



BALLHANDLING WORKOUT PLAN

CMASE
BASKETBALL

In this plan you will be working on the Crossver, Between The Legs, and Behind The Back dribbles. Each day you will be focusing on one handle.

The plan is 6 days out of the week, doing each handle twice per week.

You can do these workouts anywhere. All you need is a ball and a timer.

There are links to videos to demonstrate the handles included in the plan.

Let's get to work!



MONDAY + THURSDAY - CROSSOVER

Part 1: Warm Up Handles - Do each handle for 2 sets of 15 seconds each hand.

- Low Dribble
- Pound Dribble
- V Dribble
- Push + Pull Dribble

Part 2: Crossover Work - Do each handle for 3 sets of 20-30 seconds.

- 2 Pounds + Crossover
- Pound + Crossover
- Pound + Double Crossover (each side)
- Jab + Crossover (each side)
- Alternating Step + Crossover



Warm Up Handles



Crossover Handles

TUESDAY + FRIDAY - BETWEEN LEGS

Part 1: Warm Up Handles - Do each handle for 2 sets of 15 seconds each hand.

- Low Dribble
- Pound Dribble
- V Dribble
- Push + Pull Dribble

Part 2: Between Legs Work - Do each handle for 3 sets of 20-30 seconds.

- 2 Pounds + Between
- Pound + Between
- Pound + Double Between (each side)
- Pound + Drop Between (each side)
- Alternating Pound + Drop Between



Warm Up Handles



Between Legs Handles

WEDNESDAY + SATURDAY - BEHIND BACK

Part 1: Warm Up Handles - Do each handle for 2 sets of 15 seconds each hand.

- Low Dribble
- Pound Dribble
- V Dribble
- Push + Pull Dribble

Part 2: Behind Back Work - Do each handle for 3 sets of 20-30 seconds.

- 2 Pounds + Behind
- Pound + Behind
- Pound + Double Behind (each side)
- Pound + Forward Step Behind (each side)
- Alternating Pound + Forward Step Behind



Warm Up Handles



Behind Back Handles

You've finished the plan! Now start over and do it again. Do these handles daily and weekly until you master them. Repetition builds skill!

Did you like this plan? Did it help you? Hit me up on my social media and let me know! Be sure to follow as well!

@cmasebasketball



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