



# CLC TIGER BOYS BASKETBALL

TENACITY. INTEGRITY. GANAS. EXECUTION. RESPECT. SOLIDARITY

## Ballhandling Workouts

### Ballhandling Workout #1

#### Non-Dribble in Place

1. Ball Slaps
2. Outstretched Arms (elbows locked) pat ball back and forth on finger tips
3. Right Leg Circles
4. Reversed Right Leg Circles (go the opposite way)
5. Left Leg Circles
6. Reversed Left Leg Circles (go the opposite way)
7. Figure Eight
8. Reversed Figure Eight (go the opposite way)
9. Double Flip (hold the ball with two hands in front and then drop the ball and catch it with two hands in back before it hits the ground)
10. Single Flip (hold the ball with one hand in front and one in back, drop the ball and reverse hand positions and catch the ball before it hits the ground)
11. Single Flip / Double Flip (alternating)
12. Figure Eight Around the Ankles Double Flip

#### Keys for Maximum Gains

Do them quick and fast both ways.

Try to keep head up for all of them.

**SPEED** is the most important thing.

Spend about 15 seconds for each drill.

**Don't worry about making mistakes -- if you're not making mistakes, you're probably not going as hard as you can!**

### Ballhandling Workout #2

#### Dribble in Place

1. Right Hand High Dribble then Slam Down Low (looking over your left shoulder)
2. Left Hand High Dribble then Slam Down Low (looking over your right shoulder)
3. Side to Side Right Hand
4. Side to Side Left Hand
5. Front to Back Left Hand
6. Front to Back Right Hand
7. Side to Side Left Hand Behind the Back
8. Side to Side Right Hand Behind the Back
9. Crossover Dribble Left to Right in Place
10. Dribble Around Right Leg
11. Dribble Around Left Leg
12. Figure Eight Dribble with Right Hand Only
13. Figure Eight Dribble with Left Hand Only
14. Spider Dribble (two taps in front, two taps in back...)
15. Scissors Dribble (between legs in place)

#### Keys for Maximum Gains

Do them quick and fast both ways.

Try to keep head up for all of them.

**SPEED** is the most important thing.

Spend about 15 seconds for each drill.

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## **Ballhandling Workout #3**

### **Dribble on the Move**

NOTES: Put cone or chair on both wings, position outside the 3-pt arc. Always start on the right side. Make the move to the basket, rebound and make the same move out to the other cone. Repeat on the left side.

#### **MOVE #1; Inside Out**

When dribbling with the right hand, fake to left with left foot and fake the dribble to the left, and then explode to the basket.

#### **MOVE #2; Stutter Step**

The stutter step is made by dribbling up to the defender about 3' away and make the move. The move is made by making 4 QUICK choppy steps and blow by the defender.

#### **MOVE #3 Hesitation**

The move is made about 3' away from the defender. Dribble up, stop, but keep the dribble alive. Your weight is on the left foot, rock back to the fight foot and blow by the defender. Vice versa when using left hand.

#### **MOVE #4 Crossover**

Dribble up to defender about 3' away. Crossover dribble low to the other hand. When crossing over your left foot should drop while your right foot goes with the ball across your body. By this time, you should be by the defender. Then crossover back to the right.

#### **MOVE #5 Stutter crossover**

This move is made by combining the stutter and crossover moves. Stutter first then crossover.

#### **MOVE #6 Reverse**

When making this move with the right hand, your left foot should be straight in front of the defender's right foot. Pivot on your left and rub against the defender's right shoulder and drive to the basket. Opposite with left hand.

#### **MOVE #7 Behind the Back**

When you begin to dribble behind the back you should be stepping with your left foot around the defender. Opposite with left hand.

#### **MOVE #8 Between the legs**

When you start your dribble between the legs, the left foot should be in front. After the ball goes through the legs, the right foot drives by or around the defender.

\*\*\* You can also do these moves at the top of the key, using right and left hand.

#### **IMPORTANT NOTES**

1. Use the moves with lay ups, power lay up and jump shots. You can back up the cones and use with 3-point shot. When using with jump shots make 1 or 2 dribbles by the defender before shooting.
2. Make the moves at GAME pace speed.
3. Remember start on right side, then left side.
4. These moves were explained when using the right hand, everything is opposite for left hand.