



20-Minute Ball Handling Workout (Grades 4–8)



Warm-Up (3 minutes)

- **Ball Slaps (30 sec):** Slap the ball from hand to hand to wake up fingers.
- **Finger Taps (30 sec):** Tap the ball quickly between fingertips.
- **Wraps (1 min):** Wrap ball around head, waist, and then knees.
- **Figure 8 (30 secs each direction):** no dribble



Stationary Dribbling (5 minutes)

- **Pound Dribble (30 secs each hand):** Dribble hard at waist height.
- **Low Dribble (30 secs each hand):** Dribble low and fast, below the knee.
- **Crossover Dribble (1 min):** Quick side-to-side dribble in front of body.
- **Push/Pull Dribble (1 minute each hand):** Dribble in “V” shape on side of body.



Dynamic Dribbling (8 minutes)

- **Zig-Zag Dribble (2 min):** Dribble in zig-zag pattern using crossovers.
- **Speed Dribble (2 min):** Sprint while dribbling, keeping control.
- **Change of Pace (2 min):** Alternate between slow and fast dribbling.
- **Bust Out and Retreat (2 min):** Burst forward and then quickly pull back or retreat.



Control & Creativity (4 minutes)

- **Figure 8 Dribble (1 min):** Dribble ball in figure 8 around legs.
- **Spider Dribble (1 min):** Tap ball front/back with alternating hands.
- **Freestyle Dribble (2 min):** Let kids experiment with moves (behind back, spin, dribble with 2 balls etc.).

***** Complete this 20 minute workout three times over the next week. *****