



BASKETBALL MOVES

FIGURE 8 DRIBBLE DRILL

Ball handling skills are a great way to practice hand-eye coordination and improve your game. Get dribbling down to perfection and get those hands moving with the Figure 8 drill!

Directions

- Stand with legs far apart and knees bent.
- Begin dribbling the ball clockwise with your right hand around your right leg and then Counter-clockwise around the left leg forming a Figure 8 motion. Continue till you've minimized any ball drops and stops.
- Then, practice going the opposite way with your left hand. Soon you'll be a dribble-master!

PERSONALIZE IT:

- Make your Figure 8s more fun by adding a bit of your personal touch. Try adding in some dance moves like a hip shake or a head bob.
- Sing your favorite song as you make Figure 8s.
- Get a friend or parent to join you. At the end of each Figure 8 completion, switch balls with a "1,2, 3 pass!"

See how fast you can go!



Safety Tip: Always get your parents help or permission before attempting this move (you never know, they might want to join you!).