



Homework (Ball Handling)

Session 2

Quote of the Day

- *“If you don’t stand for something you’ll fall for anything.”*
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Please schedule a thirty-minute workout three times over the next week. Each section of drills should be worked on for 15 minutes.

Ball handling

- Cupping
 - Cup for as long as you can
 - Around the leg, 1 hand, 2 dribbles
 - Around the leg, 2 hands, 2 dribbles
 - Around the leg, 1 hand, 1 dribble
 - Around the leg, 2 hands, 1 dribble
- Fingertip Control
 - 1 hand tap around leg
 - Figure 8 tap
 - Sitting w/ legs crossed
 - Lay on a side
 - Lay down, pass under foot

Offensive Moves

- Crossover
- In & out move
- Behind the back
- Between legs
- Optional: Spin