

Taylor Allan Stationary Ballhandling Video - Notes

- Taps, slaps, squeezes
- Basic wraps – head (both directions), waist, ankles
- One-ball pounds – shoulder high, knee high, tap dribble
- Continuous crossover
- V-dribble – right hand in front, on the side; left hand front, side
- Pound crossover, tap crossover
- Back and forth under the left leg, then right leg
- Back and forth behind the back
- Scissors – both ways (inside-out, outside-in)
- Tap circle series – both ankles both directions, each ankle both directions, figure-8 (back to front, front to back)
- Lying around the head taps [seated around the back taps]
- Hot potato series – lateral, vertical
- Back tosses (catch)
- 1-2 wraps, both directions

Two-ball series

- Pound shoulder high, knee high, tap
- Pistons shoulder, knee, tap
- [add one ball high, one low]
- Continuous cross
- Front v-dribble (broken wipers), side v-dribble
- Alternating dribble wraps – back-front, front-back
- Waterfall – both directions
- Seated ins and outs

One ball

- Ball whip series – cross (both ways), behind, front-back, back-front
- 1-ball combo – pound-cross-between-behind [add pound-cross-between, pound-between-behind]
- Spider
- Back toss with clap
- Figure-8 wraps (lunge position)

Two-ball glove series

- Pound – shoulder, tap, shoulder, tap
- Pound-cross
- Alternating dribble wraps – back-front, front-back
- Scissors
- 1-leg dribble wraps – back to front
- Seated ins and outs

One ball

- Behind the knee clap

See

- www.hoopsplaybook.ca/dribbling/calipari_warm-up.html
- www.hoopsplaybook.ca/dribbling/duke_two-ball.html
- www.hoopsplaybook.ca/dribbling/mike_procopio_ballhandling.html

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