**Plymouth Girls Basketball Ball Handling Routine**

1. **Stationary (20 Sec. Each**)
2. 1 Ball Pound right hand
3. 1 Ball Pound Left hand
4. In/Out Right
5. In/Out Left
6. Side Dribble V – Right
7. Side Dribble V – Left
8. Cross Front
9. Cross Back
10. Combo Front and back cross – Front Cross/Cross, BTL, Back Cross/Cross
11. 2 Ball Figure 8 Chase – 20 sec. each direction
12. **Handling Moving (Partners on Sideline)**
13. In/ Out Continuous right going across, left coming back
14. Pound/Pound BTL Continuous over and back
15. Pound/Pound Cross Continuous over and back
16. Hesitation and go ½ way - Right Hand over and Left coming back
17. Attack & Retreat – 2 Dribbles out, Hop back, Cross, 2 Dribbles
18. Behind the back – 2 Dribbles BTB, 2 Dribbles BTB
19. Double Move – BTL/BTL (½ way and full) Right going out and left coming back
20. Rip Pivots – 2 Dribbles Right Hand/JS – Sweep and Rip, 2 Dribbles Left Hand.
21. **Partner Contact Drills**
22. Battle Line 1 on 1 – Half Court right hand, left hand back
23. Veer Drill to Middle Circle
24. 1 on 1 Full Court