

2 BALL Ball Handling

Dribbling two basketballs can improve hand eye coordination, concentration and overall ball handling.

I want to mix it up with this workout. Some drills will be timed while others will be for repetition. When I work with players, I always like to keep things fundamental and simple. Just like the 1 ball workout I sent out a few weeks ago (If you need that one, let me know!) we want to maintain a good athletic stance with our feet shoulders width apart, butt down and chest up. When doing any ball handling drills, ***posture is very, very important!***

The following drills will be timed

1 minute on, 30 second break

- **2 ball pounds (Same time)**
 - Shoulders (1 min)
 - 30 second break
 - Knees (1 min)
 - 30 second break
 - Ankles (1 min)
 - 30 second break
 - Try to get at least 100 reps for each one!

- **2 ball alternate pounds**
 - Shoulders (1 min)
 - 30 second break
 - Knees (1 min)
 - 30 second break
 - Ankles (1 min)
 - 30 second break
 - Try to get at least 100 reps for each one!

- **Side to side (Both balls going in the same direction)**
 - 1 minute
 - 30 second break

- **Front to back**
 - 1 minute
 - 30 second break

- **Front to back alternating**
 - 1 minute
 - 30 second break

- **In and Out (Don't let the balls touch!)**
 - 1 minute
 - 30 second break

- **Right ball high, left ball low**

- 30 seconds
 - 30 second break
- **Left ball high, right ball low**
 - 30 seconds
 - 30 second break
- **Left hand pounds to your knee (Keep the ball in front of your left foot and don't move it!) Right hand low dribbles around your right leg**
 - 1 minute
 - 30 second break
- **Right hand pounds to your knee (Keep the ball in front of your right foot and don't move it!) Left hand low dribbles around your left leg**
 - 1 minute
 - 30 second break

The following drills will be for repetitions

- **3 pounds to your knee, crossover**
 - We want to alternate between right to left crossovers and left to right crossovers. The easiest way to think about this drill is to choose a basketball and say to yourself (This ball will ALWAYS be the ball that is over top or farthest away from my body.) If you can do that then you will be alternating your crossovers!
 - 20 total reps (10 right to left and 10 left to right)
- **3 pounds to your knee, between the legs**
 - We want to alternate between right to left between and left to right between. The easiest way to think about this drill is to choose a basketball and say to yourself (This ball will ALWAYS be the ball that is going through my legs.)
 - 20 total reps (10 right to left and 10 left to right)
- **3 pounds to your knee, behind the back**
 - We want to alternate between right to left behind and left to right behind. The easiest way to think about this drill is to choose a basketball and say to yourself (This ball will ALWAYS be the ball that is going behind my back.)
 - 20 total reps (10 right to left and 10 left to right)
- **3 pounds to your knee, double crossover**
 - Bounce 1 ball high and preform a double crossover (The ball should end in the same hand it started in)
 - **Teaching point**
 - Our goal is to make the double crossover move as quickly as possible and only have the ball we bounce in the air bounce **1 TIME**. Also, don't move your feet, stay in your stance. This will challenge you to make a good bounce or "pass" to yourself. The ball SHOULD NOT bounce higher than your knee
 - 20 total reps (10 bouncing the **RIGHT** ball in the air and 10 bouncing the **LEFT** ball in the air)
- **3 pounds to your knee, double between the legs**
 - Bounce 1 ball high and preform a double between the legs (The ball should end in the same hand it started in)
 - **Teaching point**
 - Our goal is to make the double between the legs move as quickly as possible and only have the ball we bounce in the air bounce **1 TIME**. Also, don't move your feet, stay in your stance. This will challenge you

to make a good bounce or "pass" to yourself. The ball SHOULD NOT bounce higher than your knee

- 20 total reps (10 bouncing the **RIGHT** ball in the air and 10 bouncing the **LEFT** ball in the air)
- **3 pounds to your knee, double behind the back**
 - Bounce 1 ball high and preform a double behind the back (The ball should end in the same hand it started in)
 - **Teaching point**
 - Our goal is to make the double behind the back move as quickly as possible and only have the ball we bounce in the air bounce **1 TIME**. Also, don't move your feet, stay in your stance. This will challenge you to make a good bounce or "pass" to yourself. The ball SHOULD NOT bounce higher than your knee
 - 20 total reps (10 bouncing the **RIGHT** ball in the air and 10 bouncing the **LEFT** ball in the air)
- **1 pound to your knee, between the legs, crossover**
 - Bounce 1 ball high and preform a between the legs, crossover (The ball should end in the same hand it started in)
 - **Teaching point**
 - Our goal is to make the between the legs, crossover move as quickly as possible and only have the ball we bounce in the air bounce **1 TIME**. Also, don't move your feet, stay in your stance. This will challenge you to make a good bounce or "pass" to yourself. The ball SHOULD NOT bounce higher than your knee
 - 20 total reps (10 bouncing the **RIGHT** ball in the air and 10 bouncing the **LEFT** ball in the air)
- **1 pound to your knee, between the legs, behind the back**
 - Bounce 1 ball high and preform a between the legs, behind the back (The ball should end in the same hand it started in)
 - **Teaching point**
 - Our goal is to make the between the legs, behind the back move as quickly as possible and only have the ball we bounce in the air bounce **1 TIME**. Also, don't move your feet, stay in your stance. This will challenge you to make a good bounce or "pass" to yourself. The ball SHOULD NOT bounce higher than your knee
 - 20 total reps (10 bouncing the **RIGHT** ball in the air and 10 bouncing the **LEFT** ball in the air)