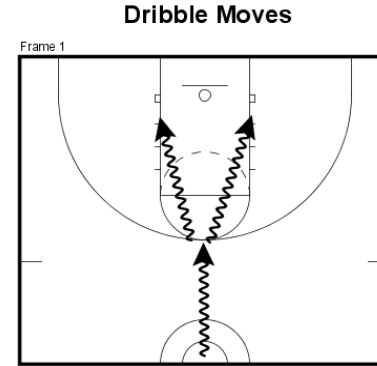
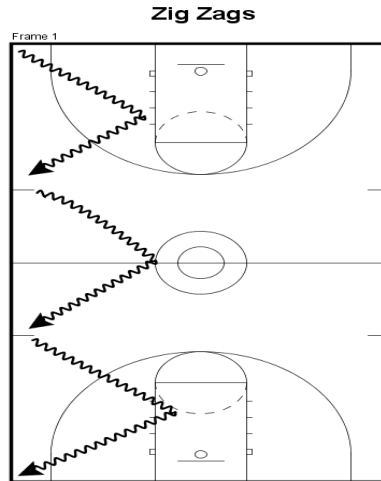


HYBA Ball Handling Workout #1

1 Ball Stationary Dribbling:

- 20 right hand speed dribbles from knee
- 20 right hand speed dribbles as low as you can
- 20 left hand speed dribbles from knee
- 20 left hand speed dribbles as low as you can
- 20 crossovers (knee to knee)
- 20 behind the back dribbles
- 20 between the leg dribbles each way
- 20 right hand side to side dribbles
- 20 right hand front to back dribbles
- 20 left hand side to side dribbles
- 20 left hand front to back dribbles
- 20 right hand “in and out” dribbles
- 20 left hand “in and out” dribbles
- 5 figure-eights each way



FC Cone Zig Zag Dribbling:

- *Start on baseline and explode out 2 dribbles to first cone, then change directions, and explode out 2 more dribbles to the second cone.
- Use these 5 moves going down and back: Crossover / Between the legs / Behind the back / Spin dribble / Hesitation

Dribble Moves (make all 6 shots for each move):

- *Start at half court and speed dribble up to the top of the key, where you practice your move. Do each move going both left and right for a lay-up, pull-up, and a 3.
- Hesitation dribble (In and Out) / Crossover dribble / Between legs dribble / Behind back dribble / Spin dribble**
- Feel free to add **double moves** (ex. between the legs to a crossover), going both left and right for a lay-up and a pull-up