

# WEEK

# 4

# BALL HANDLING

30min - twice a week



**COACHES:** Jarred Kieser & Harry Sheezel

## BEN SIMMONS

QUOTE OF THE WEEK: "Obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it."

— Michael Jordan

## BALL HANDLING (PART 2)

### Skipping 2 minutes

Have a drink break after

- ball handling part 2
- 1 min shooting challenges

### Dynaminc Stretching:

30 seconds of each.

- Side Steps
- Sumo
- Superman
- Ankle Hops

### Maccabi Ball Handling Challenge

Part 2

Use the ball handling challenge sheet and follow along.

### Coaching Points:

- Pound the ball HARD
- Push yourself at game speed

### Form Shooting Recap

#### SPIN OUT EXPLANATION:

Working on:

- 1) Land on Two (Forward Pivot)
  - 2) Heel, toe, toe.
- Take 10 shots each side for practice

### Shooting Challenges:

-All are timed for 1 minute

- 1) Spin Out, Land on 2, Forward Pivot
- 2) Inside/Outside/Up

## EQUIPMENT

Basketball and a ring-  
If you dont have a ring,  
please try get to a park/school.  
Timer/Phone" "This will be 30 minutes  
Aim for twice a week

NOTE:

Try and incorporate week 2 ballhandling  
once a week.

## **Maccabi Ball Handling Challenge:**

Warm Up- Skipping for 2 minutes

Start the challenge: (Time Yourself)

- 1) Body (Waist) Wraps: 25 Times each way
- 2) Figure Eights (Dribble): 25 Times each way
- 3) Right Hand Low Dribble: 25 Times
- 4) Right Hand Med Dribble: 25 Times
- 5) Left Hand Low Dribble: 25 Times
- 6) Left Hand Med Dribble: 25 Times
- 7) Cross Over (Floor Touch): 25 Times
- 8) Dribble Around Right Leg: 25 Times (Each way)
- 9) Dribble Around Left Leg: 25 Times (Each way)
- 10) Dribble Figure 8s (25 times) Each way.
- 11) Onside Dribble (In/Outs): 25 Times each hand
- 12) Double Cross Overs: 25 Times
- 13) Through the legs (Right Leg Forward): 25 Times
- 14) Through the legs (Left Leg Forward): 25 Times
- 15) Scissor Dribble: 25 Times
- 16) Behind the Back Wraps: 25 Times
- 17) Behind the Back Cross Overs: 25 Times
- 18) Retreats on the spot (2 Forward, 2 Back and Cross): 25 Times

19) Spin on the Spot (Reverse Pivot Footwork): 25 Times Total

20) Spider Dribble: 25 Times

COMPLETED: \_\_\_\_\_

### **Ball Handling Guidelines:**

- 1: Keep the ball low when possible
- 2: Keep your eyes up
- 3: Push the ball **HARD** when dribbling
- 4: Stay on the balls of your feet
- 5: Keep your count out loud and be honest to yourself

AIM FOR 2/3 Times a week.