

# **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