

Here are some youth ball-handling drills provided by Mike MacKay, Manager of Coach Education and Development for Canada Basketball

Maravich Drills

1

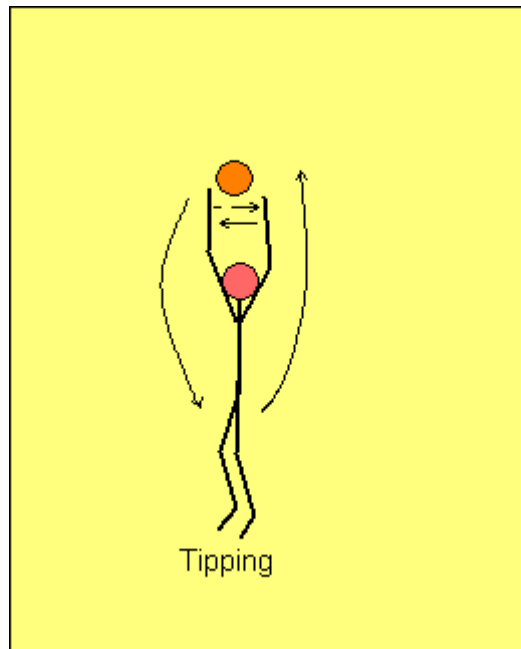
Maravich drills

Maravich drills are excellent for teaching ball handling and many fundamental movement skills. What I want to present here is a progression that coaches can take players through to constantly load the drill.

Maravich drills are all of the ball handling and dribbling drills used to improve ball handling skills and hand quickness. They are named in honor of Press Maravich who invented most of these drills for his son Pete.

It is not my intention to show all of the possible Maravich drills. Dominic Soucy from Laval University has an excellent DVD out with over 201 Maravich drills. Below are just a few examples.

2



Tipping

Tipping the ball quickly between the finger pads on the hands.

Loading

- Tip it faster
- Eyes closed
- different positions (above the head, in front of chest, by hips)
- Move the ball up and down as you tip it
- behind the back (down by the hips)
- Between the legs (one hand in front one behind)

Variation

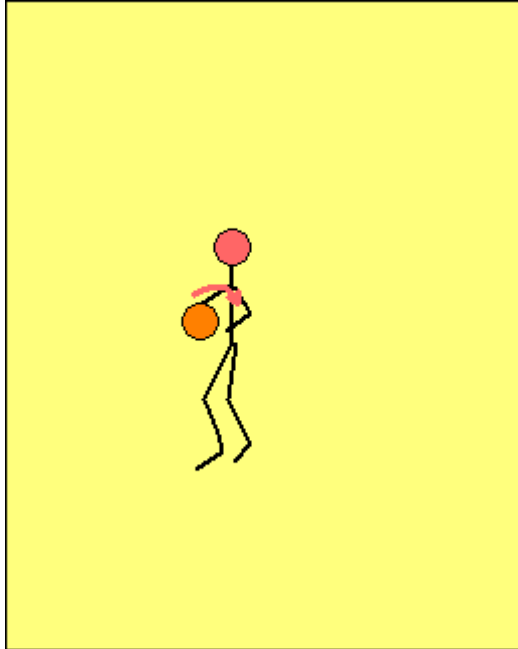
Squeeze the banana

Same as tipping only you pinch the ball. This is good to strengthen the fingers.

3

Ball slaps

The ball is slapped alternating hands. This warms the hands and strengthens the fingers.

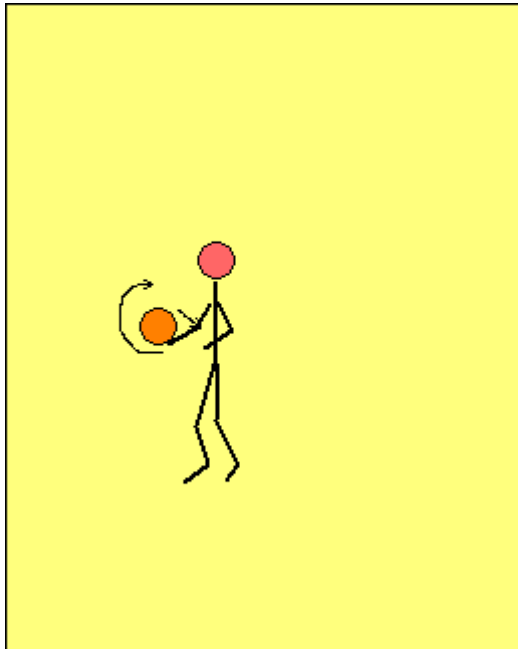


4

Ball rolls

The ball starts on the back of the right hand. The hand is rolled over the ball in a counter clockwise direction. This spins the ball onto the left hand. The ball is spun in a clock wise direction on the left hand causing it to go back to the right hand.

