

# Ball Handling Workout



## BALL CONTROL REPS

### Stationary

- |                                     |        |
|-------------------------------------|--------|
| 1. Control Dribble Rt               | 25 x 2 |
| 2. Control Dribble Lft              | 30 x 2 |
| 3. Crossover Front                  | 40 x 2 |
| 4. In & Out Rt                      | 20 x 2 |
| 5. In & Out Lft                     | 30 x 2 |
| 6. In & Out Crossover               | 30 x 2 |
| 7. Between the Legs Rt foot forward | 20 x 2 |
| 8. Between the Legs Lt foot forward | 20 x 2 |
| 9. Figure 8 No Dribble              | 10 x 2 |
| 10. Figure 8 w/ Dribble             | 10 x 2 |
| 11. Crossover Between Legs          |        |
| Right Hand                          | 10 x 2 |
| Left Hand                           | 10 x 2 |

### On the Move

1. Walking Crossovers
2. Walking Between legs
3. Crossover, Between legs starting with Rt Hand
4. Crossover, Between legs starting with Lft Hand
5. In & Out to Behind the Back

## QUOTE OF THE DAY

**“THERE MAY BE PEOPLE THAT  
HAVE MORE TALENT THAN YOU  
DO, BUT THERE’S NO EXCUSE  
FOR ANYONE TO WORK  
HARDER THAN YOU DO.”**

**-DEREK JETER**