Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Class Period:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Basketball Ball Handling Skills**

Directions: Pick **5** dribble moves, **5** ball handling moves, and **1** spinning move and put them together into a memorized routine. Complete your routine on this sheet which will be turned in prior to your performance.

**Dribble Moves** **Ball Handling**

Right hand dribble Finger Tip

Left hand dribble Pendulum

Alternate hand Figure 8

Bridge See saw

Lay down Pretzel

Figure 8 Behind back, over the shoulder

Punching bag Ricochet

TV dribble Body ball circles

Standing figure 8 Catch behind back

Around back Walking pretzel

Four hand dribble

Fast feet, slow dribble

Fast dribble, slow feet

**Spinning Drills**

Proper spin Spin and pat

Change fingers knuckles

Bounce off spin lay down

Between the legs spin inside out/in