

## Ball Handling Without Dribbling

Do 10 of each, change direction, where applies, and do 10 more reps

Or do each of them for 20 seconds. Your choice

- Ball Slams** Slam the ball hand to hand to warm up hands
- Finger Taps -** Tap ball back and forth between hands keeping on fingertips as fast as can  
Then raise your hands up and down as you go
- Corkscrew-** Put both feet and legs together and wrap ball around feet, waist and head and repeat going Down and up. Change direction
- Double/Single** Put feet and legs together, wrap the ball around double legs, step back and wrap around Front leg, put feet together, wrap and then step back with opposite. So, the pattern is double, single, double, single. Change direction.
- Single/Waist/Single**  
Stand in a split stance. Wrap the ball around right leg once, then waist, then left leg Repeat. Change direction or start with left leg first.
- 2 Hand Drops** Feet shoulder width apart. Ball in two hands both in front held down around shins between legs. Drop the ball and move hands behinds back to catch. Then repeat. Toss/catch. Back and forth. Quick hands required.  
  
Change to one hand in front and one hand in back and repeat.
- Knee Drops** Get down on one knee with one leg in front. With opposite hand start with ball just outside of shin up by knee. Toss it up a little and swing hand under leg to catch before it hits the ground. Change Legs
- Square/Shot** Start square. Jump into stance. Push ball through the legs and wrap ball outside and bring into shot pocket.

<https://www.youtube.com/watch?v=jBYbqMbpIz4>