

TRUE HOOPS

Starter to Mid-level Ball Handling Routines

You should do these drills for 15 minutes in the morning and 15 minutes in the evening.

Lesson #1

Ball Pounds

- 10 each hand

Finger Tip Drills

- Above the head - 10 seconds
- Waist - 10 seconds
- Knees - 10 seconds
- Ankles - 10 seconds
- Up-Down (head to ankles) - 10 seconds

Around the World Ball Handling

- Around the head - 10 seconds / Reverse Direction 10 seconds
- Around the waist - 10 seconds / Reverse Direction 10 seconds
- Around the knees - 10 seconds / Reverse Direction 10 seconds
- Around the head, waist, knees - 10 seconds / Reverse Direction 10 seconds

Leg Circles

- Around the right leg - 10 seconds / Reverse Direction 10 seconds
- Around the left leg - 10 seconds / Reverse Direction 10 seconds
- Figure 8 ball on the floor - 15 seconds / Reverse Direction 15 seconds
- Figure 8 - 10 seconds / Reverse Direction 10 seconds

Figure 8 Ball Handling

- Figure 8 with drop catch with a bounce / 15 seconds
- Figure 8 with drop catch with NO BOUNCE / 15 seconds

Lesson #2

Ball Pound Dribbles - Do with right hand and left hand each

- Dribble waist high - 10 seconds
- Dribble below the knee - 10 seconds
- Dribble waist to below knee - 10 seconds

Next Level Dribbles

- Cross Over left to right below the knees - 10 seconds
- Between the legs (left leg, right leg) - 10 seconds
- Behind the back cross over - 10 seconds

Lesson #3

Around the Leg Dribbles

- Dribble around right foot with right hand / REVERSE DIRECTION / 15 seconds
- Dribble around left foot with left hand / REVERSE DIRECTION / 15 seconds
- Figure 8 Dribble around the legs / REVERSE DIRECTION / 15 seconds

Push-Pull Dribbles

- Push-pull dribble right hand / 15 seconds
- Push-pull dribble left hand / 15 seconds

In and Out Dribble

- In and out right hand dribble / 15 seconds
- In and out left hand dribble / 15 seconds