



River Falls Girls' basketball

- 34 Minutes to Greatness

- Ball Handling Workout

"The only place success comes before work is in the dictionary."

"Good, better, best. Never let it rest. Until your good is better and your better is best."

"As you practice, so shall you play."

The following drills should be done at maximum intensity level, game speed and pace. They should be done while using proper technique and for the time allotted. They should be done with a teammate or partner as some require a partner.

Make sure you pay close attention to details during the workout. Use each side of the floor and always work out of the triple threat position. These basic fundamentals must be second nature and will give you the opportunity to become a great player.



34 Minutes to Greatness

Ball Handling - Head up, eyes off the ball

1 min 30 Sec. 30 Sec.	RH slide dribble- 2 dribbles forward /back 2 dribbles LH slide dribble- 2 dribbles forward /back 2 dribbles
1 min 30 Sec. 30 Sec.	Dribble around right leg Dribble around left leg
1 min	Figure 8 dribble
1 min 30 Sec. 30 Sec.	RH across the front LH across the front
1 min	Slide dribble baseline to free throw line, out R back L
1 min	Speed dribble baseline to free throw line, out R back L
1 min 30 Sec. 30 Sec.	V dribble R to L stationary Figure 8 no dribble
2 min	Free throw shooting
4 min	Lay ups
2 min 20 Sec.	Miken 10 second rest X 4
2 min 40 Sec.	1 power dribble from elbow to basket, lay-up alternate sides, 20 sec. rest X 2
1 min	Free Throw shooting

Shooting off catch

30 sec. each side of floor, stay low, load legs prior to catch

1 min V cut	Wing to Block to wing, catch shoot 15'
1 min L cut	Block to Elbow to Wing, catch shoot 15'
1 min Fade	Elbow to block, pop on baseline, catch shoot 15'
1 min Curl	Block to Elbow, curl on free throw line, catch and shoot

1 min Free Throws

Shooting off Dribble

Always comes from triple threat and swing. Do from different locations on court.

1 min RH dribble, 1 dribble 15'

1 min LF dribble, 1 dribble 15'

1 min Shoot off 1 dribble crossover 15' alternate R-L

1 min Shoot off between the legs 15' alternate R-L

Specialty Shooting

1 min 30 Sec. RH dribble, back up dribble, 1 dribble forward, 1 back ,shot
30 Sec. LH dribble, back up dribble, 1dribble forward, 1 back, shot

1 min Shot fake, jab step, recover, shoot

1 min Shot fake 1 dribble

2 min Hustle shoot, flip catch shoot- jump stop when catching the ball

2 min Free throw shooting

Ball Handling Workout

Warm up

Stand with your shoulders perpendicular to the wall. At shoulder height, dribble the ball 150 times with each hand.

Stationary Drills

1. **Around the body-** (30 reps left to right and right to left)
 - a. right leg
 - b. left leg
 - c. both legs
 - d. figure eight
 - e. figure eight plus around the back
 - f. around the waist
 - g. around the head
 - h. scissors
2. **1 ball stationary-** dexterity quickness but not a lot of time- 5 minutes
 - a. Crossover- head up

- b. Crossover under right leg- 25 dribbles
- c. Crossover under left leg- 25 dribbles
- d. Crossover behind back- 25 dribbles
- e. Push pull- 25 left/right hand
- f. 1,2,3 crossover
- g. Kill- 5-10 left/right hand
- h. Kill/change- kill change hands
- i. Butterfly-start by rolling left/right front- left/right back
- j. Skip drill- between legs continually
- k. Fake crossover- low hard and quick 25-30 right/left hand

3. **2 ball drills-**

Start with 2 balls

Try each drill ten times then move on

Teaching progression

Start with one in a row

Continue until two in a row

Until 20 or 25 in a row

Then 30 sec. timing

Then create a routine incorporating all - 2 ball routine- 20-30 seconds a day doing routine once drills mastered

- a. 2 ball same. Start higher, get low
- b. 2 ball alternate
- c. 2 ball kill
- d. High low- left high right low, and vice versa
- e. 2 ball switch-em- dribble in a circle in front
- f. Right leg- one between legs other in front
- g. Around both legs
- h. Left leg- one between leg other in front
- i. Right leg left leg- ball in right hand stays in right hand, ball in left hand stays in left hand
- j. 2 ball doubles- front to back
- k. figure 8 chasing
- l. between legs switch-em
- m. behind back switch-em

3 ball stationary drills

Execute 2 ball drills while keeping third ball alive

Full court Drills

1. **1 ball drills** (down and back 5 times each drill)
 - a. speed dribble right hand
 - b. speed dribble left hand
 - c. cross over
 - d. cross over through the legs

- e. cross over behind the back
- f. fake cross over
- g. down and back handing the ball through the legs
- h. down and back dribbling through the legs

Advanced 1 ball drills- less time/more intensity

30 secs. Work hard/rest, work hard/rest 2 to 3 sets per day

- a. In circle- (approximately size of center court circle) working hard putting 2 moves together
- b. Commando- 1 move work as hard as can for thirty seconds- baseline to free throw line and back
- c. Half court drives- (chair as defender) sets of 5/right/middle/left then shoot free throws
- d. Off the board- throw ball of backboard- recover at half court hard dribble move off bounce, explode to three point line, hard dribble move lay up push dribble move on way back

2. **2 ball drills** (down and back 5 times each drill)

Keys to success

Walk, jog (½ speed), sprint (full speed)

Keep head up

Waist level dribble

Stay under control

- a. 2 ball same
- b. 2 ball alternate
- c. 2 ball change of pace- stop and go move
- d. 2 ball crossover
- e. Between the legs- 1 ball between legs, other crossover
- f. Behind the back- 1 ball behind back, other crossover
- g. Fake crossover (inside out dribble)

Advanced Drills 2 ball

- a. Change of direction- same down, alternate back
- b. Change of direction/change of move- every time change direction execute a new move
- c. Imagination dribbling- 2 ball combinations-
- d. 30 Secs. In the circle (approximately the size of the center court circle) - all combinations, hard as you can for 30 sec, rest 30- do 2 or 3 times
- e. Commando- 30 secs. Baseline to free throw line and back- working hard on 1 move

3. Play a game (5 minutes)

Play a full court game (if possible, otherwise half court) down and back for five minutes. Be creative. Pretend you are being pressed. Pretend you are part of a fast break. Pretend you are being trapped.