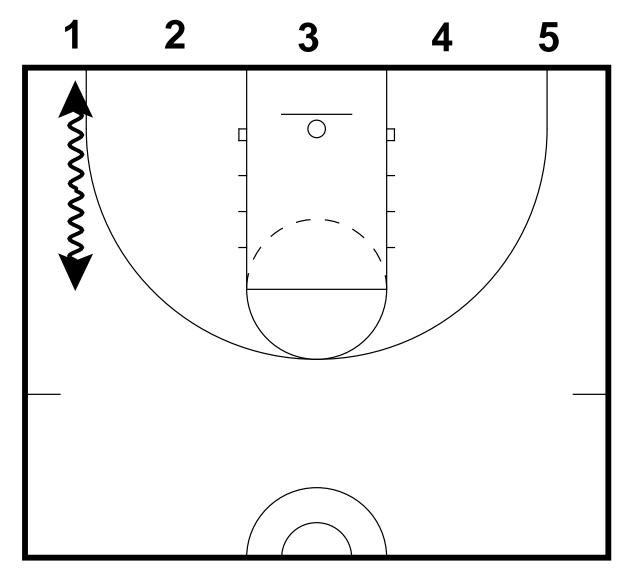
Commando Ball Handling Drill



- A. Everyone with a ball.
- B. Start in Triple Treat.
- C. 30 seconds Free Throw line and back. How many lines can you touch.
- D. Dribble Moves
- 1. 1 Ball Straight Change hands when you change directions
- 2. 2 Ball Straight Cross over when you change directions.
- 3. 1 Ball Cross Over- Cross Over in the middle, reverse pivot when you change direction.
- 4. 1 Ball Between The Legs Between the legs, reverse pivot when you change directions.
- 5. 1 Ball Attack and Retreat Attack the middle, retreat dribble, cross over and attack. Reverse Pivot when you turn.
- 6. 2 Balls Between The Legs Betweent he legs in the middle. Straight cross over when you change directions.