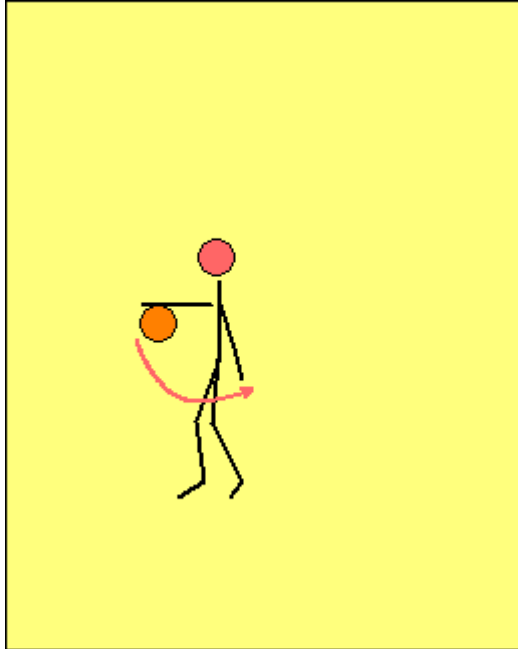
Start by just practicing on one hand.



5

Pendulum

Swing the ball from one arm to the other like a pendulum.



6

Front to back - between the legs

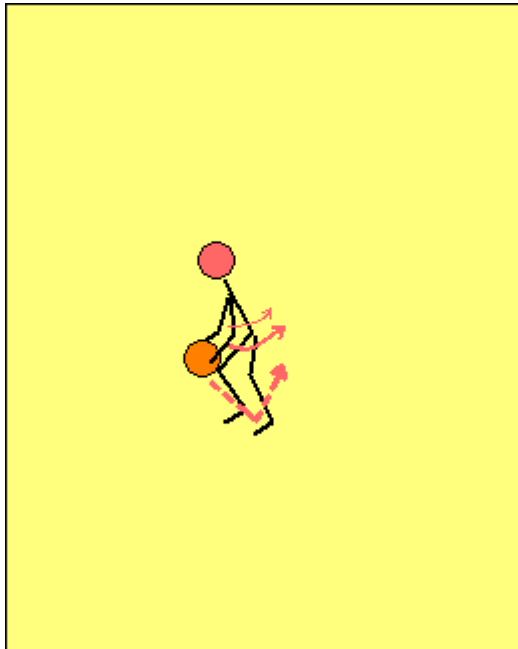
Bounce the ball between your legs reach your arms quickly behind to catch the ball. Bounce it back from back to front.

Load

- Butterfly - right left in front, followed by right left behind

Load

- do the same drill only without a bouncing the ball
- Change hands - one in front one in back - switch hands
- Change hands - change legs - same drill only split the legs alternating front to back.



Loading the drills: This is a progression that I used in a recent camp with great success with younger players.

1) **Learn the skill** - the player does the basic skill at his/her own pace. For the purpose of this article I will just use the ball around the waist drill. The player takes the ball around the waist changing hands.



Around the waist

2) **Add a target**

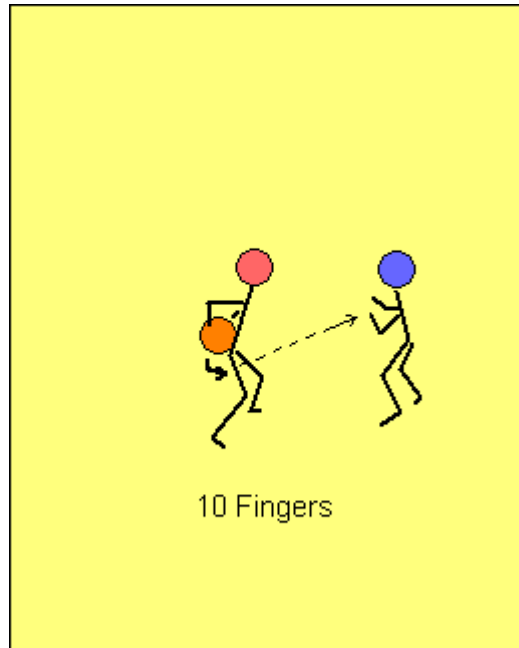
In the second progression will change the player by adding a target. It may be a number of repetitions in a certain length of time. (30 reps in 20 seconds). It might be how much time to complete a certain number of reps (how fast can you do 30 reps). How many in a row can you do with out a fumble? (This does not apply well to this particular Maravich drill). With little children make these personal challenges. That way they compete against themselves. With older players establish team or camp records where players can try to beat the record.



