

# Cramer Basketball Ball Handling Guide:

## Vol. 1

### The Resource for Becoming a Better Ball Handler

The Ball Handling Guide is a complete and efficient resources to assist athletes of all levels to improve their ball handlings skills. This includes handling pressure, attacking the basket, dribble moves, pivoting and more...

This guide includes:

#### Core Dribbles

1. Stance
2. Movement
3. Stopping
4. Change of Direction
5. Contact

#### Bonus Sections

- **Advanced Ball Handling Drills** – Some of Coach Cramer’s favorite variable practice drills.
- **Ball Handling Workouts** – A video presentation to help you stay confident through ups and downs.

This resource was built to **make you a more dangerous ball handler. Handling the basketball is one of the most important skills for any young player and builds footwork, coordination, endurance and confidence that apply to all areas of the game.** We give you the tools to train with purpose. Whether you’re intermediate or advanced, you’ll find workouts and teaching points that you can apply immediately.

#### Coach’s Note

*"As I think back on my career as a player, I realize how much a document like this would have helped me. So, to any young hooper out there who is hungry to get better, take advantage of this opportunity. Soak in the details of each video and see how it applies to your game. Enjoy, work hard, and if you need anything reach out: [contact@cramerbasketball.com](mailto:contact@cramerbasketball.com)*

— Coach Cramer



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<p><b>Stance: Technique &amp; Terms</b></p> <p><a href="#">The Only 5 Reasons to Handle the Ball</a></p> <p><a href="#">Five P Dribbles</a></p> <p><a href="#">What is Ball in Hand Time?</a></p> <p><a href="#">Rhythm and Stance</a></p> <p><a href="#">V-Series</a></p> <p><a href="#">Pound V-Series</a></p>	<p><b>Handling Pressure</b></p> <p><a href="#">Handling Against Pressure</a></p> <p><a href="#">Creating Space and Protecting</a></p> <p><a href="#">Attacking the Defense</a></p>
<p><b>Ball Handling/Finishing</b></p> <p><a href="#">Ball Handling/Finishing</a></p> <p><a href="#">Elbow to Elbow Finishing</a></p> <p><a href="#">Elbow to Elbow Across the Rim Finish</a></p> <p><a href="#">Wing to Wing Series</a></p>	<p><b>Attacking</b></p> <p><a href="#">First Step Drill</a></p> <p><a href="#">Walk in Moves</a></p> <p><a href="#">Cut Backs: Change of Direction</a></p> <p><a href="#">Speed Ball Handling Push Dribble</a></p>
<p><b>Workout Examples</b></p> <p><a href="#">Garage Ball Handling Mini Workout</a></p> <p><a href="#">Pound Pound Garage Series</a></p> <p><a href="#">Driveway Skills Workout</a></p>	<p><b>Helpful Videos &amp; Attachments</b></p> <p><a href="#">Five Ways to Bring the Ball Up: Camp Breakdown</a></p> <p><a href="#">29 Ball Handling Drills: Playlist</a></p> <p><a href="#">Advanced Ball Handling Warm UP</a></p> <p><a href="#">27 Drill!</a></p> <p><a href="#">Avoid Traveling: Youth</a></p>



# Ball Handling Self-Evaluation Worksheet

Taking notes about your game is one of the best ways to improve. Writing things down helps you see patterns, track progress, and hold yourself accountable. Use this page to reflect on your ball handling, identify strengths, and highlight areas to grow. Thanks for joining us!

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## Self-Reflection Questions

1. **What are my biggest strengths as a ball handler?**

*Example: Attacking the basket, shooting off the dribble, protecting the ball.*

○ Notes: \_\_\_\_\_

○ \_\_\_\_\_

2. **What are my weaknesses as a ball handler?**

*Example: Weak hand, protecting the ball, getting to the rim, keeping me head up.*

○ Notes: \_\_\_\_\_

○ \_\_\_\_\_

3. **What is my current ball handling routine? What do I need to add or change?**

*Think: footwork, balance, intensity, consistency, game like movements.*

○ Notes: \_\_\_\_\_

○ \_\_\_\_\_

○ \_\_\_\_\_

4. **What is my role as a ball handler this upcoming season?**

*This is based on your skill set, your role on the team, and the type of offense your coach runs.*

○ Notes: \_\_\_\_\_

○ \_\_\_\_\_

5. **What drills or reps help me the most?**

*Example: Stationary reps, game moves, speed ball handling.*

○ Notes: \_\_\_\_\_

○ \_\_\_\_\_

6. **How can my ball handling skills be used to make the team better?**

*Think about creating better passing angles, avoiding pressure, breaking down the defense, playing fast, drawing fouls.*

○ Notes: \_\_\_\_\_

○ \_\_\_\_\_

7. **What is one focus point for my next workout/game?**

*Keep it simple and clear.*

○ Notes: \_\_\_\_\_

○ \_\_\_\_\_

