

EMPIRE VIRTUAL TRAINING WORKOUT - BALL HANDLING 2



OPEN YOUR CAMERA APP AND POINT IT AT EACH QR CODE TO WATCH COACH KLEIN'S EXAMPLES!

1. POUND DRIBBLE (LEFT)



Stand straight up, dribble one basketball with your **LEFT HAND** as hard as you can. Dribble the ball up to your chest.

Tip: Don't be afraid to mess up.

Duration: 30 seconds.

2. POUND DRIBBLE (RIGHT)



REPEAT with your **RIGHT HAND**. Dribble as hard as you can up to your chest.

Tip: Go hard during this workout, your shoulders should burn!

Duration: 30 seconds.

3. CROSSOVERS



CROSSOVERS in front of your body.

Same concept as before: stand straight up, chin up, chest up, **POUND** the **CROSSOVERS** from side to side. **HIP HEIGHT!**

Tip: Why **HIP HEIGHT**? If you dribble **HIP HEIGHT**, you can shoot it, pass it, or continue your dribble to attack. Remember to dribble as hard as you can so the defense won't be able to steal it!

Duration: 30 seconds.

4. ONE DRIBBLE, CROSS



Start the basketball in your **RIGHT** hand, take **ONE** hard dribble, then **CROSS** it over to your **LEFT** hand, continue with **LEFT** hand pound dribble, **CROSS** to the right side

Tip: Snap your cross dribbles!

Duration: 30 seconds

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5. RIGHT LEG FORWARD, BETWEEN



Extend your **RIGHT** leg out. Dribble the ball **BETWEEN** your legs.

Tip: Work on staying low!

Duration: 30 seconds

6. LEFT LEG FORWARD, BETWEEN



Extend your **LEFT** leg out. Dribble the ball **BETWEEN** your legs. Try to bounce the ball in the center and keep your hands on the outside of the ball.

Tip: Try to beat the amount of reps you got with your right leg forward!

Duration: 30 seconds

7. FIGURE 8



Keep your feet shoulder width apart. Begin to dribble the ball around your legs, in an “8” motion. Repeat, continuously!

Tip: Start slow, once you get the hang of it, speed it up!

Duration: 30 seconds

8. AROUND THE WORLD



Dribble the basketball through one leg to the other leg. Go behind one leg on one side and wrap the ball around slowly to the other side.

Tip: Stay low and use your fingertips!

Duration: 30 seconds

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9. ROCK BACK, RIGHT HAND



These are also called "V dribbles", you want to dribble the ball from your **RIGHT** knee all the way to your **LEFT** knee without carrying the ball.

Tip: Start to move your shoulders!

Duration: 30 seconds

10. ROCK BACK, LEFT HAND



Same thing, switch sides! Dribble the ball from your **LEFT** knee to your **RIGHT** knee making a v shape with the dribble

Tip: Careful not to carry the ball!

Duration: 30 seconds

11. BEHIND THE BACK



Keep the dribbles below your butt and keep your butt low. You are going to dribble the basketball behind your back from your left hand to your right hand.

Tip: Chin up, chest up, fast dribbles !

Duration: 30 seconds

12. ONE DRIBBLE, SCISSOR



Find a space about 10 ft wide. One dribble, through the legs twice (scissor dribbles)! One dribble, through the legs twice, **RIGHT** to **LEFT** and **LEFT** to **RIGHT** (one after the other quickly!)

Tip: Once you feel comfortable, try to be light on your feet and stay on the balls of your feet. You don't want to push off from your heel or hear your landing.

Duration: 30 seconds

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13. ZIG ZAG, BEHIND



Keep the same space. One dribble, zig zag behind your back in your space. Start with the basketball in your **RIGHT** hand, take **ONE** dribble, then **WRAP** the basketball, behind your back from the **RIGHT** side of your body to the **LEFT** side. Then repeat when the basketball gets to your left side.

Tip: Work on wrapping the basketball around your back so it flows right into your stride as you start your attack move.

Duration: 30 seconds

14. IN AND OUT, CROSS



Start with the basketball in your **RIGHT** hand, bring the basketball over to the middle of your body (without carrying it) and then bring the ball back to your **RIGHT** side and end it with a **CROSSOVER** to your left hand. The ball will now be in your **LEFT** hand. Perform the same movement from the left side (the drill should alternate sides naturally).

Tip: Use your shoulders to fake out the defender and then cross to the opposite side! If you need to add a dribble after each move you can do so !

Duration: 30 seconds

If opening on cell phone device, use the following link to view videos

https://www.youtube.com/playlist?list=PLHLMdR4RrEQNjP0_RNga5dh7sQr2IM5e0

“The trophy is earned in the hours that nobody is watching.”

EYA

