

# **Ball Handling**

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

- Pounds low
- Pounds high
- Machine gun low
- Machine gun high
- Crossovers
- Push/pulls
- In/outs
- 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
- 1 partner 2 ball reaction drill(3 balls, pass 1 in to partner who passes 1 out)
- 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)

# **Shooting(all competitions)**

- 3 in a row shooting, 5 spot 2 in a row, Groove shooting, 45 point shooting, Warrior 3's, Partner shooting
- Post moves(4 makes each move) both blocks-fake middle drop step, fake baseline baby hook, up & under(both ways), reverse pivot face up=fake and go

Free Throws-3, 2, 1 game, Beat the Pro(make= +1, miss= +2 for pro), 7 on the line