



## Ball Handling Workout

1) Stretch (Warm-up) 1 min\

Quick Feet	30 Sec
Foot Shuffles	30 Sec
Defensive Slides Foul Line	30 Sec
Sprint to Foul Line Back Pedal	30 Sec

Ball Slaps, Ball Turns,

### 2 Dribble Moves

Basic:

Crossover, In & Out, in & out Crossover, Between the Legs, Behind the Back cross, Spin Move, Half Spin, Stutter step,

Challenging

Crossover- between the legs- behind the Back

In & out – between the legs- spin move

One Hand Double cross over- Shaq move- double cross over behind the back

Half Spin Counter

