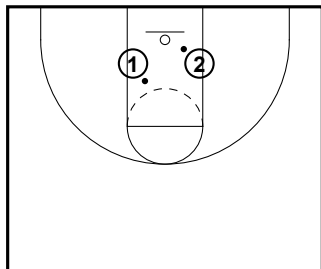


5th/6th Grade Ballhandling & Dribbling

5th Grade Stationary Ballhandling

BH Series #3



Players face each other and perform the following drills for 15 sec at a time - weak hand set, strong hand set, weak hand set

1. Pound dribbles
2. Low Quick Crossovers
3. Wipers
4. Push/Pull
5. Low Leg Circles (both)
6. High Leg Circles (both)
7. Front to Back
8. Slides
9. Ball Holds
10. Around Ball (both ways)
11. On Ball Plank
12. Plank Pounds

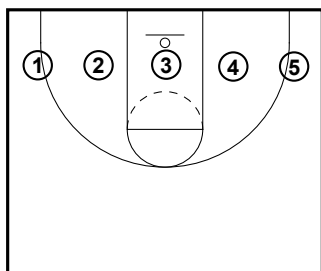
Coaching Points

- *Eyes up
- *Hard dribbles
- *Athletic stance

Terminology

Pound dribbles
Eyes up
Athletic stance

BH Series #4



Each player has a ball and perform each drill sequence for prescribed reps

1. Inside-out, Inside-Out, Cross, Cross, Push-Pull (20 each side)
2. NC30 - Inside-Out Cross, Pound Pop (10 stationary, then down and back)
3. Kill the Grass (20 seconds)

Coaching Points

- *Hard dribbles
- *Eyes up
- *Athletic stance
- *Combination moves

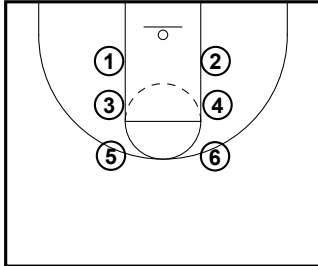
Terminology

Eyes up
Athletic stance
Pound dribbles
Combo moves

5th/6th Grade Ballhandling & Dribbling

5th Grade Stationary Ballhandling

Tennessee Passing



Players partnered, each with a ball

1. 8-10' apart
2. Players pass back and forth at the same time
3. No dribble options: chest/bounce, waist circle, figure 8, around 1 leg, wrap around bounce pass, shoulder to shoulder quicks
4. With dribble options: pound pass, pound/cross/pass, pound/cross/cross/pass, pound/pop/pass, etc

Coaching Points

- *Target hands
- *On time & on target
- *Step through pass

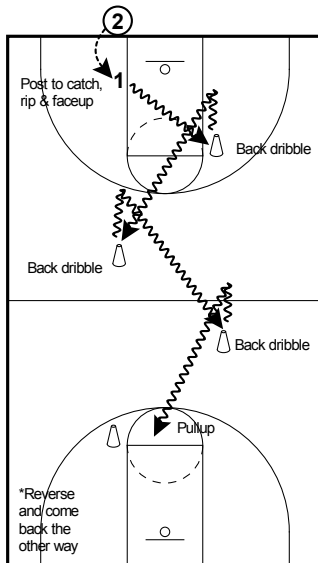
Terminology

- Target hands
- On time, on target
- Step through pass

5th/6th Grade Ballhandling & Dribbling

5th Grade Dribble on the Move

Back Dribble Series



Each player with a ball

1. Next player in line passes to player posting to receive
2. Player catches, rips, and faces opposite rim
3. Player performs back dribbles at each cone and finishes with a pullup

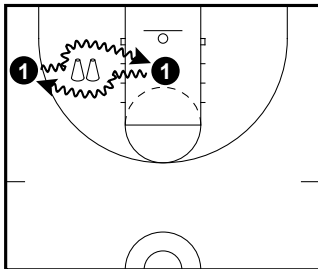
Coaching Points

- *Create space with bounce
- *Ball on back foot - flip hips
- *Head on opposite rim - EYES ALWAYS UP
- *Explode out of back dribble - LOW

Terminology Back Dribble Flip hips

Eyes up Post to catch

Cone Attacks



Each player begins with a ball, 10' from a cone

1. Both players attack cone at the same time, performing the same move
2. After clearing the cone players jump stop, pick up dribble, reverse pivot, and attack cone again
3. Option - Cross, Inside-Out, Pop, Behind Back, Back Dribbles, Combo Moves

Coaching Points

- *Eyes up
- *Game speed
- *Explode out of the move
- *Low hips on attack

Terminology

Game speed

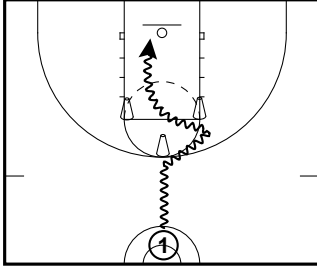
Eyes up

Attack hips

5th/6th Grade Ballhandling & Dribbling

5th Grade Dribble on the Move

Triangle Cone Attacks



Each player with a ball

1. Players start at 1 / 2 court
2. Attack top cone, then the next cone
3. Finish as instructed
4. Finish options - Power layup, layup, opposite hand finish, 2 foot floater, pullup after 2nd move, pullup after 1st move, down hill pullup, move to back dribble attack

