

Ball Handling/Driving Workout

1) Weak Hand warm up

- a. Make 5 weakhand reverse layups driving with weakhand from each wing (10 total layups)

2) Stationery Ball Handling

- a. See how many of the below skills you can complete in 1 minute (both directions):

-Waist Wrap Arounds	-Double into Single leg Wraps	-Single hand dribbling	-Behind Back dribbling
-Leg Wrap Arounds	-Figure 8's	-Crossover dribbling	-In & Outs
-Single Leg Wrap Arounds	-Spider Dribbling	-B/w Legs Dribbling	-Combos

3) Drive Series

- a. Start at a starting spot with a ball; spin the ball to yourself and execute a move—make 3 of each move
- b. Starting Spots: Corner, Wing, Slot
- c. Actions: Catch & Go, Off Down Screen, Off Cross Screen
- d. First Step: Rip Through, Jab, Shot Fake
- e. Moves:
 - i. Layup; Reverse Layup
 - ii. Jump Stop; Jump Stop-->Ball Fake; Jump Stop-->Step Through
 - iii. Floater; Step Through; Step Under
 - iv. Spin Move; Spin Move-->Step Through; Spin Move-->Step Under

4) Half Court Dribbling (1 dribble between action) STRAIGHT LINES/SHARP CUTS

-Crossover	-In & Out Right/Left	-B/w legs→2 cross
-B/w legs	-In & Out→cross	-Wrap around→2 cross
-Wrap around	-In& Out→b/w legs	-b/w legs→2 wraps

4) Explosion Series

- a. Start with ball near half court; dribble towards a cone (around 3 pt line); execute move at cone—make 3 of each move
- b. Explosion (Left & Right Hand):
 - i. Hesitate & Go; Hesitate to Cross
 - ii. In & Out; In & Out to Cross
- c. Moves:
 - i. Layup; Reverse Layup; Shield Layup
 - ii. Jump Stop; Jump Stop-->Ball Fake; Jump Stop-->Step Through
 - iii. Floater; Step Through; Step Under
 - iv. Spin Move; Spin Move-->Step Through

5) Zig Zag dribbling

- a. Start with ball in corner; do one trip down and back of each move; game speed (change your pace!)
- b. Dribble to elbow (move)→half court corner (move)→opposite elbow (move)→opposite corner)
- c. Moves: crossover, between legs, wrap around, spin move, pull back

7) Challenge someone to a game of 1v1 if available. MAKE IT, TAKE IT