

### **3 Ball Handling Drills**

Power 200 – after you get the rhythm it should take about 90 secs to complete –

- 20 right hand pounds, 20 left hand pounds
- 20 “V” dribbles with right hand on right big toe, 20 “V” dribbles with left hand on left big toe
- 20 “Push-Pull” on side with right hand, 20 “Push-Pull” with left hand on left side
- 10 crossovers between knees & below knees, 10 crossovers below knees & outside knees
- 20 right foot forward / ball starts in left hand – between legs, 20 Left foot forward / ball in right hand between legs
- 20 Behind the back
- 200 total dribbles!

1 Minute challenge: this is all about getting in a rhythm! – this one is tough to learn and get comfortable.

- The sequence goes like this – right hand pound, in/out, crossover, between the legs, behind the back, pound – you just completed 1 – count each time you say “Pound” to yourself and see how many you can get in 1 minute. The 2<sup>nd</sup> time should be started with left hand (opposite hand you started with)
- “Pound, in-out, cross, btw legs, bh back pound...”
- Goal is to improve each time
- Lower and wider and less foot movement the better.
- Set your clock for 1 minute and see how many you can get!

Tennis Ball Dribbles:

- Be creative with these!
- You can do the power 200 above while trying to play catch with yourself
- Example – do 20 right hand pounds and try to toss the tennis ball with left hand and catch
- Once you get to between the legs, let the tennis ball bounce
- You can do the same throwing tennis ball off the wall.