

BETTER BALL HANDLING

1. Cone Dribbling

Take 1 cone (or you can use a line on the ground) and complete the following variations dribbling one time on each side of the cone.



Variations: Right to left | Front to back | Make a plus sign

Reps: 50 dribbles for each variation and then repeat with your other hand.

2. Lateral Movement Crossovers

Take 2 cones and place them about 3 feet apart. Start with the basketball at one cone and make your first crossover. Move laterally away from that first cone. Once your foot is outside the other cone cross back over the starting position and repeat.



Variations: Through the legs cross | Switch hand crossover | Behind the back cross

Reps: 10 times for each variation then repeat from the other side.

3. Ball On A String Drill

Starting at one baseline make back to back crossovers with no dribbles in between until you reach the other baseline then come back doing the same thing.



Variations: Allen Iverson crossovers | Through the leg pounds | Behind the backs

Reps: Go full court and back for each variation

4. 2 Ball Crushers

Start on one baseline with 2 basketballs. You are going to move up the court dribbling the basketballs at the same time as hard as you can following the variations below.



Variations: 1 dribble, cross | 1 dribble, 2 crossovers | 1 dribble, 3 crossovers

Reps: Go full court and back for each variation