

## FDBA Domestic Coaches Drill Book: Ball Handling

**Name:** Around the Head

**Drill No:** E2

**Description:**

Players take the ball in one hands and change hand behind their head 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.**

