

St Paul JCC
At Home Basketball Ball Handling Workout
By Coach Sidney

ONE BALL

Circle around the head – 15 sec
Circle around the waist – 15 sec
Circle around the calves – 15 sec
Candy canes (Head, waist, then calves) – 30 sec
Push tempo after you got the hang of it
Right hand pound dribble LOW – 30 sec
Left hand pound dribble LOW – 30 sec
Right hand pound dribble HIGH – 30 sec
Left hand pound dribble HIGH – 30 sec
Right hand pounds alternating 2 LOW then 2 HIGH – 30 sec
Left hand pounds alternating 2 LOW then 2 HIGH – 30 sec
Right hand inside out dribble – 15 sec
Left hand inside out dribble – 15 sec
Right hand V-Dribble in front – 30 sec
Left hand V-Dribble in front – 30 sec
Right hand Front to Back V-Dribble – 30 sec
Left hand Front to Back V-Dribble – 30 sec
Circle dribble around right foot with right hand – 30 sec
Circle dribble around left foot with left hand – 30 sec
Figure 8 – 30 sec
Push tempo once you get the hang of it
Crossovers – 30 sec
Scissor stance in between legs dribble – 30 sec
Dribble lunge (quick first step dribble then back alternating) – 30 sec
Behind the back crossovers – 30 sec

IF SPACE PERMITS

Cone dribbling
Retreat dribbling
Spin move
Behind the back & between the legs in motion



TWO BALLS

Together both pound – 15 sec

Alternate pound – 15 sec

Pound both low then high – 5 sec

One high One low – 15 sec

Switch ways

V-Dribbles (side to side and front to back) – 30 sec each

Around right leg – 30 sec

Around left leg – 30 sec

Figure 8 – 30 sec

AGAINST A WALL IF POSSIBLE:

Pound both pass one off wall back to self with continuous dribble

Other side

Pound both pass one off wall crossover and catch in opposite hand

Same on other side

Pound both pass one off wall between the legs crossover catch in opposite hand Same on other side

ONE BALL AND IF YOU HAVE A TENNIS BALL

Pound one ball while tossing tennis ball up and catching it

Both sides –1 minute

Pound ball and throw tennis ball at the wall and catch in same hand

Both sides – 1 minute

Pound ball and throw tennis ball at the wall, crossover and catch in opposite hand Both sides – 1 minute

