



Stationary Ballhandling Drills to do at home

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!

- 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 2nd 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.

3-2-1-0 Challenge

- The rhythm goes like this... 3 pounds – cross – 3 pounds – cross - 3 pounds – cross – 3 pounds – cross (4 total crosses), then you do 2 pounds (4 crosses), then you do 1 pound (4 crosses), then 0 pounds (8 crosses) / Then you repeat between the legs / then you repeat going behind the back.
- The goal is to set a time and try to beat it.
- Teaching point is to try not to move feet and control the ball better. The more you move feet the less you need to manipulate the ball in your hands.

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.