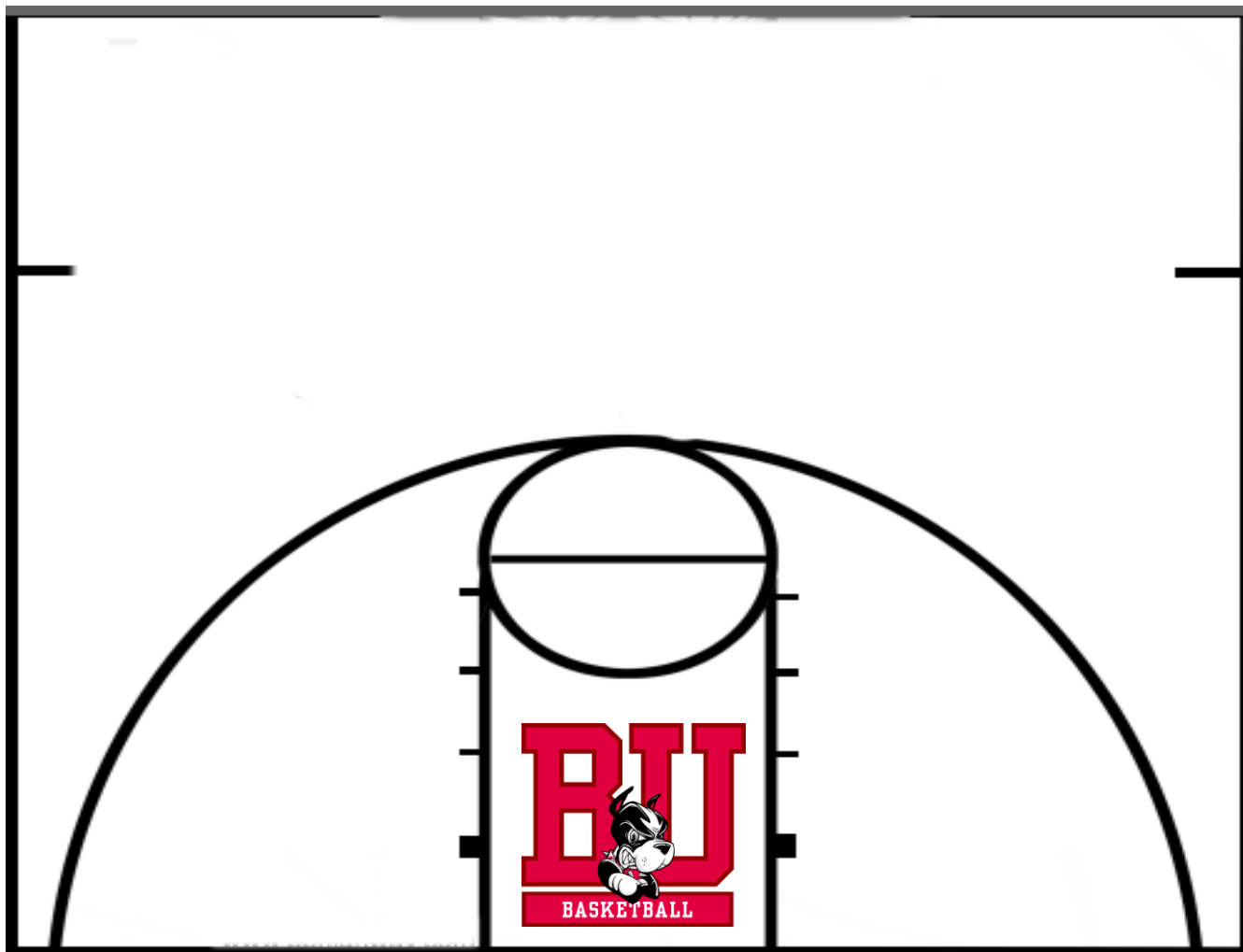


# **BOSTON UNIVERSITY**

## **OFF SEASON BALLHANDLING WORKOUT**



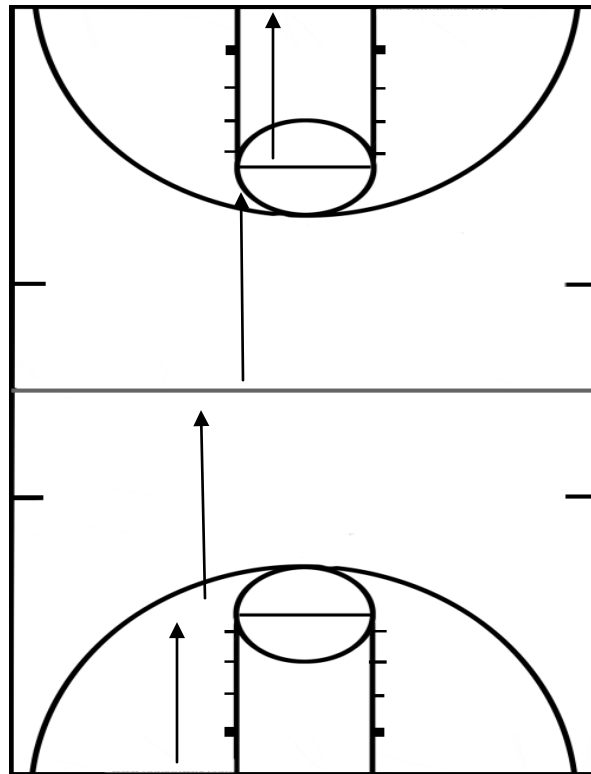
**“ALWAYS GIVE A HUNDRED PERCENT, AND  
YOU’LL NEVER HAVE TO SECOND-GUESS  
YOURSELF.”**

## WARM-UP (5 Minutes)

- Pound Ball  
Pound the ball between your hands.
- Finger Tips- Up & Down  
Keep the ball on your finger tips, working it from high to low.
- Around the Waist  
Wrap the ball around your waist. Change directions.
- Around the Knees  
Wrap the ball around your knees. Change directions.
- Around the Head  
Wrap the ball around your head. Change directions.
- Around the “World”  
Wrap the ball around your head, waist and knees. Change directions.
- 50 Pounds Right Hand – Left Arm Protect  
Pound the ball in your right hand. Keep your left arm up to protect the ball. Work on dribbling the ball from high to low.
- 50 Pounds Left Hand – Right Arm Protect  
Pound the ball in your left hand. Keep your right arm up to protect the ball. Work on dribbling the ball from high to low.
- 50 Cross-over  
Cross the ball over in front of your body. Work on keeping the ball tight and your head up while you dribble.

