

## 2 Ball Dribbling Workout (5 minutes)

I have always preferred the types of workouts that will actually improve my ballhandling at it's foundation. Those types of workouts allow you to apply it to any move you try to learn in the future and also improve your creativity/hand eye coordination. Having better foundations will allow to adjust to any level of competition regardless if you're in a new situation or a practiced scenario.

For this particular workout you will need 2 basketballs and a small amount of flat space. Make sure you are always self checking about your athletic stance "Make the basketballs do the work". We don't want to be leaning more to one side or allowing our legs to bend inwards. ALWAYS improving our balance and strength from the athletic stance.

### **Pound Dribbles**

Start in an athletic stance and begin bouncing the basketballs at the same time around waist high. Make sure when you dribble that you pound the basketballs into the ground using your shoulders, arms and abs rather than just your hands. Continue to do this for 15 seconds.

Variations can be to bounce the basketballs shoulder height and also low utilizing fingertips only. (Do each of these for 15 seconds)

Then repeat this same process using alternate dribbles. Meaning bounce one basketball down while the other basketball is on its way up, creating an alternating sequence.

### **High Low Dribbles**

Standing in an athletic stance begin dribbling the basketball in your right hand as low as you can to the ground using your fingertips. At the same time dribble the ball in your left hand around shoulder height. Repeat this for 15 seconds and then switch hands.

### **Right to right through**

Standing in an athletic stance begin by bouncing the ball in your right hand between your legs from the front and then catching it with the same hand from the back. Then alternate and do the same thing with the ball in your left hand. Repeat this process 10 times for each hand.

The next variation is to bounce the ball through the legs from the back and catch in the front. Repeat this 10 times as well.

### **High low, through**

This drill is a combination of the 2 drills we did previously. (Right to right through and high low) Standing in an athletic stance begin dribbling the ball in your right hand low to the ground using

only your finger tips. At the same time dribble the ball in your left hand through the legs from the front while catching it with the same hand. (Try to use only 1 bounce) Then after 5 between the legs, switch to bouncing the ball from back to front for 5 reps.

Repeat this same process on the other side. (Left hand low dribble, right hand through the legs)

### **1,2,3 cross**

Starting in an athletic stance bounce the basketballs 3 times simultaneously. Then cross both basketballs at the same time and catch them with the opposite hand. Then take 3 more bounces before crossing the basketballs back over. (The basketball that crosses in the front should always stay in front while the one in back stays crossing towards the back) Repeat this process 10 times.

The next variation to this drill is to cross the basketballs back and forth without the dribbles in between. Repeat this for 20 dribbles

### **Over and back**

This drill is similar to the high low dribble but we are forcing our brain to do 2 different things even more. Starting in an athletic stance begin dribbling the ball in your right hand low to the ground out in front of you using only your finger tips. Then take the ball from your left hand and take one bounce on the left side of the other ball. Then bounce the ball in your left hand over the low basketball to the right side of it. (Basically taking the ball in your left hand over and back of the ball in your right hand) Repeat this process 5 times for each hand.

### **Around the arm**

Starting in the same position as the Over and Back drill, bounce the ball in your right hand out in front and low to the ground with your finger tips. Then take the ball in your left hand and wrap it around your right arm that is dribbling the ball low to the ground. Try to do this in one bounce, also the lower and more outstretched your right arm is the easier the drill becomes. Repeat this process with each hand 5 times.

### **Push pass**

For this drill you will need to stand in front of a wall about 15 feet away. Start in an athletic stance bouncing the ball in your right hand about waist high with a controlled dribble. Then take the ball in your left hand and pass the ball into the wall. The ball should come back and bounce one time if done correctly. Once you catch the ball take one dribble with your left before passing the ball into the wall again. The ball in your right hand should be bouncing the whole time. Repeat this process 5 times for each hand. (Make sure when passing that you are using your whole body to throw the ball. Shoulder, hips and abs should all be working together to create a straight line pass.)

The next variation to this drill is similar to above but instead of facing the wall, you will face left. Then while dribbling the ball with your right hand pass the ball behind your back with your left hand. When the ball comes back, catch with your left, take a bounce and repeat. (This drill is quite difficult but really helps to understand good ball control with the behind the back pass. It helps to make the pass with your hand under the ball for better control.)

## **Shuffles**

This drill will help with body control and ball control as we will utilize both at the same time. Start in a split stance or lunge stance with your left leg out in front. Then take the ball in your right hand and bounce it through your legs. The ball in your left hand will cross over directly in front of you. At the same time you will shuffle or hop and put your right leg out in front. Now dribble the ball in your left hand through the legs while bouncing the ball in your right out in front of you, shuffling each time you do this. (The ball in front will always bounce in front and the one going between the legs will always go between the legs.) Repeat this process 10 times.

And that's the workout. Once you've developed a routine you should be able to complete this workout in around 5 minutes and I guarantee that after a month, your ballhandling will be at a much higher level than when you began. You will notice that each drill starts with an athletic stance and you're probably annoyed at the amount of times I wrote it but that's by design. It's the most important part of ballhandling by ensuring you're always on balance and can execute any set of movements from the same stance. Lastly making sure that you always account for each side or hand to constantly iron out those weaknesses. If you find one side is much easier than the other, take that as a challenge to improve the opposite side. This will lay an incredibly strong foundation and muscle memory for any dribble moves you try to learn or perfect in the future.