Coaching Points

- *Head up
- *Hard move at each cone
- *Full speed finishes
- *Protect ball on drive
- *Footwork on pullup

Terminology

Power layup

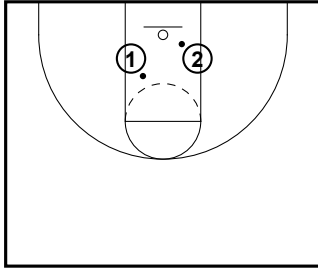
Floater

Chin i t (on layup)

5th/6th Grade Ballhandling & Dribbling

6th Grade Stationary Dribbling

BH Series #3



Players face each other and perform the following drills for 15 sec at a time - weak hand set, strong hand set, weak hand set

1. Pound dribbles
2. Low Quick Crossovers
3. Wipers
4. Push/Pull
5. Low Leg Circles (both)
6. High Leg Circles (both)
7. Front to Back
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9. Ball Holds
10. Around Ball (both ways)
11. On Ball Plank
12. Plank Pounds

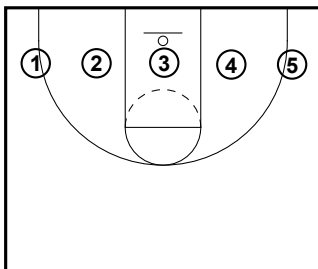
Coaching Points

- *Eyes up
- *Hard dribbles
- *Athletic stance

Terminology

Pound dribbles
Eyes up
Athletic stance

BH Series #4



Each player has a ball and perform each drill sequence for prescribed reps

1. Inside-out, Inside-Out, Cross, Cross, Push-Pull (20 each side)
2. NC30 - Inside-Out Cross, Pound Pop (10 stationary, then down and back)
3. Kill the Grass (20 seconds)

Coaching Points

- *Hard dribbles
- *Eyes up
- *Athletic stance
- *Combination moves

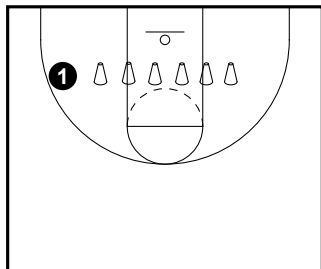
Terminology

Eyes up
Athletic stance
Pound dribbles
Combo moves

5th/6th Grade Ballhandling & Dribbling

6th Grade Dribble on the Move

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

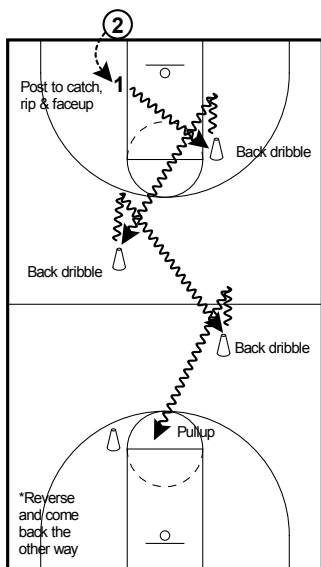
Coaching Points

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

Terminology

- Low cross
- Game speed

Back Dribble Series



Each player with a ball

1. Next player in line passes to player posting to receive
2. Player catches, rips, and faces opposite rim
3. Player performs back dribbles at each cone and finishes with a pullup

Coaching Points

- *Create space with bounce
- *Ball on back foot - flip hips
- *Head on opposite rim - EYES ALWAYS UP
- *Explode out of back dribble - LOW

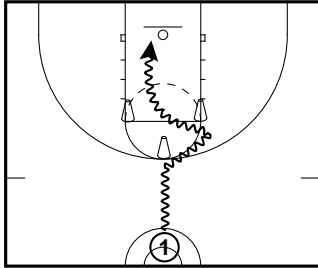
Terminology Back Dribble Flip hips

- Eyes up Post to catch

5th/6th Grade Ballhandling & Dribbling

6th Grade Dribble on the Move

Triangle Cone Attacks



Each player with a ball

1. Players start at 1 / 2 court
2. Attack top cone, then the next cone
3. Finish as instructed
4. Finish options - Power layup, layup, opposite hand finish, 2 foot floater, pullup after 2nd move, pullup after 1st move, down hill pullup, move to back dribble attack

Coaching Points

- *Head up
- *Hard move at each cone
- *Full speed finishes
- *Protect ball on drive
- *Footwork on pullup

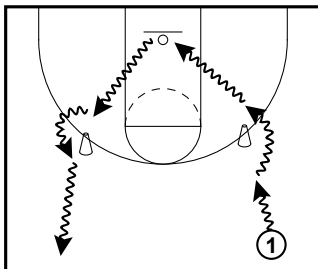
Terminology

Power layup

Floater

Chin i t (on layup)

Pitino Shooting



1 ball per player, starting at 1 / 2 court

1. Player dribbles 3 times then makes move on chair and attacks the rim
2. Player rebounds ball and immediately attacks the cone on the other side with the same dribble move
3. Repeat from other side
4. Any variety of moves, including combinations

Coaching Points

- *Eyes up
- *Hard dribbles
- *Attack hips
- *Game speed
- *Explode out of move

Terminology

*Eyes up

*Attack hips

*Game speed