Big 10 Ball Handling Drills

1. **Slap Ball Drill:**
   - The player holds the ball in her left hand and smacks the ball hard with her right hand.
   - The player holds the ball in her right hand and smacks the ball hard with her left hand.
   - The player releases the ball and smacks it hard with both hands.

2. **Around Head Drill:**
   - The player starts out holding the ball with both hands at face level
   - Letting go with one hand the player moves the ball around the back of the head
   - The player pushes the ball from one hand to the other and then keeps going from the starting position

3. **Around Waist Drill:**
   - The player does the same sequence as the Around the Head drill except this time it is around the waist.

4. **Around the Ankles Drill:**
   - The player does the same sequence as the previous two drills only this time it is around the ankles

5. **Candy Cane Drill:**
   - The player quickly moves the ball around the head, waist, both ankles, right ankle, and left ankle. Then you do the same steps backwards to get back up to the head. From there the person repeats.

6. **Flip Drill:**
   - The player bends over with her feet apart and holds the ball with both hands behind her legs.
   - The player flips the ball forward through his/her legs, reaches forward, and catches the ball in front of her legs with his/her arms fully extended.
   - The player hikes the ball back through her legs, and catches the ball behind her legs.
   - The player repeats steps 1-3.

7. **Flop Drill:**
   - The player bends over with her feet apart and holds the ball between his/her legs, with her right hand in front of her and her left hand in back of her.
   - The player switches the positions of his/her hands quickly so the ball stays in the same place.
   - The player continues to switch the positions of her hands, making sure that the ball stays in the same place as she does so.
8. **Spider Drill:**
   - You get in a defensive position and dribble the ball twice in the front, once with left hand and once with right hand.
   - When you dribble the ball twice in front you push back on the second dribble and dribble twice in the back. Your hands should be around the outside of your legs and behind.
   - The second dribble in the back should push the ball slightly to the front to repeat the first step and continue.

9. **Crab Walk:**
   - The player bends over and moves his/her legs forward and backward in a scissors-like fashion, keeping his/her toes pointed straight ahead.
   - When his/her right leg is forward, the player moves the ball behind it and between his/her legs to her left hand. When his/her left leg is forward, the player moves the ball behind it and between his/her legs to her right hand.
   - The player repeats steps 1-2 as she runs up the court, keeping his/her head up, and making sure to bring the ball behind each of her legs so that if he/she drops the ball, he/she will not trip over it.

10. **Two Balls:**
    - Do this drill w/two basketballs. Take both balls, and while dribbling one with right hand down low in good position, dribble another in the right hand around your right leg. Switch and keep right ball stationary while left goes around left leg. Then, you can do cross over, by just criss-crossing the two balls. Then just dribble up and down the court w/ both balls, doing hesitation at some spots, and then crossover.