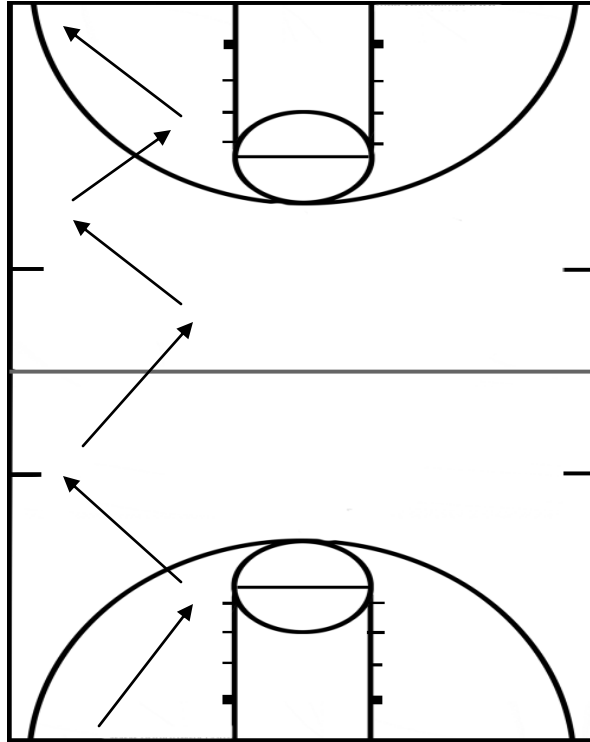
## TWO-BALL DRILLS (5-7 Minutes)

- 50 Pounds –Same time (2x)  
Standing on the endline bounce both balls at the same time  
GOAL: keeping your head up, ball low
- 50 Pound- Alternate (2x)  
Standing on the endline bounce one right and then one left at different times  
GOAL: Keeping your head up, ball low
- 5 Pounds – 5 Spots (2x: 1 Same time & 1 Alternate)  
Start on the endline, pound ball 5 times then dribble towards the foul line, half-court, opposite foul line and opposite endline. 5 pounds at each spot  
GOAL: Keeping your head up, ball low, start/stop



## TWO-BALL DRILLS continued...

- Full-Court Zig-Zag (2x: 1 Same time & 1 Alternate, 1 Start Right & 1 Start Left)  
Start on the endline dribbling right 5 dribbles then change direction and go to your left 5 dribbles then change direction and go back to the right. Continue this up the court.  
GOAL: Keeping your head up, ball low, change of direction



- Two-Ball Full Court Speed Dribble (2x: 1 Same time & 1 Alternate)  
Dribble length of the court as fast as possible.  
GOAL: Keeping your head up, ball low, speed, ball control

