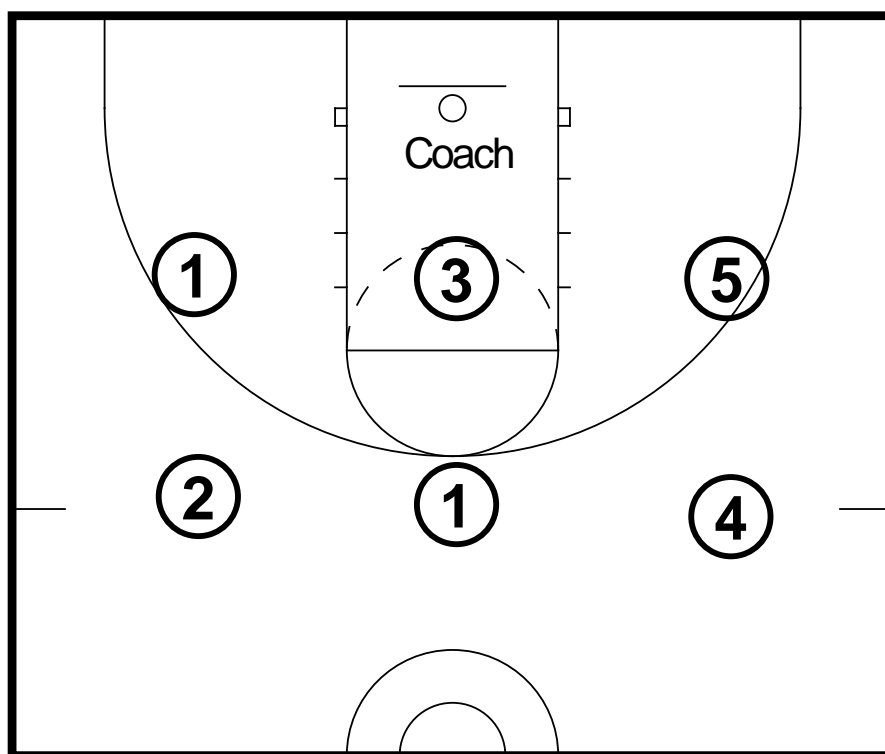


# Stationary Ball Handling Routine



## Set-Up

- All players as well as the coach has a basketball
- Players in scatter formation facing the coach.
- Players start out on their knees.

## Description

- Each skill will be done for 20 -30 seconds. Do all with the right hand then all with the left hand.

## Skills

1. **High and Hard** - Players will pound the ball hard with one hand. Do not let the ball go any higher than your eyes.
2. **Low and Quick** - Players dribble the ball as low as possible and as quick as possible.
3. **Move It** - Players will move the ball from one side of their body to the other side in a half circle from hip to hip.
4. Repeat the first three skills with the other hand.
5. **V-Dribble** - Dribble the ball hand to hand in front of your body.
6. **Standing V-Dribble** - Keep the v-dribble going and stand up. Keep the ball low, below your knees.
7. **One Hand Whip** - Circle the ball with your right hand around your right leg. Move the ball from back to front. Use low, quick dribbles.
8. **One Hand Whip(Other Hand)**- Repeat above but with the other hand.
9. **Figure 8 (Back To Front)** - Combine the right and left leg Whip.
10. **Figure 8 (Front To Back)** - Same drill just switch directions.
11. **Spider Dribble** - Keep the ball in between your feet. Dribble two times(Right/Left) with your hands in front of your body. Keep the ball between your feet and dribble the ball two times(Right/Left) with your hands behind your body. Continue two in front and two in back for 30 seconds.
12. **Scissors Dribble** - Start with your right foot forward and the ball in your left hand. Push the ball between your legs. Switch your feet and go between the legs again. Continue for 30 seconds. How many scissors dribbles can you do in 30 seconds.