

# Ryan Borowicz Basketball-30 Minute Ball Handling Workout

Time	Drill	Description
30 Sec	<u>One Ball Stationary</u>	
	Slaps	Slap the ball with each hand hard
	30 Flips	Flip with two, grab with one at highest point
	30 Circles	Circle the head, waist, knees. Reverse
	30 Figure 8	Figure 8 between the legs. Reverse
	30 Over the head	Flip high overhead, catch behind the back
	30 Down and behind	Bounce it between the legs, catch behind the back
	30 Single flips	One hand in front, one behind. Flip up and switch.
	30 Double flips	Two hands in front, two behind. Flip up and switch.
	30 All 3	Figure 8, around the legs, to a double flip.
	30 Keyboard	Sit on the floor and only dribble with fingertips, keeping wrist flat and still
	30 Side back side	Right hand side to side front, front to back on side, behind back, same with left
	30 Figure 8 dribble	Figure 8 dribble low and quick. Reverse
2 mins	30 Scissors	Scissors the legs and dribble between
	30 Pound cross	Pound twice and crossover
	30 Pound cross cross	Pound twice and crossover twice
	30 Quick hands	Sit and dribble between legs as fast and quick as possible
	Rest and Drink	
1 min	<u>One Ball Moving</u>	
	Moves	1 set = down, back, down, back
	1 Change of pace	Cross overs in front, between legs, behind back, spin.
	1 Pull backs	Change your pace with some moves. Drop body when changing
	1 Driveway drill	Pull back and change pace
30 Sec	1 Rest and Drink	Change hands, speed, and direction at every intersection of two lines on the court
	<u>Two Ball Stationary</u>	
	Juggle	Two ball juggle. Reverse
	30 Waterfall	One ball goes down and to other hand, other ball goes over to other hand. Reverse
	30 Two ball switchem	Balance one on top of the other, grab top and switch it with bottom
2 min	30 One up one down	Dribble one ball really low, the other high at different pace
	30 Figure 8	Dribble one ball in a figure 8 while the other stays in front
	30 Front to back	Dribble both balls front to back on sides, alternating and same
	Rest and Drink	
2 mins	<u>Two Ball Moving</u>	
	Same	Dribble up and down for 2 mins straight with the balls in same rhythm
	2 Alternating	Dribble up and down for 2 mins straight with the balls alternating rhythm
	2 Moves	Up and down with crossovers in front, between legs, behind the back
	2 Change of pace	Up and down with a definitive change of pace
30 Mins	2 Pull backs	Up and down with pull backs along the way

# Ryan Borowicz Basketball-60 Minute Shooting Workout

Time	Drill	Explanation	# of Shots	Ryan's #'s	Consecutive
2 1/2	Warm Up	Short shots working on rhythm, arch, holding follow thru	20	19/20	19
7 1/2	Baseline to baseline flip outs	Go baseline to baseline with flip outs and inside foot square ups	75(10/min)	70/75	26
7 1/2	45 degree angle flip outs	Flip out to a 45 degree angle and inside foot square up	75	65/75	27
7 1/2	Elbow flip outs	Flip out to the elbow area and inside foot square up	75	66/75	48
1 2	FT's (5 push ups for a miss)	FT's and water		2/2	
7 1/2	15-17 flip outs	Flip out to 15-17 ft and square up at various angles	75	69/75	22
1 2	FT's (5 push ups for a miss)	FT's and water		2/2	
7 1/2	Off the dribble, Jab	Jab strong and 1-2 dribbles weak for pull up jumper	60(8/min)	52/60	20
1 2	FT's (5 push ups for a miss)	FT's and water		2/2	
7 1/2	Off the dribble, shot fake	Shot fake and go strong 1-2 dribbles	60	49/60	17
1 2	FT's (5 push ups for a miss)	FT's and water		2/2	
7 1/2	3's off the flip out	Catch and shoot 3's off of a flip out, various square ups	60	52/60	21
1 2	FT's (5 push ups for a miss)	FT's and water		2/2	
60 Mins			500 Shots	452/500	