

# 50 Basketball Dribbling Drills – Develop an Amazing Handle

September 18, 2014 by [Coach Mac](#)



If you're a basketball coach or parent I bet you have heard these comments from your players...

*“Coach, I can't train at home. I don't have a basketball ring” or “Coach, there's not enough space to train at home”.*

These are excuses I hear all too often and it's not necessarily the players fault. As coaches and parents we need to teach our players that they can work on their game no matter where they are. That's why I've compiled this list of exactly 50 stationary basketball dribbling drills that your players can

use to work on their game anywhere as long as they have a small area to use and a basketball.

## **Stationary 1 Basketball Dribbling Drills**

### **1. Ball Slaps**

Continuously slap the basketball from one hand to the other. This is a great drill to start with to get your hands ready for the workout.

### **2. Straight Arm Finger Taps**

While making sure to keep your elbows locked, tap the basketball quickly back and forth straight out in front of you. When you become good at this drill start moving the ball up and down.

### **3. Wraps – Around Ankle**

Wrap the ball around your lower leg/ankles without letting the basketball touch the ground.

### **4. Wraps – Around Waist**

Wrap the ball in a circle motion around your waist.

### **5. Wraps – Around Head**

Wrap the ball in a circle motion around your head.

#### 6. Wraps – Around the world

Involves combining the wraps around the ankles, waist, and head into one drill. Start by wrapping the ball around your head, then bringing it down and around your waist, and finally around your ankles. Then back up to your waist, then head, then waist again, etc.

#### 7. Wraps – Figure 8 Around Legs

Wrap the ball in a figure 8 motion around your legs.

#### 8. Wraps – Around Right Leg

Starting with your right leg in front and your left leg back, wrap the ball around only your right leg.

#### 9. Wraps – Around Left Leg

Starting with your left leg in front and your right leg back, wrap the ball around only your left leg.

#### 10. Wraps – Double Leg, Single Leg

Start with your legs together. Step your right leg forward and circle your right leg with the basketball. Then immediately step back with your right leg so that your feet are together and circle both legs. Then step out with

your left leg and circle it before stepping back together and wrapping the ball around them both. Continue this process.

#### 11. Drops

Start in a squat position with both hands and the basketball in front of you. The aim is to drop the ball between your legs (only a few inches off the ground), let it bounce once, then take both hands behind your legs before catching it. Then dropping the ball again from behind and taking both hands back to the front and catch it. Repeat.

#### 12. Straddle Flip

Similar to drops but instead start with one hand in front and one hand behind while holding the ball between your legs. The aim is to quickly flip the ball up and inch or two, swap hand positions from front to back, and catch the ball before it hits the ground.

#### 13. Machine Gun

Kneel down onto the ground and alternate both hands to keep the ball as low as possible to the ground. The ball should stay in the same spot.

#### 14. Spider Dribble

Start with your knees shoulder width apart and bent. The ball should stay underneath you the entire time of the drill. Dribble the ball with your right hand, then your left hand, then reach your right hand around behind your

knee for a dribble, and then your left hand behind your knee for a dribble, and then back to your right hand in front. Continue this.

#### 15. Pound Dribble – Ankle Height – Right Hand

Dribbling the basketball a couple of inches off the ground with your right hand.

#### 16. Pound Dribble – Ankle Height – Left Hand

Dribbling the basketball a couple of inches off the ground with your left hand.

#### 17. Pound Dribble – Waist High – Right Hand

Making sure to be in stance, pound the ball as hard as you can into the ground at around waist height with only your right hand.

#### 18. Pound Dribble – Waist High – Left Hand

Making sure to be in stance, pound the ball as hard as you can into the ground at around waist height with only your left hand.

#### 19. Pound Dribble – Shoulder Height – Right Hand

This is used to get the player out of their comfort zone. Pound the ball as hard as you can while dribbling at around shoulder height with only your right hand.

#### 20. Pound Dribble – Shoulder Height – Left Hand

This is used to get the player out of their comfort zone. Pound the ball as hard as you can while dribbling at around shoulder height with only your left hand.

#### 21. Dribble around Right Leg – Right Hand

Start in a wide stance. Keeping the ball low to the ground, dribble the ball in a circle around your right leg with only your right hand.

#### 22. Dribble around Left Leg – Left Hand

Start in a wide stance. Keeping the ball low to the ground, dribble the ball in a circle around your left leg with only your left hand.

#### 23. Dribble Figure Eight

Again starting in a wide stance. Dribble the ball in a figure 8 motion around both legs using both hands.

#### 24. Kills – Right Hand

This drill involves dribbling from ankle to shoulder height. Start by dribbling the ball at your ankles and gradually dribbling the ball higher on each bounce. When you get to as high as you can 'kill' the basketball by stopping it a few inches off the ground and dribbling back up to your shoulder.

