NP Academy - Ball Handling – ONE Ball Stationary

1) **Tap – raise arms up and down X5**
   a. Arms Tap ball back and forth while raising and lowering arms from waist to above head

2) **Squeeze - X30**
   a. Arms extended above head, palms facing each other - Squeeze fingers so ball goes back and forth between right hand and left hand.

3) **Slap - X30**
   a. Slap ball between right hand and left hand as hard and fast as you can

4) **Full Body Wraps - X5 trips up and down EACH direction**

5) **1-2 Wraps – X10 total step backs EACH direction**
   a. Wrap ball around legs together, then right leg back, together, left leg back. Keep head calm.

6) **Figure 8 Wraps - X5 EACH direction**
   a. Legs just wider than shoulder length apart doing figure 8’s at knee level one direction and then the other direction.

7) **1 Ball Repeat Crossovers - X30**

8) **1 Dribble 1 Crossover - X30**
   a. Dribble right then crossover, dribble left then crossover

9) **1 Ball Tap Crossovers - X30 total**
   a. Very low tap dribble 2-3 dribbles per crossover

10) **1 Ball Dribble figure 8’s - X5 EACH direction**

11) **1 Ball Side Crosses - X30 EACH hand**

12) **1 Ball Front Crosses - X30 EACH hand**

13) **Finger by Finger Dribble - X5 EACH finger REPEAT X2**
   a. Kneeling on one leg dribble 5 times each finger

14) **Quick Hands Drill Side/Side - X30**
   a. Keep ball floating between your legs while moving hands from side to side

15) **Quick Hands Drill Front/Back - X30**
   a. Keep ball floating between your legs while moving hands from front to back

16) **Back Tosses - X10 total catches**
   a. Throw ball up and catch behind back once consistent trying throwing ball higher
**NP Academy - Ball Handling – TWO Ball Stationary**

1) **2 Ball Same - X30**  
   a. Start at waist level, as you get better dribble lower

2) **2 Ball Alternate - X30**  
   a. Arms extended above head, palms facing each other - Squeeze fingers so ball goes back and forth between right hand and left hand.

3) **2 Ball Kill – X10**  
   a. Dribble both balls at waist high then pound them into the ground as hard as you can

4) **2 Ball High Low – X30 (Switch high/low hand at X15)**  
   a. Dribble one ball at waist high the other close to the floor

5) **2 Ball Switch’em in front- X10 circles EACH direction**  
   a. Rotate balls in a circle in front of you.

6) **2 Ball Switch’em around Right Leg – X5 Circles EACH direction**  
   a. Right leg at 90 degrees Left leg back and dribble 2 balls around Right leg then repeat other leg

7) **2 Ball Switch’em around Both legs – X5 Circles EACH direction**

8) **2 Ball Switch’em around Left Leg – X5 Circles EACH direction**

9) **2 Ball Switch’em Right leg then Left leg – X5 Circles EACH direction**  
   a. Dribble one ball around Right leg then other ball around Left leg  
   b. Ball in Right hand stays in Right hand, ball in Left hand stays in Left hand

10) **Figure 8 Chasing – X5 figure 8’s each direction**  
    a. One ball chases the other ball around in a figure 8 motion

**ADVANCED**

11) **2 Ball Doubles – X5 Circles each direction**  
    a. Dribble one ball around Right leg and other ball around Left leg AT THE SAME TIME

12) **2 Ball Reaction Dribbling – X10**  
    a. Dribble two balls between your legs forward then backward as your hands go in front of legs and then behind legs

13) **2 Ball Switch’em between your legs– X5 Circles each direction**  
    a. Dribble balls in a circle between your legs.

14) **2 Ball crossover behind your back - X10**  
    a. Keep ball floating between your legs while moving hands from front to back

Note: Try and get one in a row, then two in a row until you have mastered the drills THEN you can create a 2 minute routine utilizing all the 2 ball drills listed above.