

Ballhandling Drill: Chair Changes

Drill Purpose (All Ages)

This drill will improve dribbling and ballhandling skills. It can be done alone or with multiple players in practice.

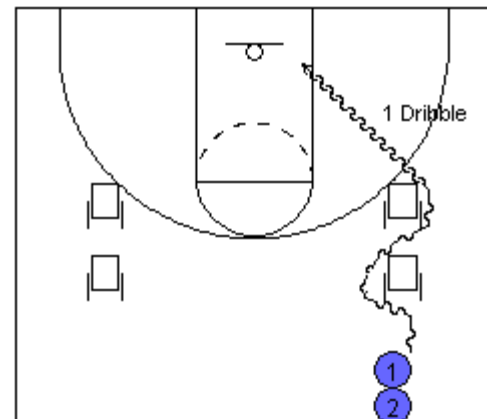
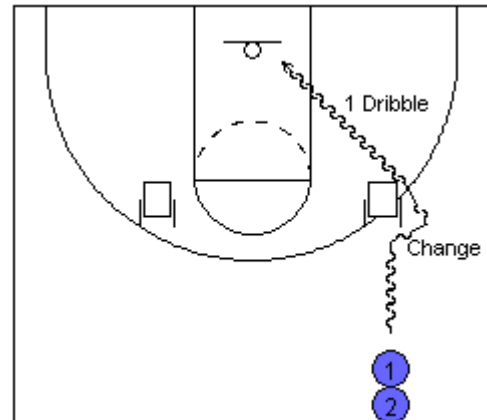
Instructions

1. Place a chair about 21 feet from the basket. It can be on top, on wing, or in the corner.

2. Start about 8-10 feet beyond the chair. Dribble straight at chair. At chair, use a change dribble (crossover, inside out, behind back, etc) to go beyond chair and make a lay-up.

3. Try to get to the point where you need only one dribble to get to the lay-up. Practice all the changes.

4. You can add additional chairs or cones for more of a challenge.



Points of Emphasis

- Keep your head up.
- Stay low and keep your knees bent when making your change of direction move. (This improves quickness because standing upright will only slow you down when you're ready to explode past the defender.)
- Use your finger tips when dribbling (not your palms).
- Work on lengthening the dribble. Work to get your opportunities with 1 dribble. You don't beat defenses with your dribble. You beat people with your feet; you SEPARATE from your defense with the dribble.
- Practice outside your comfort zone. Experiment; go faster than you are used to, use your imagination. When working on new skills, don't be concerned with losing the ball. Just pick it up and do it again.