

Published based on [Basketball Drills For Guards Can Help Make Him An Effective Player](#)

# **Basketball Drills For Guards Can Help Make Him An Effective Player**

Along with the prestigious title comes responsibility and accountability to the team. [Basketball drills for guards](#) are very helpful in acquiring these characteristics. The skills, the attitude and the determination of the guard will have an impact on the team. It is up to him to be a leader, the captain of the team.

Different drills will help develop one in different areas. Some focus on dribbling, others might focus on handling the ball, or other situations that come up in a game. Practice will help you act quickly in a game should you need to. A wrong move can cost the team the game. The right decision, however, can change a bleak situation into something great.

All members of a team are important. The guard, however, has more responsibility to the team than any other player. He has to lead the team. The guard is on the court when the coach cannot be. He should be a player who is well conditioned and respected by his team.

One of several [basketball practice drills](#) is the chair break drill. Chairs should be set up in a zigzag position. The player then dribbles the ball, weaving in and out of the chairs. When he gets to the last chair, with one hand he throws the ball to the coach who is standing in the wing. He then hurries to a chair with a ball on top of it, grabs the ball and scores.

It is a good idea not to favor one hand over the other. Both hands are equal in basketball and one should be able to use both hands equally, especially the guards. It might be a good idea to try some exercises to strengthen the weaker hand so it will not feel uncomfortable when a play calls for some special moves.

Push the ball forward and then quickly push the ball back with the same hand. Do this technique over and over again with the weaker hand. Try doing this in front of you and to the side of you as well. Before long and with continued practice you will be able to use either hand when the game calls for it.

You might want to try dribbling as hard as you can and as wildly as you can all over the place. When you can master keeping the ball under control with it moving wildly, it will be a breeze when you are dribbling within normal limits. Whatever drills you decide to do, stick with them until you are strong. It probably wont happen overnight, but it will happen.

The guard, the captain, the leader, whatever one might call him, is very valuable. It is of utmost importance that he practices his [basketball drills for guards](#) on a regular basis. His teammates are counting on him to call the right plays and to do the right thing. With determination, hard work and regular basketball practice drills, he can lead the team to victory.

You can also find this article published on [Basketball Drills For Guards Can Help Make Him An Effective Player](#) , and on the tag pages [ball](#), [basketball drills](#), [basketball practice drills](#), [chair](#), [hand](#), [team basketball](#).