

WARRIORS BALL HANDLING DRILLS - STAGE 1

- 1) Round your right leg clockwise 25 times
- 2) Round your right leg anti-clockwise 25 times
- 3) Round your left leg clockwise 25 times
- 4) Round your left leg anti-clockwise 25 times
- 5) Figure eights clockwise 25 times
- 6) Figure eights anti-clockwise 25 times
- 7) Behind the leg dribble clockwise 25 times both legs
- 8) Behind the leg dribble anti-clockwise 25 times both legs
- 9) Behind the leg dribble plus one bounce clockwise 25 times both legs
- 10) Behind the leg dribble plus one bounce anti-clockwise 25 times both legs
- 11) One dribble figure eights clockwise 25 times
- 12) One dribble figure eights anti-clockwise 25 times
- 13) Spider dribble 25 times
- 14) Crossovers on the spot 25 times
- 15) Spin on the spot 25 times
- 16) Behind the backs on the spot 25 times
- 17) Retreats on the spot 25 times
- 18) Onsides on the spot 25 times (13 each hand)
- 19) Pullbacks on the spot 25 times (13 each hand)
- 20) Double Crossovers 25 times each hand
- 21) Double crossover between the legs 25 times both hands
- 22) Behind the back crossovers 25 times
- 23) Scissor dribble 25 times
- 24) Double crossover around the right leg both ways 25 times
- 25) Double crossover around the left leg both ways 25 times
- 26) Body Wraps 25 times
- 27) Body Wraps through the legs 25 times
- 28) Combinations of above and pull up jump shot 25 times
(must make 25 shots)