### DRIBBLE MOVES (8-10 Minutes)

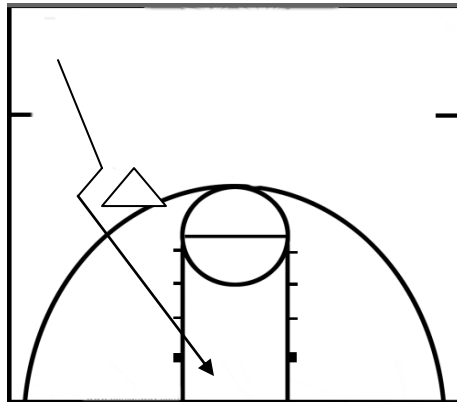
This drill is designed to provide repetition for dribble moves in the open court. Fundamentals to emphasize on this drill include:

- Driving it hard to the basket
- Changing direction with the dribble
- Changing pace with the dribble
- Trying to beat a defender in the open court (outside) first
- Spinning back to the middle if a defender takes away your move outside

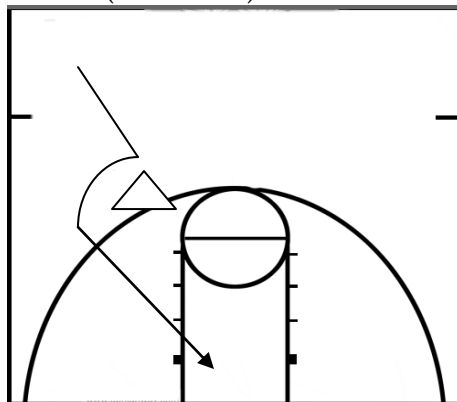
Complete from both the right and left side of the floor three times each. The first time shooting one-foot layups, the second time finishing off two-feet and the third time a reverse layup.

Here is the sequence:

- Straight Drive

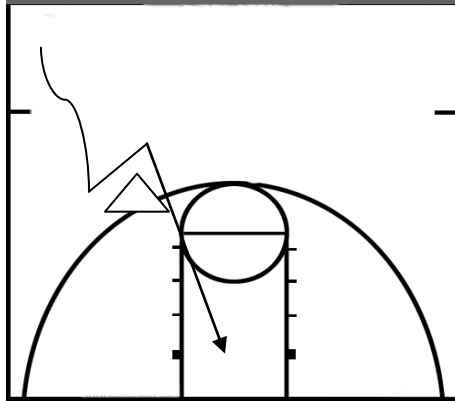


- Hesitation drive to the outside (Inside-out)

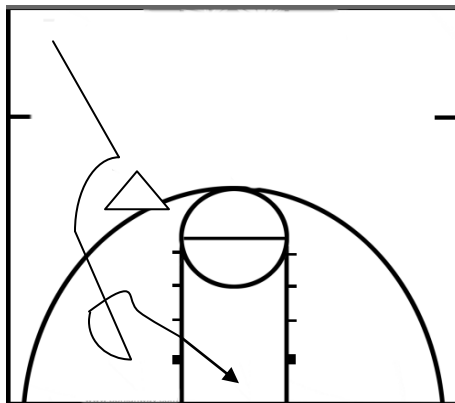


### DRIBBLE MOVES continued...

- 3 Change of direction to the middle (Cross-over, Between the legs, Behind the back)



- Hesitation drive to the baseline and spin back into the lane

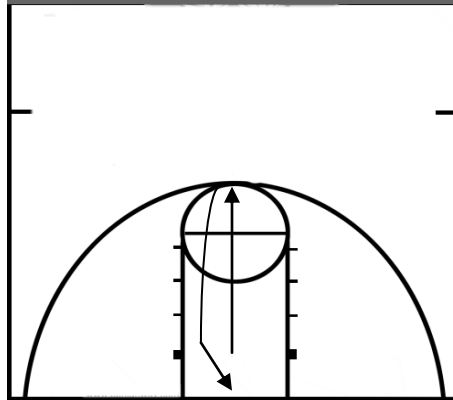


### FULL-COURT DRIBBLING (5 Minutes)

- Speed Dribble Left & Right Hand (4x each hand)  
Throw the ball off the backboard, rebound the ball and take-off full court for a layup. Try to get there in 4 or less dribbles.
- Full-court Zig-Zag Speed Dribble (3x: Cross-over, Between the legs, Behind the back)  
Start at the endline, take three dribbles and use a change of direction move as you dribble full-speed up the court. Finish with a two-foot layup.

### Speed Layups (2 Minutes)

- Iverson Drill (2x each hand)  
Start with a foot on the three-point line. Dribble the ball with your right hand. Score layup. Rebound out of the net. Dribble back to three-point line with right hand. See how many layups you can make in 30 seconds. Try for 7 or more. Then try with the left hand.



### FREE THROWS - 50 Total