

# Ball Handling Workouts

## Beginners Workout

Do each drill for 15 to 20 seconds. Then go to the next drill. After you do this whole sequence, you'll feel your wrist and forearms burning which is GREAT, because this is exactly what you want to strengthen the appropriate muscles for ball handling and dribbling.

- Power Dribble - Waist Level
- High Dribble - Shoulder Height
- Low Dribble - below Knees
- Alternating High & Low - Three Dribbles High, Three Dribbles Low
- Alternating Dribble - Left, Right, Left, Right
- Side to Side
- Front to Back
- Crossover
- Around one Leg - Two Dribbles
- One Dribble Between Crossovers

## Intermediate Workout

- Behind the back – 1 direction
- Between legs & behind back while maintaining other dribble
- Between leg & crossover
- Figure 8
- Front between the legs
- Low dribbling on one Leg
- Around one leg while power dribbling with other hand
- Around one leg with each ball – low dribble
- Around one leg while maintaining low dribble
- One low, one high
- Low figure 8
- Crossover, crossover – side to side with one hand, front to back with other
- Crossover & behind the back

## Advanced Workout

1. Front crossover
2. Side to side
3. Front to back
4. Combo of side to side & front to back
5. Alternating hands
6. Side to side
7. Rotating side to front
8. Around one leg – two dribbles
9. Figure 8
10. Between the legs - backwards
11. Crossover – 1 dribble between double crossovers
12. Crossover
13. Behind the back – 1 direction
14. Front – side to side
15. Between legs & behind back while maintaining other dribble
16. Between leg & crossover
17. One crossover & flip ball to other hand
18. Figure 8
19. Front between the legs
20. Low dribbling on one leg
21. Around one leg while power dribbling with other hand
22. Around one leg with each ball – low dribble
23. Around one leg while maintaining low dribble
24. One low, one high
25. Low figure 8
26. Crossover, crossover – side to side with one hand, front to back with other
27. Crossover & behind the back

# Ball Handling Workouts

## Skill Development

- **2 Ball Dribbling Drills** – On the move
- **Dribble While Catching Tennis Balls** - Dribble laterally while catching tennis balls from a partner.
- **Two Ball Dribble** - On the way down, alternate the dribbles between the left and right hand. On the way back, dribble the balls at the same time. This is similar to the descriptions of the Two Ball Pound and Alternating Dribble provided below.
- **Two Ball Low Dribble** - Dribble the balls below your knees while weaving through the chairs. On the way down, dribble the balls at the same time. On the way back, alternate dribbles.
- **Two Ball High Dribble** - This is the same as the Two Ball Low Dribble, except you dribble the balls at shoulder height.
- **Two Ball High-Low Dribble** - Dribble one ball below your knees while dribbling the other ball at shoulder height. Switch hands on the way back.
- **Two Ball High-Low Alternate Dribble** - Dribble low with one hand, high with the other around the chair. Switch low dribble hand and high dribble hand around each chair.
- **Two Ball Crossover Dribble** - Crossover with both hands when you come to each chair.
- **Two Ball Weave Dribble** - Weave in and out of the chairs dribbling forward to backwards and backwards to forward after every chair.