

### Kill the Grass



#### 1 ball for each player

1. Player dribbles in a small area performing as many dribble attack moves as possible in 20 seconds
2. Progression - partner rolls a 2nd ball to you while dribbling, BH must roll or pass ball back and continue with Kill the Grass Drill

#### Coaching Points

- \*Head up
- \*Game speed

#### Terminology

- Game speed
- Eyes up