

Coach Wachler  
**Fundamental Ball Handling Drills**

Beginner - do stationary

Intermediate - do with movement (move forward, backward, and side to side)

Advanced - do with speed

Expert - do at full speed

**Basic Positions** (be able to keep eyes up)

**Position 1** Bottom of foot (right and left)



Be able to hold toe on ball and rotate clockwise and counter clockwise, both feet. Keep opposite knee slightly bent.

**Position 2** inside of foot (right and left)



**Position 3** outside of foot (right and left)



**Simple and Complex Combinations**

1 just right- and repeat (be able to look up) Tap ball with bottom of foot, bring foot down and repeat.

1 just left- and repeat (be able to look up)

1 alternate feet

2-2 inside of foot to inside of other foot and repeat

3-3 Outside of foot to outside of other foot, back and forth. (pattern: step step step)

3-2 just one foot. Do just right then just left

3-2 right to 3-2 left outside inside, repeat.

1-2 Bottom of foot to side of foot

1-3-2 bottom of foot to outside of foot, return with inside

**Fake change of direction-**

Circle over open right

Circle over open left

Circle over inside right

Circle over inside left