

Nebraska Coaches Clinic

Developing Middle & High School Ball Handling Skills with Warm Up Drills & Progressions

Valerie Armstrong- Midwestern State University

	<p>Intro to Passing / Movement (Ready position, wrist, thumbs hands)</p> <p>Arms straight- hold for a picture- balanced foot slightly in front</p> <ul style="list-style-type: none"> • Passing on 1 Knee with partner at net 10X and switch • Standing and passing- partner two hand underhand toss <ul style="list-style-type: none"> ○ Partner starts at end line, runs up to pass short ball on 1 knee • Line Passing, groups of 3, two balls • Short and deep, two balls • Angle Passing, 1 ball • 3 Man Pepper • 9 Man Pepper <p>Pass and Move</p> <p>Passers start in the middle and high five, shuffle out to pass, shuffle in high five/ shuffle out 10X and switch with tossers</p> <div style="text-align: center; margin-top: 20px;"> <table border="1" style="margin: auto; border-collapse: collapse;"> <tr> <td colspan="2" style="padding: 10px;">PP</td> </tr> <tr> <td style="padding: 5px;">T</td> <td style="padding: 5px;">T</td> </tr> <tr> <td style="padding: 5px;">T</td> <td style="padding: 5px;">T</td> </tr> <tr> <td colspan="2" style="padding: 10px;">PP</td> </tr> </table> </div>	PP		T	T	T	T	PP	
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	<p>Flip/ Shift</p> <p style="text-align: center;">SS</p> <div style="border: 1px solid black; padding: 5px; margin: 10px auto; width: fit-content;"> <p>PP</p> <hr/> <p style="text-align: center;">TT</p> <hr/> <p style="text-align: center;">TT</p> <hr/> <p style="text-align: right;">PP</p> </div> <p>SS</p>
	<p>Serve and Pass with out of System Setting</p> <ul style="list-style-type: none"> • Two balls in a row for extra reps • Variations can be a deep serve then short <p>C/S PP</p> <p>_____T</p> <p>T</p> <p>PP C/S</p>
	<p>Line and Release-</p> <p>6 on 6 Variations Scoring</p>
	<p>Bjerring/ Linear Rankings Tournament set up short court 2 on 2 Tournament</p>

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