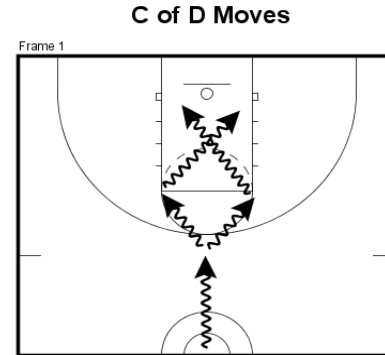
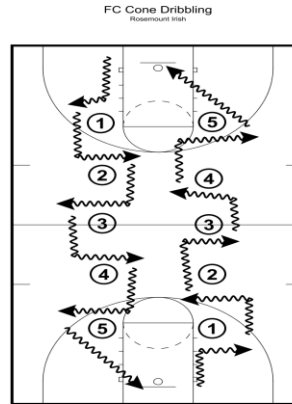


HYBA Ball Handling Workout #2

2 Ball Stationary Dribbling:

- 25 speed dribbles from knee
- 25 speed dribbles as low as you can
- 25 alternating speed dribbles from knee
- 25 alternating speed dribbles as low as you can
- 10 seconds of dribbling with one high and one low
- 25 side to side dribbles
- 25 front to back dribbles
- 25 “in and out” dribbles
- 5 figure-eights each way



FC Cone Dribbling:

*Start on baseline and explode out to first cone where you will perform your move, then explode out to second cone and do the same moves (Do the same move at all 5 cones and go in for finish if you have a hoop). Use these 5 moves going down and back:

-Crossover / Between the legs / Behind the back / Spin dribble / Hesitation

-Feel free to add double moves (ex. between the legs to a crossover, between the legs to behind the back)

Change of Direction Scoring (20 makes):

*Start at half court and speed dribble up to the top of the key, perform a move at the top of the key and explode to the elbow. Complete the same move at the elbow and go in and finish. (Do each move going both left and right for a made lay-up and pull-up)

-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