

Ball Handling Workout #1 - Individual

Warm-up:

With wrist weights

Up and backs x 2 – up R back L

Cross overs every other dribble

Between the legs – every dribble, every other dribble

Behind the back – every dribble, every other dribble.

Stationary:

1 hand cross-over side to side: 30 sec. x 2 each hand.

Front to back dribble: 30 sec. x 2 each hand.

Jordan between leg alternate: 30 sec. each direction x 2

No weights: make sure and use both hands on every drill

Speed dribble x 2 up and backs

3 speed, 1 reverse, attack stay same hand. X2 R & L

3 speed, 1 reverse, cross

3 speed, 1 reverse, between legs

3 speed, 1 reverse, behind back

3 speed, 1 reverse, combo of choice (between legs/cross, cross/behind back, etc)

In and out's

In and out cross,

In and out between legs

In and out behind back

2 Ball Work

(start w/out weights, gain comfort, add weights): must stay below the knees

Same time

Alternate dribble

3 forward, 1 back

Cross both

Cross 1, between legs 1

Cross 1, behind back 1

Zig zag, change directions

Stationary: 1 high/1low

1 ball bounce 2x/other bounce 1

Figure 8

Side to side – same way, different ways

Front to back – same/alternate

In and out's

Hold 1 high, dribble low

1 stays in hand, other crosses over

Circle crossover – crossover – put in R hand, move to L hand, crossover

Ball Handling Workout #2 – W/ Partner:

Warm-up:

Up and backs x 2 – up R back L
Cross overs every other dribble
Between the legs – every dribble, every other dribble
Behind the back – every dribble, every other dribble.

Stationary:

5 speed-collect-pass x 5 each hand
5 speed cross-collect-pass x 5
5 speed between the legs-collect-pass x 5
5 speed 1 hand cross-collect-pass x 5
5 speed in and out-collect-pass x 5

Vertical Movement: 2 ball

Shoulder push up and switch going back x 2 alternate dribble
Shoulder push up and switch going back x 2 same time dribble
Shoulder push up and switch going back x2 front to back dribble

Lateral Movement: 1 ball

Hip push up and back x 2 each hand
Hip push – 1 hand cross x 2 each hand
Hip push – 1 hand front to back x 2 each hand

Shadow dribble: 2 ball each partner

1 person is leader for 30 seconds, other person must follow facing each other. Keep track of mistakes, 5 push-ups for each mistake at end of 30 seconds. X 4 rotations.

30 second switch: 2 balls per group

2 ball bounce same time (waist to knee level, no higher) – partner keeps time and gives cues

Cues:

Kill it – 1 inch bounce, bring it back up
Switch – cross-over dribble
Attack – 2 dribbles forward
Retreat – 2 dribbles backwards