

9. Maravich Drills

VIDEO AT: <https://www.breakthroughbasketball.com/drills/maravichdrills.html>

Purpose:

Players practice dribbling fundamentals.

Setup:

Multiple players, each with a ball. Players spread out facing the coach.

Execution:

* Coach directs players to practice one of the following:

- Ball Slaps – Slap the top of the basketball, alternating hands. This helps to warm up a player's fingertips.

- Finger Tips – Extend arms from the chest with the basketball between their fingers. Slowly, pass the ball from one hand to the other off of their fingertips. When this is mastered, pass the ball back and forth off of fingertips and move the ball up to the head and down to the toes. Make sure to keep arms extended.

- Ball Circles – Move ball around head in a circle several times and then switch direction of the ball. Move ball around waist several times and switch directions. Move ball around ankles several times and switch directions. Keep head up during this drill.

- Ball Wraps – Spread legs, wrap the ball in a circle around right ankle and then switch direction of the ball. Spread legs, wrap the ball in a circle around the left ankle and then switch direction of the ball. Keep head up during this drill.

- Figure 8 No Dribble – Spread legs and makes a figure 8 with the basketball between the legs without dribbling. Switch and make a figure 8

in the opposite direction. Keep head up during this drill.

- Front to Back Toss – Place basketball between legs. Toss the ball and move hands behind legs to catch the ball. Toss the ball again and catch in front of legs. Increase speed of toss and catch if possible. Keep head up during this drill.

- One Leg Dribble – Spread legs and dribble in a circle around one ankle. Switch direction of dribble. Switch legs and dribble in a circle around the other ankle. Switch direction of dribble. Keep head up during this drill.

- Figure 8 Dribble – Spread legs and dribble in a figure 8 around and through both legs. Switch direction of dribble. Keep head up during this drill.

- Figure 8 Dribble/One Hand – Spread legs and dribble in a figure 8 around and through both legs using only the right hand. Switch direction of dribble. Switch and use left hand to dribble in a figure 8 around and through both legs. Switch direction of dribble. Keep head up during this drill.

- Spider Dribble – Spread legs and dribble ball in front of body with both hands, then dribble ball moving both hands behind the body. Progression is right, left in front, right left in back, repeat. Keep head up during this drill.

Coaching Tips:

- * Focus on keeping the players balanced with their heads up while they are dribbling.