

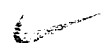


Stationary Ballhandling Maravich Drills

1. **Finger tips** – Elbows extended above the head moving the ball as fast as you can with your fingers and top of your hand no palm. Do this above your head, in front, and with your arms facing down toward your feet.
2. **Squeeze the Orange** – Same thing as finger tips except squeeze the ball out of each hand to back and forth just like you would squeeze an orange for juice, working on hand strength.
3. **Ball Slaps** – Hold the ball with one hand and then slap it with the other, increasing the distance each time. Alternate hands
4. **Ball Circles** – Moving the ball around Head, Midsection, and Knees in each direction for a 30 count or how ever long you want. When you are done at each spot you may want to go full body Head to Midsection to Knees up and down and in each direction.
5. **Ball Circles around legs** - Around the right and left leg and then figure eight around both legs in both directions.
6. **Drops** – 2 different types, Middle Drops – hold the ball in between your legs with one hand in front and one hand in back then switch your hands. Front Drops – Hold the ball in the middle of you legs with both hands in front and then switch.
7. **Alternate** – put both legs together wrap ball around both legs once as you are preparing to wrap the second time move your right leg back so that you are just wrapping the ball around your left leg. Put your legs together for the third wrap and then move your left leg back for the fourth wrap. Continue this at a high speed.
8. **Riccocett** – Open you legs wide and with two hands bounce the ball through your legs with one bounce catching it with two hand on the other side, do this continually back and forth.
9. **Quick hands** – hold the ball behind your knees and quickly drop the ball clap your hands in front of you knees and then catch the ball before it drops.
10. **Little Dribbles** – dribble around each leg in both directions then figure 8 dribble around the body at a very low height, focus on keeping your hands on top of the ball and keeping the ball going. Go in both directions.
11. **Spider** - put the ball in between you legs drop it, then dribble in with your right then your left in front of your body then immediately do the same behind your back, continue at a high speed.
12. **Around the back** – with one dribble wrap ball around your back and catch it with the same hand, go left then right and then do the same thing just catch it with the opposite hand.
13. **Sway dribble** - dribble the ball with the right hand back and forth across the body in a sway motion. You can do this very low, medium level, and then very high. Do this with both hands. Once you have finished both hands, go two full sways and then execute a hard cross over and do the same with the opposite hand.



MASON BASKETBALL



14. **Pound Series** - working on pounding the basketball and control you can do a number of different moves from the same stationary position

- A. 3 dribbles with the right, cross then same with the left
- B. 3 dribbles with the right, inside out then cross
- C. 3 dribbles with right, inside out then around the back
- D. Back and forth in between the legs
- E. Between the legs then cross

15. **Turn, Protect, Cross** – dribble with the right hand, when the coach says turn you turn so that you are in between the defender and the ball, coach will say turn again and you will turn back, coach will say cross and you will execute a cross over to the left hand, continue for as long as you want.

16. **Two Ball dribble** – using two ball we use these different variations

- A. Two balls dribbled at the same height.
- B. Two balls alternating
- C. One ball high, One ball low and then switch
- D. Drop on ball pass one to your other hand.
- E. Inside out both balls in the same direction
- F. Sway both balls in the same direction
- G. Cross both balls
- H. Cross one ball the other behind the back

