

STATIONARY BALL HANDLING

Stationary Ball Handling

When doing stationary ball handling drills, you want to focus on being in a strong athletic stance. Feet should be shoulders width apart. Your butt should be down and your chest should be up with your eyes facing forward. If you are new to these drills it is okay to look down and become more comfortable with the movements but eventually you want to be able to keep your head up and see the court.

For this workout, we want to focus on repetition. **Each movement will require 100 total repetitions.** When dribbling, your focus should be pounding the ball as hard as you can through your shoulder while keeping your hand on top of the basketball.

Stationary ball handling drills

- **Right hand pounds**
- **Left hand pounds**
- **Right hand around your right leg (low dribble)**
- **Left hand around your left leg (low dribble)**
- **“Figure 8” (low dribble)**
- **Continuous crossovers**
- **Continuous between the legs**
- **Continuous behind the back**
- **1 pound between/cross (50xR/50xL)**
- **1 pound between/behind (50xR/50xL)**
- **Cross/cross/between**
- **Cross/cross/behind**
- **Cross/cross/between/behind**
- **Cross/between/behind**

- **1 pound crossover**
- **1 pound between the legs**
- **1 pound behind the back**

- **Side to side pounds**
- **Side to side crossover**
- **Side to side between the legs**
- **Side to side behind the back**
- **Front to back (50xR/50L)**

- **2 pounds double cross (50xR/50xL)**
- **2 pounds double between (50xR/50xL)**
- **2 pounds double behind (50xR/50xL)**