Ball Handling Drills – For Beginners:

Slaps

Fingertips

Figure 8's (Round-The-Ankles,Waist,Head)

1UP1DOWN (Suicides)

Zig-Zag Retreat (Changing Speed, Direction, Two-Ball)

Spider Crawls

Wall Ball

2-Ball Bursts

2-Ball Pistons

2-Ball In-N-Out

2-Ball Zig-Zag

Pound-Crosses

Pound-Splits

Pound-Monroe

Pound-Hesi

Dribble Courses – Beginner:

Rod Strickland – Quick-Dribbles / Short-Distance / Head-Fakes/Hesi's

Magic Johnson – High-Dribble / Long-Distance / Body-Shifts/Pace

John Stockton – Mid-Dribble / Mid-Distance (Cones) / Tact-Dribble/Speed

Jason Kidd – Quick-Mid-Dribble / Multi-Distance (Cones) / Body-Shifts/Pace>> Tact-Dribble/Speed

Kyrie Irving - Multi-Multi-Dribble / Multi-Distance (Cones) / Body-Shifts/Pace>> Tact-Dribble/Speed

Tennis Ball Dribbling - Beginner :

One-Hand Dribbles (Low/Medium/High)

Cross-Overs(Low/Medium/High)

Between-The-Legs(Low/Medium/High)

Behind-The-Back(Low/Medium/High)

Passing Drills For Beginners

2-Man/Wall Passing (2-Hand/1-Hand) - Beginner:

Chest Pass

Bounce Pass

Overhead Pass

Baseball Pass

Leak Laps

Rainbow6

Nova

4-Corners ((Jump-Stops,All-Passes)

Shooting Warm-Up – Beginners

50For50: Is all about easy shot being, easy. We stay in the paint, near the rim, and shoot 50 shots as quickly, and fundamentally sound as possible. The goal is to shoot 50For50 without focusing on the type of shot, defense, or scenario, get it up quick and accurately because, you're being timed and stats are tracked!

50For50 (In The Paint Anything)
50For50 (All Pivot Moves)
50For50 (All Jump-Shots)

GS3 – Game Shots, Game Spots, Game Speeds!

GS3: You get to shoot everything outside of the paint however, you must follow everything, all misses must be put back from where they are rebounded, and no layups count.

Figure8 (Two people OR basketballs required):

Figure8 - Curls: Focused on footwork and quick-release. We begin in the paint with the shooter under the rim, the rebounder in front of the rim. The shooter runs a figure curl to block one, catches, shoots, follows under the rim to perform the same curl on the opposite block one. These curls continue in an around the world pattern until the last three is shot.

Figure8 - Jump-Stop: Focused on footwork and quick-release. We begin in the paint with the shooter under the rim, the rebounder in front of the rim. The shooter runs a figure8 jump-stop to block one, catches, shoots, follows under the rim to perform the same jump-stop on the opposite block one. These Jump-Stop's continue in an around the world pattern until the last three is shot.

Figure8 – Miller's: Focused on footwork, catch-and-turn, quick-release. We begin in the paint with the shooter under the rim, the rebounder in front of the rim. The shooter runs a figure8 Miller to block one, catches, shoots, follows under the rim to perform the same Miller on the opposite block one. These Miller's continue in an around the world pattern until the last three is shot.

Figure8 – Curry's: Focused on footwork, one-dribble-step-back's and quick-release. We begin in the paint with the shooter under the rim, the rebounder in front of the rim. The shooter runs a figure8 to block one, catches, one-dribble-step-back, shoots, follows under the rim to perform the same catch, one-dribble-step-back, shoot on the opposite block one. These catch, one-dribble-step-back, shoot's continue in an around the world pattern until the last three is shot.