***Philo Basketball***

***Ballhandling***

Commando Workout - 20 Minutes

Work from the baseline to free throw line making 1 hard move ½ way and making a 180 degree turn at each end. Make 12 trips for each drill. Make 5 free throws between each drill.

| Workout 1  2 Balls   1. Same 2. Alternate 3. Stop and Go 4. Switch ‘Em 5. Between Legs 6. Inside out 7. Behind Back 8. Combo -    1. New move each time | Workout 2  1 Ball   1. Stop and Go Right Hand 2. Stop and Go Left hand 3. Crossover 4. Inside out Right 5. Inside Out Left 6. Between Legs 7. Behind Back 8. Back Dribble and Cross |
| --- | --- |