



## TRAINING ZONE

PRESENTED BY



# BALL HANDLING

### ► DRILL OVERVIEW

- Proper ball-handling fundamentals are essential to the sport of wheelchair basketball. When practicing dribbling in a stationary position, you can use your everyday chair, sports chair, or standard chair. If you are in a sports chair, aim to dribble at a 45 degree angle from your wheel and caster. Remember to always dribble using your fingertips for more control, as opposed to your palm. You do not want to dribble too far in front or behind you. Keep your eyes up at all times while dribbling, and practice with both your dominant and non-dominant hands. While dribbling at elbow height is most efficient, you can also practice small, tight dribbles and high, controlled dribbles for more practice.

### ● BEST PRACTICES

- Dribble using your fingertips for maximum control.
- Dribble at a 45-degree angle between your axle and your caster.
- Bounce the ball at elbow level and keep your eyes looking up at the court.
- Practice equally with both hands.

### ★ MODIFICATIONS

- Increase or decrease speed.
- Practice low and high dribbles to simulate on-court situations.