

## Panther Basic Ball -Handling

This our “usual” Ball -handling set, extra work below under “All -American BH Workout”

**Panther Basics - Static** - pick a number of reps (10-15) or set a timer (1220 seconds) to get a rhythm:

1. Ball around Right Leg (no dribble) / Left Leg
2. Figure 8, both directions
3. Stand up- fingertip ball flips
4. R Hand only DRIBBLE around R Leg -- L Hand Only DRIBBLE around L Leg
5. Use each hand, quick as you can, DRIBBLE around R leg; L leg
6. Figure 8 DRIBBLE - both directions
7. R Hand push-pull (“Short” & “Long”)
8. L Hand push-pull (“Short” & “Long”)
9. “Pound-Pound-Cross” back-n-forth (in front, then behind)
10. Spider DRIBBLE

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### **Panther “On -the-Move” Ball Handling**

Use full or half -court for on the move dribble, finish off two feet, with pull -up, or strong with lay -up:

11. Hesitation Dribble -- stay low, don’t stand up on hesitation, explode out of each hesitation move.
12. Inside-Out Dribble Move - Use feet to “sell the move” (when L hand inside-out, must sell “inside move” with R foot/leg & vice versa)
13. Crossover Dribble Move
14. Between-the-Legs Dribble - “Stop-Squat-Pound (to other hand)”
15. Behind-the-Back Dribble - work hard on wrapping and getting past defender, the behind-the-back dribble should not slow you down
16. Spin-Dribble

### Keys for Maximum Gains

- + Do them quick and fast both ways. + Try to keep your head up for all of them.
- + **SPEED** is the most important thing. + Spend 12- 15 seconds foreach drill.
- + **Don't worry about making mistakes -- if you're not making mistakes, you're probably not going as hard as you can!**

### Bonus Ball -Handling:

- + If you have space, work on dribbling moves up and down the driveway/playground/basement.
  - + Partner? If yes, take turns defending one another, trying to beat the defender to a spot.
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## All -American Ball Handling Workout

### Non-Dribbling in Place:

1. Ball Slaps
2. Outstretched Arms (elbows locked) pat ball back and forth on finger tips
3. Right Leg Circles
4. Reversed Right Leg Circles (go the opposite way)
5. Left Leg Circles
6. Reversed Left Leg Circles (go the opposite way)
7. Figure Eight
8. Reversed Figure Eight (go the opposite way)
9. Double Flip (hold the ball with two hands in front and then drop the ball and catch it with two hands in back before it hits the ground)
10. Single Flip (hold the ball with one hand in front and one in back, drop the ball and reverse hand positions and catch the ball before it hits the ground)
11. Single Flip / Double Flip (alternating)
12. Figure Eight Around the Ankles Double Flip

### Dribbling in Place:

1. Right Hand High Dribble then Slam Down Low (looking over your left shoulder)
2. Left Hand High Dribble then Slam Down Low (looking over your right shoulder)
3. Side to Side Right Hand
4. Side to Side Left Hand
5. Front to Back Left Hand
6. Front to Back Right Hand
7. Side to Side Left Hand Behind the Back
8. Side to Side Right Hand Behind the Back
9. Crossover Dribble Left to Right in Place
10. Dribble Around Right Leg
11. Dribble Around Left Leg
12. Figure Eight Dribble with Right Hand Only
13. Figure Eight Dribble with Left Hand Only
14. Spider Dribble (two taps in front, two taps in back...)
15. Scissors Dribble (between legs in place)