



Elite Handles Workout Schedule



Top 21 Dribbling Drills

Ball Handling is All About Working on the Key Elements... Keep it Simple!

This program is designed for players who want to grow their game and do more for their team on the offensive side of the court.

As players move up in higher levels of basketball, the importance for every player, no matter the position, to handle the basketball increases!

The key to improving your ball handling on your own is to focus on the key ball handling fundamental elements. Too many ball handling workouts/drills focus on the wrong things and quickly become too complex. This program helps players by focusing on specific skills and gives them the tools to work on them consistently.

We recommend that you work on these drills 4-6 times per week!

Workout #1

Phase #1: Ball Height		
Drill #1	Ball Height Changers (w/one ball)	10-20 reps each height & each hand
Drill #2	Ball Height Changers (w/two balls)	10-20 reps at each height
Drill #3	Sitting Dribbles	10-20 reps each height & each hand
Phase #1: Speed Variations		
Drill #1	Wall Touch Series (Cross,Thru, Behind)	5-10 reps each hand
Drill #2	Leg Circles	10-15 reps each leg
Drill #3	V Dribbles (5 Progressions)	5-10 reps each hand
Phase #2: Directional Footwork		
Drill #1	Side To Side (1-2 Laterals)	10-20 reps each direction
Drill #2	Change Of Direction (Quick Exchange)	5-10 reps each direction
Drill #3	Swivels Or Turns (Pivots)	10-15 reps each hand
Phase #3: Body Height Variation		
Drill #1	Combo Moves (Stationary)	5-10 reps each hand
Phase #4: Game Like Comprehensive Drills		
Drill #1	Stutter, Jab Dribble (Quick Exchange)	5-10 reps each direction
Drill #2	1-2 Lateral, Attack (Jab Dribble)	5-10 reps each direction

Workout #2

Phase #1: Ball Height		
Drill #1	Skip Dribbles	5-10 reps with each hand
Drill #2	Standing High Dribble Series	5-10 reps
Drill #3	Dribble Sprints (w/Popcorns)	5-10 reps each hand
Phase #1: Speed Variations		
Drill #1	Thru The Legs	10-20 reps each direction
Drill #2	Crossover	10-20 reps each direction
Drill #3	Behind The Back	10-20 reps each direction
Phase #2: Directional Footwork		
Drill #1	Stop Momentum (Jab Dribbles)	5-10 reps each hand
Drill #2	Slowing Momentum (Stutter Feet)	5-10 reps each hand
Drill #3	Retreat Dribble	5-10 reps each hand
Phase #3: Body Height Variation		
Drill #1	Combo Moves (On the Move)	5-10 reps each hand
Phase #4: Game Like Comprehensive Drills		
Drill #1	Stutter, Jab Dribble (Quick Exchange)	5-10 reps each direction
Drill #2	1-2 Lateral, Attack (Jab Dribble)	5-10 reps each direction
Drill #3	1v1 w/ Traps - Play 1v1 full court. Try to advance the ball to the opposite paint (defender must be within arms reach). A 2nd defender starts near half court and double teams at random times so you have to beat 2 defenders.	

Instructions

Alternate workouts each day as follows. For example, your schedule might look like this...

Monday - Workout 1
Tuesday - Workout 2
Wednesday - Workout 1
Thursday - Workout 2
Friday - Day Off
Saturday - Workout 1
Sunday - Workout 2

Repeat for at least 30 days, working hard (pushing yourself when practicing), and I promise you'll make big improvements to your ball handling!

If you have any questions, feel free to reach out to me.

And if you want an all-around workout program to improve your shooting and scoring, check out the primary training program that I use with most of my clients:

[The Sequential Scoring System](#)