#### 25. Kills – Left Hand

This drill involves dribbling from ankle to shoulder height. Start by dribbling the ball at your ankles and gradually dribbling the ball higher on each bounce. When you get to as high as you can 'kill' the basketball by stopping it a few inches off the ground and dribbling back up to your shoulder.

#### 26. Crossover Dribble

Cross the ball continuously in front of your body. Make sure you're crossing over wide.

#### 27. Behind the Back Dribble

Cross the ball continuously in behind your body. Make sure you're crossing over wide.

#### 28. Scissors – Alternating Between the Legs

Start with your right foot forward and left foot back. Cross the ball between your legs and jump to switch the positioning of your feet so you can

immediately cross the ball back to the other side. Every time you go through the legs you should be switching feet.

### 29. 3-Dribble Crossover.

Pound the ball 3 times before crossing it over in front of your body. Then pound the ball 3 times before crossing it back. Repeat this process making sure that you're pounding the ball hard.

### 30. 3-Dribble Through the Legs.

Pound the ball 3 times before crossing it over through your legs. Then pound the ball 3 times before crossing it back. Repeat this process making sure that you're pounding the ball hard.

### 31. 3-Dribble Behind the Back

Pound the ball 3 times before crossing it behind your back. Then pound the ball 3 times before crossing it back. Repeat this process making sure that you're pounding the ball hard.

### 32. Triples – Crossover, Through the Legs, Behind the Back

The drill must be performed in this sequence: crossover, between the legs, behind the back, through the legs. Continue this sequence.

### 33. Front V-Dribble – Right Hand

Using only your right hand, dribble the ball from side to side in the shape of a 'v' in front of your body.

#### 34. Front V-Dribble – Left Hand

Using only your left hand, dribble the ball from side to side in the shape of a 'v' in front of your body.

#### 35. Side V-Dribble – Right Hand

Using only your right hand, dribble the ball backwards and forwards beside your body in the shape of a 'v'.

#### 36. Side V-Dribble – Left Hand

Using only your left hand, dribble the ball backwards and forwards beside your body in the shape of a 'v'.

#### 37. Freestyle

Using all the moves in your arsenal, while staying in a stationary position, combine as many moves together as you can. Be creative and work on your handle!



Photo Credit: [lorenkerns](#) via [Compfight cc](#)

## Stationary 2 Basketball Dribbling Drills

### 38. Double Pound at Ankle Height

Dribble both basketballs as hard as you can at ankle height.

### 39. Double Pound at Waist Height

Dribble both basketballs as hard as you can at waist height.

#### 40. Double Pound at Shoulders Height

Dribble both basketballs as hard as you can at shoulder height.

#### 41. Double Pound Alternating

With the balls at a comfortable height, alternate the dribbling of each basketball.

#### 42. One High/ One Low

Dribble one the the basketballs at ankle height and one of them at shoulder height.

#### 43. Double Wall Dribbling

Dribble both basketballs against the wall simultaneously at shoulder height.

#### 44. 3 Dribble Double Crossover

Pound dribble both basketballs 3 times and then cross the balls over at the same time. Then perform another 3 dribbles before crossing over again.

#### 45. 3 Dribble Through the Legs/Crossover

Pound dribble both basketballs 3 times and then cross one ball over in front of you and one ball through your legs at the same time.

#### 46. 3 Dribble Behind the Back/Crossover

Pound dribble both basketballs 3 times and then cross one ball over in front of you and one ball behind your back at the same time.

#### 47. Two Ball Figure Eight.

Keeping the ball close to the ground, use your right hand to dribble one ball around your right leg and use your left hand to dribble the other ball around your left leg.

#### 48. Double V-Dribble in Front

Dribble both basketballs side to side in front of you simultaneously.

#### 49. Double V-Dribble on Side

Dribble both basketballs from back to front beside you simultaneously.

#### 50. Kills

Pound both basketballs higher and higher starting from ankle height. When you reach the shoulders 'kill' both balls stopping them a few inches from the ground before dribbling both balls back up.

## **5 Quick Basketball Dribbling Tips**

- Keep your eyes up when dribbling the basketball.
- Dribble the ball as hard as you can.
- Don't be discouraged if you mess up. It means you're pushing yourself!
- Make sure you change which way you're wrapping the ball.
- Perform every drill as fast as you can.

## Conclusion

These are all fantastic drills to develop basketball dribbling skills.

Print these drills off or share these with your players. Depending on the age of players I'm coaching, I like to pick out a few of these drills and set them as their 'basketball homework'. They're great because any player can do them as long as they own a basketball.

If you don't understand what any of the drills are, make sure you YouTube the name or ask in the comments. I'm more than happy to answer any questions on any of the drills.