

## FDBA Domestic Coaches Drill Book: Ball Handling

Name: Around the Waist

Drill No: E1

### Description:

Players take the ball in one hand and change hands behind their back in one continuous motion.

### Variations:

Change Direction.  
Execute on the run.

### Points of Emphasis:

1. Head up, eyes looking forward.
2. Use the pads of the fingers
3. Maintain a good basketball stance - feet spread, knees bent.

Diagram A.

