

Figure 8 Drill- Basketball

Level of Difficulty-



The purpose of this exercise is to improve your hand strength, ball control and concentration.

Method:

1. Start dribbling low down by your left ankle.
2. Dribble the ball through your legs, switching around to the other hand and going around the other leg.
3. Continue dribbling around both legs, with the ball following a figure 8 pattern around both legs, switching hands as needed.

Coach Tips:

- Beginner players can start by rolling the ball through the figure 8 on the floor, then progress to dribbling it.
- Keep your knees bent and your back straight.
- Experiment with different dribble heights – see what maximum and minimum number of dribbles you can do around each leg.