



Ball Handling Workout



1	One ball stationary doing the following drills:	
	a. Candy Cane (ankles, waist, head)	10 times around both directions.
	b. Figure Eight - Dribbling	8 times both directions.
	c. Spider	30 seconds.
	d. Utah Dribbling	30 seconds.
2	Flip/Catch and square doing the following moves before a power lay-up:	
	a. Speed dribble (2 or less dribbles)	3 times each slot.
	b. In n Out	3 times each slot.
	c. Hesitation	3 times each slot.
3	Flip/Catch and square doing the following moves before before a power lay-up:	
	a. Crossover	3 times each wing.
	b. Drag Dribble	3 times each wing.
	c. Behind the Back	3 times each wing.
	d. Between the Leg	3 times each wing.
4	Regular lay-ups from the half court elbow doing the following two moves before the lay-up:	
	a. Crossovers	3 times each half court elbow.
	b. Drag Dribbles	3 times each half court elbow.
	c. Behind the Backs	3 times each half court elbow.
	d. Between the Legs	3 times each half court elbow.
	e. Any two moves you want	3 times each half court elbow.
5	Speed dribbling starting with your right and coming back with your left do the following moves at the FT line, half court, and FT line (slow and explode):	
	a. Crossover	1 trip up and back.
	b. In n Out	1 trip up and back.
	b. Hesitation	1 trip up and back.
	c. Utah straight	1 trip up and back.
	d. Utah Crossover	1 trip up and back.
	e. Utah Between the Legs	1 trip up and back.
	f. Behind the Back	1 trip up and back.
	g. Between the Legs	1 trip up and back.
If you have two basketballs you can implement 2 ball stationary, Hueser Hi/Lo, and 2 Ball Series.		
One should be able to complete this workout in 30 minutes or less.		