

**Check Off # of Days: Ball Handling Workout**  
**DO IT EVERYDAY:**

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30

- **Hand Speed Drills**

1. Hand Slaps = 20 reps
2. Finger Tip Up Downs = 5 reps
3. Body Circles: ankles, waist, head = 10 reps
4. Full Body Circles: 5 reps
5. Ankle Step Backs = 5 reps
6. Hands in front, hands in back = 10 reps
7. 1 hand in front, 1 hand in back = 10 reps

- **1 Ball Drills**

1. Ankles, knees, shoulder, knees, ankles = 10 reps each
2. side to side = 10 reps
3. push pull = 10 reps
4. same leg, same hand circles = 5 reps
5. figure 8's = 5 reps each direction
6. cross overs: 2 dribbles, 1 dribble, 0 dribble = 10 reps
7. behind the back crossovers = 10 reps
8. scissors = 10 reps
9. Paint the Lane - multiple changes = 2 reps of 30 seconds

- **2 Ball Drills**

1. Ankles, knees, shoulders, knees, ankles = 10 reps each same time
2. ankles, knees, shoulders, knees, ankles = 10 reps each alternating
3. one high one low, switch = 10 high dribbles each hand
4. side to side = 10 reps
5. push pull = 10 reps
6. 5 crossovers: 3 dribbles, 2 dribbles, 1 dribble
7. 5 behind the back each direction
8. 5 between the legs
9. Paint the Lane - multiple changes = 2 reps of 30 seconds

**Complete the Ball Handling Workout Every Day!**