

TRUE HOOPS

High School Level Ball Handling Routines

High school players can develop their own routines with the drills. You should break up your session into 40% ball handling and 60% shooting. You should work up to an overall workout of one hour. Playing full-court five on five is not a substitute for working on these individual fundamentals each day. If you are going to play pick up ball, make sure you do this workout first.

Warm Up

Around the World Ball Handling - 30 seconds to a minute

- Around the head - Reverse Direction
- Around the waist - Reverse Direction
- Around the knees - Reverse Direction
- Around the head, waist, knees - Reverse Direction

Leg Circles - 30 seconds to a minute

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

Around the Right Leg with Balance - 30 seconds to a minute

- Around the right leg
- Around the right leg but raise right leg
- Around the left leg
- Around the left leg but raise right leg

Figure 8 Ball Handling with Drop in Middle - 30 seconds to a minute

Ball Handling Dribbles with Movement

Cross Over Dribble

- Cross Over Dribble to Mid-court
- Cross Over Dribble Backward

Dribble Between the Legs Dribble - High and Low

- Between the legs dribble to mid-court
- Between the legs dribble backward

Behind the Back Cross Over

- Behind the Back Cross Over to mid-court
- Behind the Back Cross Over backward

Cross Over to Between the Legs - Both Hands

- Dribble to mid-court
- Turn around and dribble back

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Cross Over, Hesitate, Between the Legs - Both Hands

Dribble to mid-court

Turn around and dribble back

Between the Legs and Behind the Back - Both Hands

Dribble to mid-court

Turn around and dribble back

Between the Legs, Hesitate, Behind the Back

Dribble to mid-court

Turn around and dribble back

Mix it Up - You choose your own dribbles and combinations

Go up and back