

"Consecutive Tipping" Drill



Drill Objectives:

- To practice tipping using both hands.
- To learn to control a tip with both hands.
- To improve timing and jumping ability

Most players do not spend much time working on the tipping ability. However, to be successful around the boards, players must be able to tip the ball accurately using either hand. Tipping off the backboard or wall should be incorporated into every player's daily warm up. Not only will it improve tipping ability, but in addition, will warm up the hands, fingers and calf muscles. Tipping is also important for timing. All the jumping ability in the world is useless if the jump is too soon or too late.

Tip the ball off the backboard ten consecutive times. The ball should be tip near your maximum jumping height to a spot above the rim. Optional: players can tip the ball into the basket after the last tip. Do three sets of 10 right hand followed by 10 left hand tips (total of 60 tips).

When tipping the ball players should have their hand expanded as much as possible, and tip the ball using your wrists and finger tips with little arm movement. Like in shooting, the ball should not ever touch the palm of the hand. To get maximum height on jump, toes should point directly towards the floor.

This is a great drill to include in an individual early time warmup before practice starts.