

# Soft Hands? - Increase your players catching skills with these drills!

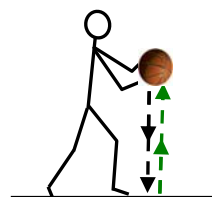
Many players have a problem with simply “catching the basketball. Usually it’s the younger players that have some problems with “Soft Hands” (problems with catching the basketball), but I have seen high school players that could also use some work in this area.

Try the following drills (Drill #1, Drill #2 below) to increase coordination and the “catching” skills of your players (young or old). Both drills are proven to work on the “soft hands” issue with players...

I usually take the players that need to work on catching the ball and set them to the side of the court, and have them practice these drills for about 15-20 minutes. How long does it take? For as long as the player needs to – for as long as it takes a player to show improvement (there’s no time limit).

## Drill #1 - The Power Slam (floor)

**Drill #1 – The Power Slam (Floor):**  
Player should hold the ball firmly and slam it down as hard as they can to the floor – players should have their hands ready to catch the ball quickly - with “strong” hands!



## Drill #2 - The Power Slam (wall)

**Drill #2 – The Power Slam (Wall):**  
Player should hold the ball firmly above their head, and slam it high up against the wall (as hard as they can). Players should have their hands ready to catch the ball quickly!

