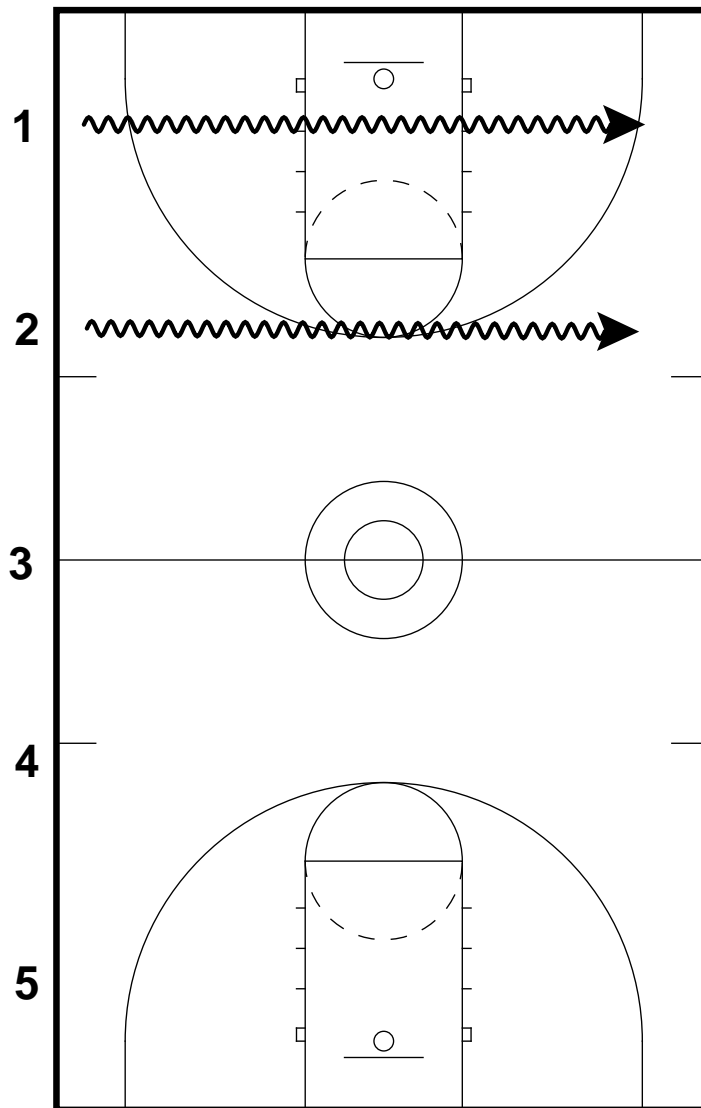


Sideline Ball Handling



- A. 5 lines on the sideline. Everyone with a ball
- B. Perform each skill across and back then next person goes.
- C. Everyone performs three repetitions of each skill.
- D. Skills
 1. **Speed** - Right hand across, left hand back.
 2. **Cross Over** - Three dribbles at a diagonal and cross.
 3. **Between the legs**
 4. **Hesitation** - Speed dribble to the middle. Hesitate and go.
 5. **Attack and Retreat** - Dribble to the right at a diagonal. Dribble three times then slide back three dribbles. Cross over and go left at a diagonal for three dribbles. Slide back for three, cross over and go.
 6. **Partner Zig Zag** - Put a partner out as a defender. Have them perform the cross over dribble while the defender plays soft defense.
 7. **Live 1 on 1** - Person with the ball tries to beat the defender to the other side. Defense is live. If they get a steal, hand it to the offensive person and start where the steal occurred.