

BALL HANDLING DRILLS – ADVANCED WORKOUT

These drills should only take about 30 minutes. This ball handling routine will go faster once you get the hang of it. Try to do this routine no less than 5 times per week!

****Be patient, work hard, do these drills consistently, and you'll see improvements fast!***

1) RIGHT HAND - STRAIGHT UP AND DOWN, FAST	30 TIMES
2) LEFT HAND - STRAIGHT UP AND DOWN, FAST	30 TIMES
3) RIGHT HAND - "V" DRIBBLING, FAST	30 TIMES
4) LEFT HAND - "V" DRIBBLING, FAST	30 TIMES
5) AROUND THE WORLD – * HEAD, WASTE, LEGS IN/OUT	10 TIMES
6) RIGHT HAND - BOUNCE AROUND, UNDER LEGS	10 TIMES
7) LEFT HAND - BOUNCE AROUND, UNDER LEGS	10 TIMES
8) SPIDER DRIBBLE (30 SECONDS EACH, FULL SPEED)	2 TIMES
9) FIGURE 8 DRIBBLING DRILL (BOTH DIRECTIONS)	10 TIMES
10) BALL FLIP: BOTH HANDS BEHIND	2 TIMES
11) BALL FLIP: ONE HAND IN FRONT, ONE HAND BEHIND	2 TIMES
12) CRAB WALK (FULL COURT)	2 TIMES
13) 2 BASKETBALL DRIBBLING DRILLS → UP/BACK (FULL COURT) → BACKWARDS → SWITCHING HANDS	2 TIMES 2 TIMES 2 TIMES
14) DRIBBLING BEHIND THE BACK (FULL COURT)	2 TIMES
15) UNDER THE LEGS DRILL (STRAIGHT LINE, FULL COURT)	2 TIMES
16) WALL DRIBBLING (AROUND GYM)	2 TIMES
17) SPIN DRIBBLE (FULL COURT)	2 TIMES
18) PULL-BACK CROSSOVER DRILL (30 SECONDS EACH)	2 TIMES
19) SKIP DRIBBLE "UNDER LEGS IN PLACE" 30 SEC EA)	2 TIMES
20) 2 BALL DRILLS: ONE UP/DOWN, OTHER HAND AROUND LEG (30 SEC EA.) : ONE CROSSOVER, OTHER HAND AROUND LEG	2 TIMES 2 TIMES
21) SUICIDE DRIBBLING: DO A SUICIDE WHILE DRIBBLING, RIGHT HAND UP, LEFT HAND BACK.	2 TIMES
22) FAST BREAK DRIBBLING: PUSH THE BALL UP THE COURT	2 TIMES
23) "ALL AROUND" (30 SECONDS EACH, FULL SPEED)	2 TIMES

DRIBBLE HARD, DRIBBLE LOW, AND ALWAYS BE LOOKING UP WHEN DRIBBLING!