

MARAVICH BALL HANDLING DRILLS

1. SLAM – Slam the ball from one hand to the other.
2. BANANA – Squeeze the ball from one hand to the other and move hands, vertically up and down in front of your body while doing it.
3. TAP – Tap the ball from one hand to the other and move hands vertically up and down in front of your body while doing it.
4. SWING – Swing the ball from midsection to up above the head with right hand, then swing the ball back down and switch hands. Keep repeating.
5. BODY WEAVE – Start by rotating the ball around head, then chest, then waist, then knees, then ankles and bring it back up around knees, waist, etc.
6. QUICK HANDS – Bend over into a good athletic stance and hold the ball in between the knees with the left hand on the front of the ball and the right hand behind the body and on the back of the ball. Keeping the ball between the knees, drop the ball (the ball does not touch the floor) and switch hands so the left is behind the body and the right is in front.
7. HIKE - Bend over into a good athletic stance and hold the ball in front of your knees with one hand on each side of the ball. Drop the ball between your knees, without letting it hit the floor, and catch the ball behind you with one hand on each side of the ball.
8. BALL DROP – Progression 1: Hold the ball waist high just in front of you, drop the ball, touch the front of your hips and catch the ball before it touches the ground.
Progression 2: Hold the ball waist high just in front of you, drop the ball, touch the sides of your hips and catch the ball before it touches.
Progression 3: Hold the ball waist high just in front of you, drop the ball, touch each of your buttocks and then bring the hands back around and catch the ball before it touches the ground.
Progression 4: Hold the ball waist high just in front of you, drop the ball, touch your hands behind you, bring the hands back around and catch the ball before it touches the ground.
Progression 5: Hold the ball in back of your knees, let go of the ball, and then catch the ball before it hits the ground.
Progression 6: Hold the ball in back of your knees, drop the ball, then bring the hands around and touch them in front of your body and then take them back around and catch the ball before it touches the ground.
9. RICHOCET – Stand holding the ball in front of body with feet wider than shoulder width apart. Then throw the ball hard between your feet bouncing it behind you and catch it behind you. Bring the ball back in front and repeat.
10. WEAVE DRIBBLE – Spread legs out and dribble the ball in a figure 8 around your legs using a very low dribble. Shift your body as the ball moves from side to side to improve rhythm.

11. SPIDER or QUICK DRIBBLE – Dribble once with each hand in front of your body, and then once with each hand behind your body. The ball should stay right between your feet.
12. PUSH-PULL – Face forward and dribble the ball with one hand to the side of your body. Pull the ball back and stop it with the same hand, then in the same motion dribble the ball forward and stop it with the same hand. Continue this action, pulling it back and pushing the ball forward. Also execute the same drill with the ball from side to side in front of the body.
13. PEPPER DRIBBLE – Bend over into a good athletic stance, begin dribbling the ball in between your feet with right and then left hand. Proceed to go faster and faster and lower and lower. Do this until the ball is about 1 inch off the floor.
14. KNEE LIFT – Standing in place, lift the right knee and pass the ball from right hand to left hand under the thigh. Repeat by lifting the left knee and going from left hand to right hand.
15. WEAVE WALK – In a crouched position, walk while taking the ball in and out of legs in a figure 8 fashion. When the left leg is going forward the ball should be passed under the left thigh from right hand to left hand.
16. BETWEEN THE LEGS DRIBBLE – Stand in a staggered stance with the left foot forward and right foot back and ready to dribble the ball with the right hand. Now dribble the ball between your legs from right hand to left but as the ball is passing between the legs, jump and switch the feet so the right is forward and left foot is back. Repeat in the other direction.
17. DRIBBLE WALK – Dribble the ball between the legs while walking. When the left leg is going forward the ball should be dribbled under the left thigh from right hand to left hand.
18. DRIBBLE BEHIND - STATIONARY – Dribble the ball behind your back changing hands on each dribble.
19. DRIBBLE BEHIND - WALK – Dribble the ball behind your back changing hands on each dribble. – make sure the ball stays behind you while walking.
20. 2 UP 2 BACK WITH CROSSOVER – Start in a staggered stance, left foot forward and right foot back. Your torso is facing over your left leg. Move forward and dribble the ball with your right hand 2 times. Then takes 2 dribbles back with your right hand. Next drop your left foot back, cross the ball over quickly to your left hand and then go forward 2 dribbles with your left hand and back with your left hand 2 dribbles. Repeat this action. Keep the ball off your back foot by using an inside-out action with your dribbling hand.