

Basketball skills made easy



Ball slap: Hold the ball with your right hand and slap it hard with your left. Switch hands and repeat. Release the ball to the floor and smack it with both hands while grabbing it. Repeat this several times.

Goal: To work on grabbing the ball hard on a rebound or when receiving a pass.

Ball taps: Tap the ball back and forth with your fingertips. Don't look at the ball. Try to go as fast as you can without dropping the ball.

Goal: Better ball-handling and faster dribbling.



Goal:
Ball
Control

Around the Body: Using both hands, circle the ball around your head, slowly move down to your waist, knees, and finally ankles. Then reverse the direction and start from the ankles and go up to your head.

Figure-8s: Stand with your feet shoulder width apart. Start with the basketball in your right hand and go in front of your right leg and behind and around your left leg passing the ball off to your left hand. Continue around in front of your left leg and behind your right leg passing the ball off to your right hand. Do as many as you can and continue to build speed as you get better.

Wall sits: Stand against a wall with your knees bent (sitting position). Hold this for 30 seconds and repeat 3 times. As you get stronger increase your time.

Goal: Strengthen your legs to get low and play defense!

Goal: Preparation for dribbling between the legs



Games to play with your buddies

H-O-R-S-E: Player 1 starts with a shot of his choice. If player 1 makes it, then the next player must try to make that exact shot. If player 2 misses, he gets the letter "H". If player 1 misses then the next player gets to take a shot of his choice. The game continues until one player has spelled out the word "horse".

BUMP: You need two balls. Everyone starts at the free throw line, the first person in line shoots if he misses he needs to get his rebound and make a basket before the person behind him makes a shot. If the person behind you makes a shot before you do, then you are out, if he doesn't, pass the ball to the next person in line.