

At Home Ball Handling Routine

This is a simple ball handling routine that can be completed in the basement, garage, or driveway. The moves are simple, but this can be a challenging workout for a player of any level if done at high intensity with eyes up and active and not looking at the basketball. See the video for examples of the moves.

YouTube Video Link

https://youtu.be/a_8K_qoV20

Stationary Ball Handling

1. Right Hand 1 inch Dribble x 25 reps
2. Left Hand 1 inch Dribble x 25 reps
3. Right Hand Pound Dribble x 25 reps
4. Left Hand Pound Dribble x 25 reps
5. Right Hand Push Pull Dribble x 25 reps
6. Left Hand Push Pull Dribble x 25 reps
7. Right Hand In-Out Dribble x 25 reps
8. Left hand In-Out Dribble x 25 reps
9. Crossover with wall touches x 25 reps
10. 1-bounce crossovers 25 reps
11. 3-2-1-0 Crossovers x each side
12. 3-2-1-0 Between the Legs x each side
13. 3-2-1-0 Around the Back x each side

On-the-Move Ball Handling

1. Utah Ball Handling x 3 sets of 5 reps
2. Hesitation Move x 5 each hand
3. Crossover Move x 5 each hand
4. Between Legs x 5 each hand
5. Behind the Back x 5 each hand
6. Spin Move x 5 each hand
7. Put the Chair in Jail Drill with same moves as above x 5 of each move