







Activity Plan for Basketball Handling

Week 1			
Activity	How many or how long	How many days	Instructions
Squeeze the Banana 	5 mins/day	3 days/wk	Hold the ball in front of you at eye level with two hands. By squeezing your fingers and thumb together with one hand at a time, you move the ball from one hand to the other as quickly as you can. More finger and arm strength will improve your ball control. Squeeze the Banana helps increase the strength in your fingers.
Up the Ladder 	5 mins/day	3 days/wk	Hold the ball out in front of you and pass it back from hand to hand using only your finger tips. Go from out in front of your waist to above your head and back. This will help you develop the finger tip control that you will need to handle the ball.

Week 2			
Activity	How many or how long	How many days	Instructions
Catch-Catch-Catch 	5 mins/day	3 days/wk	Hold the ball between your legs, with both hands on the ball, right hand in front and left hand in back. Quickly switch your hands, (now left hand in front and right hand in the back), without letting the ball touch the ground. Switch hands as quickly as possible. See how many times you can do this drill. It takes a lot of practice but you should become better over time.
Alternate Dribbling	10 mins/day	3 days/wk	Practice dribbling a basketball with your right hand and your left. See if you can dribble ten times with one hand and ten three times with the other. If you get good, try to switch from one hand to the other every time the ball bounces. You can also try dribbling when you are crouched down low, and while moving in different directions at different speeds.

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Week 3			
Activity	How many or how long	How many days	Instructions
Basketball Dribbling 	10 mins/day	3 days/wk	Practice dribbling, switching back and forth from one hand to the other while you are walking or jogging forward, backward or side-to-side. If you want to make it hard, see if you can dribble two balls at the same time (one for each hand).
Scissors 	10 mins/day	3 days/wk	To start this exercise, place your left foot ahead of your right and bounce the ball between your legs from your right to your left hand. Then bounce the ball around your body so it gets back to your right hand. Switch your stance to have your right foot ahead of your left and repeat the drill. Challenge yourself to dribble with both your left and right hand.

Week 4			
Activity	How many or how long	How many days	Instructions
Scissors	10 mins/day	3 days/wk	To start this exercise, place your left foot ahead of your right and bounce the ball between your legs from your right to your left hand. As the ball gets to your left hand shift your feet so that your right leg goes ahead of your left and bounce the ball back between your legs. Shift your feet with every bounce.
One-on-One 	10 mins/day	3 days/wk	A good drill to use to better your dribbling under pressure is to try to advance the ball against a defender (ask a friend or someone in your family to be the defender – to try to get the ball from you). This will force you to use a variety of moves while being alert to the defense.