

INDIVIDUAL DRILL

In this drill the player uses feints and pivots and moves the ball around as he would in making passes with an imaginary guard in front of him. The object of the drill is to develop the ability to properly handle the ball under game conditions without the stress of having to time players cutting for passes or having to pass around a guard.

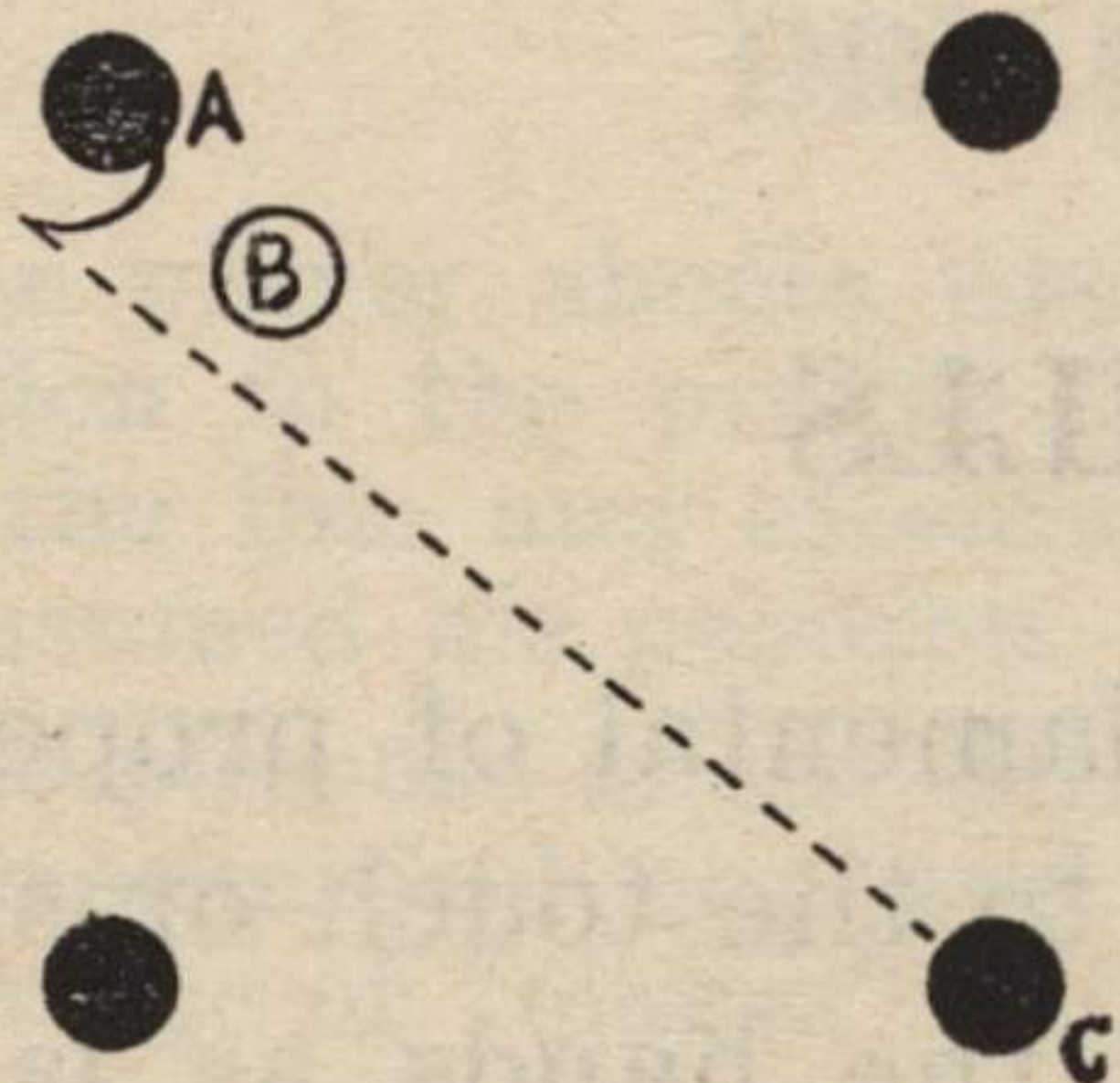
The players learn to develop "feel or touch" that makes for better passing and more individual cleverness.

TWO-MAN DRILL

The ball handling in this drill is similar to that used in the individual drill, but the second man, a defensive man, is placed in front of the ball handler. This defensive player attempts to knock the ball from the hands of the other man, but avoids bodily contact and other usual fouls. The ball handler may pivot and feint passes but cannot dribble or cut from his position. The defensive man is added to discourage loose ball handling.

FIVE-MAN DRILL

In this drill the objective is the same as in the other drills on ball handling, to develop ball handling ability and to build confidence in the players. A defensive player B is placed on an offensive player A in a square formation drill. Player A moves the ball as in the other drills but has the added option of passing to one of the other players. The drill is sometimes used with the defensive man retaining his position in the center of the square until he hits the ball from the offensive man's hand or intercepts a pass. A good method of rotating in this drill is to have B guard A until A passes to C, then have A assume the defensive position on C.



WALL DRILL

The bankboard or the wall may be used for this drill. The players shoot the ball against the bank or wall, then jump into the air, throw it against the surface again, alight, jump, rebound again. This drill is repeated for a great number of times. It is of great value in teaching the ball handling involved in rebound work. One, two or three men may engage in this drill at one time. An element of competition may be involved by recording the number of rebounds made by each man in a given time.