

# Ball Handling

## ***2 Ball Stationary Dribble(do each 25 times)***

- Pounds low
- Pounds high
- Machine gun low
- Machine gun high
- Crossovers
- Push/pulls
- In/out
- One stationary/other circles leg(15 times around each leg w/each hand)

## ***2 Ball on the move dribbling(sidelines down and back)***

- 2 ball pounds
- 2 ball alternate
- 2 ball crossovers
- groups of 3...3 balls(dribbler, receiver, passer)

## ***Ladder Dribbling(2 times each)***

- 1 dribble out of box crossovers in each box
- continuous crossovers
- wide crossovers
- inside out crossover(inside out outside box-crossover in box)
- behind back in each box
- 2 basketballs lateral(pound dribble in each box)
- 2 ball alternate(alternate dribble in each box)

## ***Partner passing***

- 1 ball weak hand pass and catch(50 passes/catches, alternate footwork)
- 1 ball weak hand catch, pound, pass(40 passes/catches)
- Bounce & Chest(Simultaneous-20 & switch)
- 2 ball alternate(L to R 40 passes)
- 2 ball simultaneous(25 catch, pound, pass)

# Partner Shooting

- 2 min-catch & shoot(5 in a row)
- 2 min-SF-1 dribble pull up(5 in a row)
- 2 min-2 dribbles-SF 1 dribble then crossover finish in lane(alternate each shot)
- 2 min- rip & go(alternate each shot)

## ***POSTS(with partner or self)***

- **R block**-drop steps(spin out, go to, drop step finish R hand)-5 makes

- **R block**-middle hook shot(spin out, go to, step to middle, L hand hook)-5 makes
- **R block**-up and under(spin out, go to, turn baseline, show, no dribble, step through, power dribble, R hand finish)-5 makes
- **R block**-Face up- shot(spin out, go to, L foot reverse pivot, rip, shot)-5 makes
- **R block**-Face up-shot fake(spin out, go to, L foot reverse pivot, shot fake, L hand dribble, R foot step through, R hand finish)-5 makes
- **L block**-drop steps(spin out, go to, drop step finish L hand)-5 makes
- **L block**-middle hook shot(spin out, go to, step to middle, R hand hook)-5 makes
- **L block**-up and under(spin out, go to, turn baseline, show, no dribble, step through, power dribble, L hand finish)-5 makes
- **L block**-Face up shot(spin out, go to, R foot reverse pivot, rip, shot)-5 makes
- **L block**-Face up shot fake(spin out, go to, R foot reverse pivot, shot fake, R hand dribble, L foot step through, L hand finish)-5 makes

#### **PERIMETER(with partner or self)**

- **R wing**-catch and shoot(spin out, step into, shot)-3 makes
- **R wing**-shot fake/1 dribble pull up(spin out, step into, feet still, shot fake(flash forearm), R hand dribble)-3 makes
- **R wing**-shot fake/1 dribble pull up(spin out, step into, feet still, shot fake(flash forearm), L hand dribble)-3 makes
- **R wing**-shot fake/1 dribble/Crossover finish(spin out, step into, feet still, shot fake(flash forearm), R hand dribble, crossover, 2 L hand dribbles, pull up in middle of lane{floater finish or off glass from front of rim}-3 makes
- **R wing**-shot fake/1 dribble/Crossover finish(spin out, step into, feet still, shot fake(flash forearm), L hand dribble, crossover, 2 R hand dribbles, pull up at block, finish of glass)-3 makes
- **L wing**-catch and shoot(spin out, step into, shot)-3 makes
- **L wing**-shot fake/1 dribble pull up(spin out, step into, feet still, shot fake(flash forearm), R hand dribble)-3 makes
- **L wing**-shot fake/1 dribble pull up(spin out, step into, feet still, shot fake(flash forearm), L hand dribble)-3 makes
- **L wing**-shot fake/1 dribble/Crossover finish(spin out, step into, feet still, shot fake(flash forearm), L hand dribble, crossover, 2 R hand dribbles, pull up in middle of lane{floater finish or off glass from front of rim)-3 makes
- **L wing**-shot fake/1 dribble/Crossover finish(spin out, step into, feet still, shot fake(flash forearm), R hand dribble, crossover, 2 L hand dribbles, pull up at block, finish of glass)-3 makes
- **Finish with 20 free throws- set a goal to make(ie-15 for 20~create your own consequence for not making it)**
- **If time do both post and perimeter workout or alternate if you are both**

- **If time, partner shoot-play 5-3-1, 1 up/1 down, 3-2-1 free throws, Beat the Pro free throws(If alone can do 5-3-1, 3-2-1 Free Throws or Beat the Pro Free Throws**