Around the waist
with a target

3) 10 fingers

A partner, or a random person moving around the group, shows the player 10 fingers, the universal sign for pass me the ball. This forces the player to perform the drill while being aware for the open player.

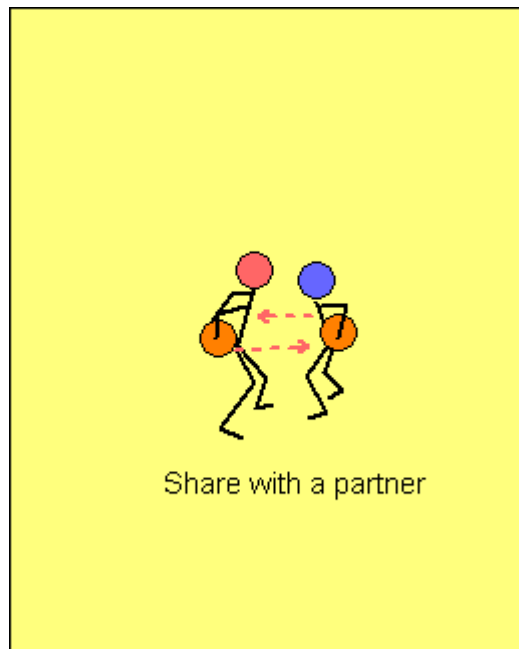


4) In combination with a partner

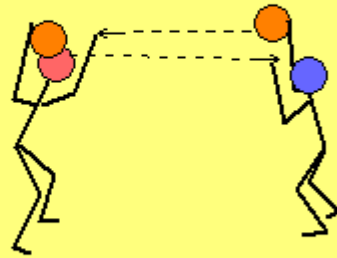
Now the drill is done in combination with a partner. The player goes behind the waist and then changes the ball with their partner. This forces the players to work together to solve a problem. The focus has to be on others not totally on him/her self.

Again you can add targets to this drill.

I have found it very successful with young players to allow them to develop a routine with a partner. They work together to come up with a creative ball handling routine where they must work together. They can become very creative and think of things you would never of thought of doing.



Maravich drills in combination with ball handling/ passing drills

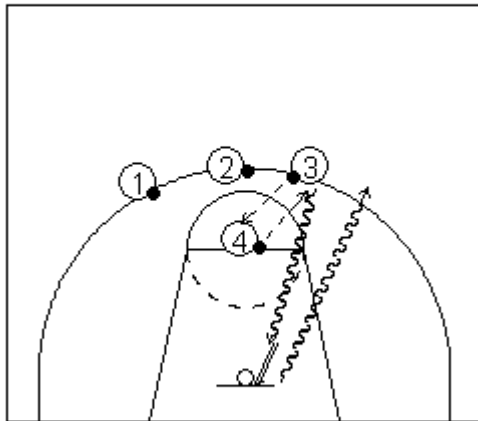


High two ball passing

Another thing that I have found very successful in camps to keep the players alert is to combine some of the two players passing and dribbling drills with the Maravich drills. In this example the coach has the players doing a two ball passing drill. The coach can immediately call a Maravich drill such as around the waist. Then call another passing drill. The players have to be very alert and work together.

These do not have to be long drills, but they really force concentration and teamwork.

Mirror Maravich into lay ups / shots



This is again a great drill to use in camp when you have lots of numbers. Instead of players standing in line they must mirror the Maravich drill being performed by #4. When #4 calls #3's name the balls are exchanged and #3 goes to score the lay up or shot.

If you wanted to add more conditioning make the players go further or dribble the length of the floor to score.

This is also a good drill to combine with mirror dribbling. You call out two drills at once.