



BASKETBALL (AGES 6-11) ACTIVITY REFERENCE GUIDE



Ball Control Exercises

Purpose: Ball Control

Equipment: Basketball/player, colored spots

Set Up: Colored spots in a straight Line. Have players stand on their spot with the ball.



Execution:

- Players follow coach through a series of exercises
 - Pass the ball back and forth between hands. Only use fingers. Don't let the ball hit the ground
 - Use Spider Fingers to walk around the ball, twirling it in the air
 - Ball around waist
 - Ball around head
 - Ball around both legs
 - Ball around right leg, then left
 - Ball figure 8 around both legs, reverse
 - Spread legs and hold ball in the air with right hand in front of legs, left in back of legs. On coaches whistle the player releases the ball, and switches hands so the left is not in front of legs and the right is behind. Do once with ball bouncing once. Then no bounce
 - Bounce ball, clap once, and catch. Then 2 claps, 2 claps, etc.
 - Continues dribble right hand. Then left
 - Dribble while looking up at coach. Coach puts fingers in the air and the players shout the number while dribbling with right or left hand.