

Four Quarter Ball Handling Workout

The dribbling workout below features 60 minutes of non-stop dribbling with three simple rules:

1. You keep your head and eyes up throughout each drill - this means your chin is parallel with the ground and eyes are focused on some landmark in the distance. There is nothing to be gained from doing a ball handling drill while staring at the ball.
2. You give 100 percent on every drill. If you're training to be the best, 99 percent is not good enough. By the end of the workout, you should be completely exhausted.
3. You fail often. You should lose the ball 20 percent of the time. The goal is to train on the edge of your current abilities. That's the only way to grow. Don't settle!

First Quarter: Stationary Dribbling Drills

Notes on **FUNDAMENTALS**:

1. Perform all of these drills stationary from a good athletic stance (good basketball players and specifically, good ball handlers are always in an athletic stance with and without the ball).
2. Perform the first drill for 30 seconds, rest for 5 seconds and move to the next drill.
3. A "pound" is a dribble. If the drill says "2 pounds," dribble hard twice and perform the designated move.
4. We say pound instead of dribble because we want you to get in the habit of pounding the dribble.
5. The harder you dribble the basketball, the faster it comes back to you. The faster it comes back to you, the quicker you can move on the court.
6. During the Crossover, start the ball on the outside of one knee and end on the outside of the other knee. Whip the ball from one hand to the other.

****30 seconds on/5 seconds off (each drill)****

Single-Ball Stationary Dribbling Drills

- Two Pounds Crossover
- One Pound Crossover
- Continuous Crossover
- Two Pounds Through Legs
- One Pound Through Legs
- Continuous Through Legs
- Two Pounds Behind Back
- One Pound Behind Back
- Continuous Behind Back
- Inside-Out Right
- Inside-Out Left
- Inside-Out Right Crossover
- Inside-Out Left Crossover

2-Ball Stationary Dribbling Drills

- High Pounds - keep the dribble at waist level
- Low Pounds - keep the dribble at ankle level
- One High, One Low - keep one ball at waist level, the other at ankle level
- One High, One low
- Figure 8 Forward
- Figure 8 Backward

Tennis Ball Dribbling Drills

- Left Arm Toss - Toss and catch the tennis ball with your left hand as you dribble the basketball with your right hand.
- Right Arm Toss - Toss and catch the tennis ball with your right hand as you dribble the basketball with your left hand.
- Crossover - Toss the tennis ball from your left hand to your right as you crossover with the basketball.
- Double Crossover - Toss the tennis ball from your left hand to your right as you perform a double crossover.

Second Quarter: One-Step Dribbling Drills

Notes on **FUNDAMENTALS**:

1. Reminder - always start from a good athletic stance, and keep your head up. Train your eyes on something a reasonable distance away and practice scanning your surroundings like you would players in the half court.
2. Pay attention to foot work and repeat a skill until your muscle memory learns proper footwork.
3. Four minutes of each drill followed by 20 seconds of rest.
4. Remember to "pound" the ball.

****Four minutes for each drill, 20 seconds of rest between****

One-Step Crossover Without a Chair

1. Start with your feet side-by-side in a shoulder-width athletic stance.
2. Pound the dribble twice with your left hand. On the second pound, lift your left foot off the ground.
3. As you drive your left foot down, either directly under you or a few inches in front of you, perform a hard Crossover.
4. As soon as your left foot touches the ground, make it follow the ball during the Crossover so you finish in a lunge position with your left leg between the ball and the defender.
5. Crossover Left
6. Crossover Right

One-Step Crossover With a Chair

1. Place the chair 12 inches in front of you.
2. Perform the drill exactly as described above, but this time use a chair as a defender.
3. When you cross over, attack the defender's foot. If you are crossing over from right to left, make your right foot follow the Crossover as quickly as possible and beat the defender's right foot.
4. Once the defender is on your hip, you have a clear path to the basket. During extended Crossovers, move the chair an additional 6 inches away so you can cover as much ground as possible during your Crossover.
5. Crossover Left

6. Crossover Right
7. Extended Crossover Left
8. Extended Crossover Right

Third Quarter: Moving Dribbling Drills

Notes on **FUNDAMENTALS**:

1. Maintain that good athletic stance.
2. Continue to work on keeping your head up and eyes scanning your surroundings. If you have a basket, train your eyes towards the bottom of the net and work on using your peripheral vision.
3. Thirty seconds per drill with 5 seconds of rest.
4. All of these drills are performed while moving.
5. Start at one end of the court/driveway/sidewalk and dribble toward the other end.
6. Pound the rock!

Single-Ball Moving Dribbling Drills (repeat twice)

- Continuous Through Legs
- Continuous Behind Back
- Continuous Crossover

Two-Ball Dribbling Drills (repeat twice)

- Together - Both balls should hit the floor at the same time.
- Alternating - As one ball hits the floor, the other should be coming back up to you.
- Crossover - two pounds and then crossover both balls simultaneously, repeat until you reach the end of the court (don't look down!)

*For the next two drills the ball on the outside hand will either go through the legs or behind the back, the ball on the inside hand will crossover in front. **You may need to start by completing these two drills with one ball to master the footwork and ball handling.***

- Through Legs - Dribble at an angle to your left or right for 5 feet, plant your outside foot (right foot angling right, left foot angling left), pound, and crossover between your legs exploding in the opposite direction as the ball goes through your legs. Continue this zig-zag pattern.
- Behind the Back - Dribble at an angle to your left or right for 5 feet, plant your outside foot (right foot angling right, left foot angling left), pound, and dribble behind your back exploding in the opposite direction as the ball goes behind your back. Continue this zig-zag pattern.

Fourth Quarter: Finishing Moves Around a Second Defender

1. Set-up a chair at roughly the 3 point line. Set-up a second chair 8-10 feet from the basket not direct behind the first chair but more so at the help defender position.
2. Stand back 3-4 feet back from and to the right or left of the chair at the 3 point line.
3. Toss ball out ahead of you putting backspin on the ball.
4. On the bounce of the ball take 1-2 steps into the catch simulating a fill move (you want to catch so the chair is the defender between you and the basket..
5. Pivoting on your dominant pivot foot, reverse pivot and rip through hip to hip.
6. Attack around the chair (defender) with a strong step and reach dribble.
7. Perform a dribble move in front of the second chair (defender) and finish hard to the basket.
8. 4 minutes each side attacking both the middle of the key and baseline, 30 second rest between. Move the second chair to force you to always make a dribble move before you get to the rim.