

Ball handling Skills

COVID-19 Disclaimer: please ensure you are following any current government restrictions that apply to where you live (Metro Melbourne or Regional Victoria) and that you maintain social distancing of 1.5m at all times where possible.

Choose any drills from the lists below based on what you have access to (number of balls and if you have a suitable wall).

You don't have to do all of these drills, just choose 2-4 and do them for a total 10 minutes

Using a Wall - One Ball

Drill 1

Stand close to the wall with the ball in your right hand.

Pick a spot on the wall just above your shoulder

Continually tap the ball against the spot

- Pick a spot above head height
- Pick a spot below shoulder height
- Repeat using left hand

Drill 2

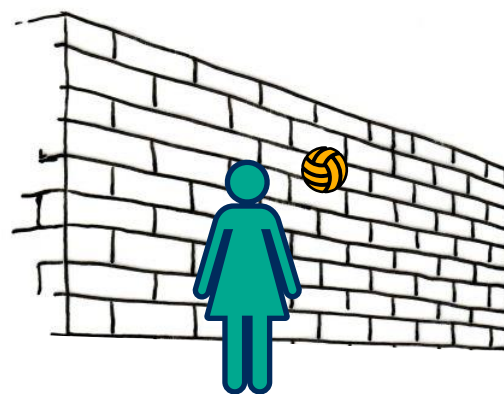
Stand close to the wall with the ball in your right hand.

Tap ball against wall and continue this working it in a circle.

Go as far right as you can before going back to the left.

Continue for 4 'circles'.

- Repeat using your left hand.
- Repeat switching hands at the top
- Repeat alternating hands for each tap



Using a Wall - Two Balls

Drill 3

Stand close to the wall with a ball in each hand.

Begin tapping both balls simultaneously against the wall.

Work hands away from each other in circle motion to as low as possible.

Work balls back up to top.

- Repeat alternating left and right taps

Drill 4

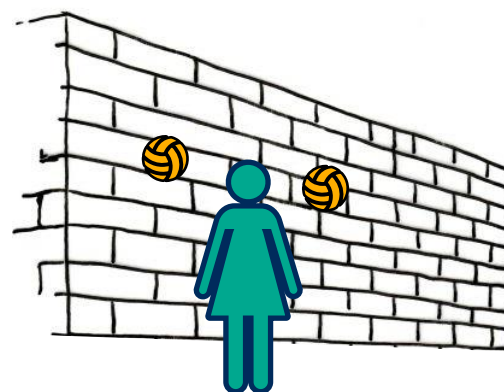
Draw 6 dots on the wall (2 dots wide, 3 dots high - like a 6 on a dice). One column of dots either side of your body.

Start with the ball in your right hand.

Tap the ball on each dot 3 times, moving up and down the dots (3 taps on top dot, 3 on middle, 3 on bottom, 3 on middle, 3 on top).

Repeat a few times then swap hands

- Tap the ball once on each dot
- Ball in each hand - 3 taps on each dot
- Ball in each hand - 1 tap on each dot
- Ball in each hand - left ball tap against top dot, right ball work up and down dots (1 tap on each)
- Ball in each hand - right ball tap against top dot, left ball work up and down dots (1 tap on each)



Drill 5

Draw a target on wall (or pick a spot).

Stand 2m from wall, throw ball at wall using right hand, catch with right hand.

Repeat 10 times maintaining control.

- Repeat with left hand
- Repeat alternating hands (throw right, catch left, throw left, catch right)
- Stand 2-3m from wall and do 20 strong chest passes
- Move to 3-4m from wall and do 20 strong shoulder passes (10 x left, 10 x right) - quick release
- Move further away and do 20 strong shoulder passes (10 x left, 10 x right) - quick release
- Repeat this whole set 3 times

Drill 6

Start with the ball in your dominant hand.

Reach around your back and release the ball on the left side of your body, throwing it against the wall.

Rebound the ball off the wall.

Do this 10 times then repeat on your non-dominant side.

Two Balls (no wall)

Drill 7

Have a ball in each hand.

Begin bouncing (on ground) both balls at the same time.

- Try to alternate left and right bouncing.
- Variation - use a tennis ball/bouncy ball in one hand (netball in the other)



One Ball (no wall)

Drill 8

Work the ball in circles around your:

- Waist
- Knees
- Ankles
- Head
- Work up and down body



Drill 9

Figure 8s through legs (both directions)

- Stationary (feet wider than hip width apart)
- Walking (moving lunges - forwards and backwards)

Drill 10

Throw the ball out in front of you (challenge yourself)

Chase it and catch (1 bounce max), steady your feet, turn & go again.

Drill 11

Throw the ball up in the air, catch and turn 180 degrees before landing (alternate direction of turn)

- Land both feet
- Land right foot (then put left down to balance)
- Land left foot (then put right down to balance)