

INDIVIDUAL BALL DRILLS :

- 1) 1 hand Ball Taps (flicking wrist) on wall x 20 at: Shoulder height. Repeat other hand.
- 2) 1 hand Ball Taps on wall x 20 at: Head height. Repeat other hand.
- 3) 1 hand Ball Taps on wall x 20 at: Hip height. Repeat other hand.
- 4) Wrap ball around waist x 10 each way. If this is easy, try standing on one leg.
- 5) Wrap ball around knees x 10 each way.
- 6) Combination Wrap: Wrap ball around alternate knee/waist x 10 each way
- 7) Ball toss and snatch: Toss ball above head (or high onto wall) then jump up to snatch it back into body x 10. Catch with arms at full stretch.
- 8) Chest Pass FAST against wall x 20. Step forward with either foot
- 9) Throw ball up, clap 5 times and catch x 10
- 10) FAST hand to hand passes at waist height x 20
- 11) FAST hand to hand passes at shoulder height x 20
- 12) FAST hand to hand passes above head x 20
- 13) STRONG Shoulder passes from a distance onto wall x 20 each hand
- 14) Stand on one leg, then toss ball slightly out of reach from waist level with 2 hands, then snatch it back in x 20
- 15) Ball Taps onto wall in a "clock pattern" ie. 9 o'clock, 10 o'clock, 11, 12,(Left hand), then 12, 1, 2, 3 o'clock (Right hand) and then back the other way
- 16) Chest passes against wall: Clap hands and touch thighs with both hands before catching
- 17) The Blurr: Hold ball down between legs with one hand in front of legs, and other hand behind legs. Toss ball slightly up between legs, switch hands and catch x 10
- 18) Sitting Ball rotations: Sit on floor with knees bent and heels lifted slightly off the ground. Wrap ball around body x 10
- 19) Peripheral Vision Ball Dribble: Bounce ball low and fast with R) hand, but look straight ahead (not at ball) x 20. Repeat L) hand x 20
- 20) Coming around the player: Place a cone/drink bottle about 3m from wall. Stand behind the object, throw ball against wall, then move quickly around an in front of the object to retrieve the ball in front. (Change sides which you run around object). x 10