

Effective Ball-Handling Program



CHAPTER 4

INTERMEDIATE I

STATIONARY WORK-To be completed three times per week				
Workout A:	Week 1	Week 2	Week 3	Week 4 (1x/wk.)
Ball Slaps	1x50	1x60	1x75	1x50
Ball Grippers	1x30	1x40	1x50	1x30
Pounds- Shoulder height	1x30	1x40	1x50	1x35
Pounds- Knee height	1x50	1x60	1x75	1x50
1-2 Legs-Cross	10x1	15x1	20x1	12x1
1-2 Legs-Back	10x1	15x1	20x1	12x1
1-2 Legs-legs	10x1	15x1	20x1	12x1
Push-Pull	1x40	1x50	1x60	1x50
One-handed crossover	2x40	2x50	2x60	1x50
1-2-3 Cross-legs-cross	8x1	10x1	15x1	8x1
1-2-3 Legs, cross, legs	10x1	12x1	15x1	8x1
1-2-3 Legs, back, back	8x1	10x1	15x1	10x1
Low speed-dribble	2x5 sec.	3x5 sec.	4x5 sec.	3x5 sec.

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Workout B:	Week 1	Week 2	Week 3	Week 4 (1x/wk.)
Ball Slaps	1x50	1x60	1x75	1x50
Ball Grippers	1x30	1x40	1x50	1x30
Fingertip Control	2x10 sec.	3x10sec.	4x10 sec.	Not to be done
Pounds- High to low	4x5	6x5	5x5	3x5
1-2 Crossover	10x1	15x1	20x1	12x1
1-2 Between legs	10x1	15x1	20x1	12x1
1-2 Behind back	10x1	15x1	20x1	12x1
Figure 8	3x3	5x3	6x3	3x3
Low speed-one-handed cross	2x5sec.	3x5 sec.	4x5 sec.	2x5 sec.
1-2-3 Legs, legs, legs	8x1	12 x1	15x1	10x1
1-2-3 Cross, cross, cross	8 x1	10x1	15x1	10x1
1-2-3 Back, back, back	8 x1	10x1	15x1	10x1

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SPEED AND MOVEMENT WORK- To be completed three times per week				
Workout:				
Dynamic Warm-Up				
Workout A	Week 1	Week 2	Week 3	Week4 (1x/wk.)
Overhead Slams	2x10	3x10	4x10	2x10
Walking Pounds (length of court):				
Right	2 trips	3 trips	4 trips	2 trips
Left	2 trips	3 trips	4 trips	2 trips
Between legs	2 trips	3 trips	4 trips	2 trips
Behind back	2 trips	3 trips	4 trips	2 trips
Push-Pull	2 trips	3 trips	4 trips	2 trips
Full court (top speed):				
Right hand	2x2	3x2	2x3	1x2
Left hand	2x2	3x2	2x3	1x2
Alternating hands	2x2	3x2	2x3	1x2
One-Dribble Zig-Zags (top speed):				
Crossover	2x1	3x1	4x1	2x1
Between the legs	2x1	3x1	4x1	2x1
Behind the back	2x1	3x1	4x1	2x1
Spin	2x1	3x1	4x1	2x1
Zig-Zags with back-pedal (top speed):				
Crossover	2x1	3x1	4x1	2x1
Between the legs	2x1	3x1	5x1	2x1

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Workout B	Week 1	Week 2	Week 3	Week4 (1x/wk.)
Overhead Slams	2x10	3x10	4x10	2x10
Walking Pounds (length of court):				
Right	2 trips	3 trips	4 trips	2 trips
Left	2 trips	3 trips	4 trips	2 trips
Between legs	2 trips	3 trips	4 trips	2 trips
Behind back	2 trips	3 trips	4 trips	2 trips
Push-Pull	2 trips	3 trips	4 trips	2 trips
Alternating hands	2 trips	3 trips	4 trips	2 trips
Full court (top speed):				
Right hand	2x2	3x2	2x3	1x2
Left hand	2x2	3x2	2x3	1x2
Alternating hands	2x2	3x2	2x3	1x2
Zig-Zags (top speed):				
Spin	1x1	2x1	3x1	2x1
Behind the back	1x1	2x1	3x1	1x1
Between the legs	1x1	2x1	3x1	2x1
Crossover	1x1	2x1	3x1	1x1
Zig-Zags with back-pedal (top speed):				
Behind back	2x1	2x1	3x1	2x1
Spin	2x1	3x1	3x1	2x1