

30 DAY BALLHANDLING WORKOUT CHALLENGE



DAILY WORKOUTS 1-5

WORKOUT

☐ DAY 1

Corkcrows: 1 set of 1 minute

Simple Crossover: 2 sets of 1 minute

Figure 8s: 2 sets of 30 seconds

Cone Figure 8s: 3 sets of 1 minute

☐ DAY 2

Side Lunge Crossover: 2 sets of 30 seconds

2 Ball Power: 2 sets of 1 minute

2 Ball High Low: 2 sets of 1 minute

Simple Crossover - Through Legs: 2 sets of 1 minute

Half Circle Dribble: 4 sets of 30 seconds

Dribble and Roll: 2 sets of 1 minute

Stop and Go: 2 sets of 1 minute

Figure 8s: 2 sets of 1 minute

Continuous Crossover: 4 sets of 1 minute

BALLHANDLING DRILLS



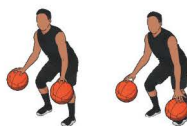
HALF CIRCLE DRIBBLE

Put 1 cone down in front of you. Dribble the ball back and forth in a half circle around the outside of the cone with one hand. Alternate hands with each set.



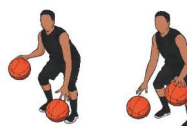
CONE FIGURE 8S

Put 2 cones down in front of your feet. Dribble the ball in a figure 8 motion around both cones with one hand. Alternate hands with each set.



2 BALL POWER

Power dribble two balls at the same time, keeping their rhythm synchronized.



2 BALL PISTON

Dribble two balls at the same time, alternating dribbles with each hand.



WORKOUT CALENDAR

3	Simple Crossover - Through Legs: 2 x 1 min Half Circle Dribble: 4 x 30 sec Dribble and Roll: 3 x 1 min Stop and Go: 2 x 1 min	4	Figure 8s: 2 x 1 min Continuous Crossover: 4 x 1 min Speed Dribbles: 1 x 1 min	5	Grip strength: 3 x 1 min Weak Hand Toss: 2 x 1 min Tennis Ball Toss Up: 4 x 30 sec 2 Ball Piston: 2 x 1 min Zig Zag Dribbling: 2 x 1 min
8	Figure 8s: 2 x 1 min Simple Crossover - Low: 2 x 1 min Simple Crossover - High: 2 x 1 min Zig Zag Dribbling: 3 x 1 min Continuous Crossover: 3 x 1 min	9	Cone Figure 8s: 3 x 1 min 2 Ball High Low: 2 x 1 min Dribble and Roll: 4 x 30 sec Stop and Go: 2 x 1 min Speed Dribbles: 3 x 30 sec	10	Corkcrows: 1 x 1 min Weak Hand Toss - Clap: 4 x 30 sec Half Circle Dribble: 4 x 1 min Tennis Ball Toss Up: 4 x 1 min Tennis Ball Wall Toss: 4 x 1 min
13	Simple Crossover - Power: 3 x 30 sec Dribble and Roll: 4 x 1 min Tennis Ball Toss Up: 4 x 1 min Stop and Go: 4 x 1 min	14	Simple Crossover - Through Legs: 3 x 1 min Simple Crossover - Behind Back: 3 x 1 min Side Lunge Crossover: 3 x 1 min Continuous Crossover: 3 x 1 min Zig Zag Dribbling: 3 sets 1 min	15	Weak Hand Toss: 4 x 30 sec Dribble and Roll: 4 x 1 min Cone Figure 8s: 4 x 1 min 2 Ball Power: 2 x 1 min 2 Ball Piston: 2 x 1 min
18	Figure 8s: 2 x 1 min 2 Ball High Low: 4 x 30 sec Dribble and Roll: 4 x 1 min Tennis Ball Wall Toss: 4 x 1 min Zig Zag Dribbling - Two Balls: 3 x 1 min	19	Grip strength: 3 x 1 min 2 Ball Power: 3 x 1 min Tennis Ball Toss Up: 4 x 1 min 2 Ball Piston: 3 sets 1 min Continuous Crossover - Two Balls: 4 x 1 min	20	Figure 8s: 2 x 1 min Stop and Go: 4 x 2 min Simple Crossover - Through Legs: 3 x 1 min Speed Dribbles: 4 x 1 min Simple Crossover - Behind Back: 3 x 1 min
23		24		25	

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CONSULT YOUR PHYSICIAN

The techniques, ideas, and suggestions in this document are not intended as a substitute for proper medical advice! Consult your physician or health care professional before performing any exercise or exercise technique. Any application of the techniques, ideas, and suggestions in this document is at the reader's sole discretion and risk.

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INTRODUCTION

WELCOME TO THE 30-DAY BALLHANDLING WORKOUT CHALLENGE!

As we move further and further into the position-less era of basketball, traditional “guard skills” like ballhandling and passing are now becoming essential for all five positions. Nowadays, on some teams, your center is just as likely to bring the ball up the court as the point guard!

Developing your ballhandling ability is the first step to making yourself a more versatile and valuable player. It will unlock your ability to create shots for both yourself and your teammates, as well as reducing turnovers and mistakes.

That’s why we created this resource, a 30-day workout challenge designed to help players fulfill their ultimate potential as a ballhandler.

We compiled a list of 18 drills that will develop all facets of your dribbling ability. All drills can be done by yourself, with a partner, or as part of your team practice. These drills were then organized into 30 daily workout plans – each one lasting around 10-20 minutes.

HOW TO USE THIS RESOURCE

1. Start by reading through the Ballhandling Drills section and learning how to perform each drill.
2. Print out a copy of the Workout Calendar and the first block of Daily Workouts (Day 1-5)
3. Follow the Daily Workout and record your completed sets in the tracking section. If you want a longer workout, do 2-3 circuits of all the drills.
4. Check off the box in the Workout Calendar when you complete each workout.
5. Progress through the Daily Workouts and track your results.

NOTE: You can do the workouts for 30 days straight, or at your own pace.

Let’s get started!



BALLHANDLING DRILLS

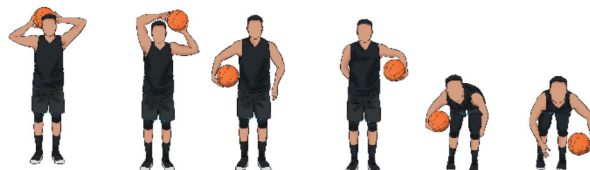
BALLHANDLING DRILLS



GRIP STRENGTH

Grab a weight in each hand and hold with fingertips down by side without resting weight against legs. No weights? Do tennis ball squeezes or hold other heavy objects.

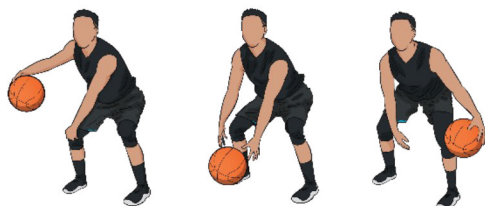
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CORKSCREW

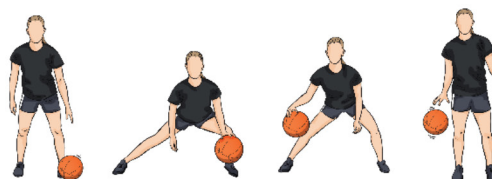
Starting with the ball above your head, wrap the ball around your body as you move the ball down to your ankles and back up above your head. Alternate directions with each set.

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SIMPLE CROSSOVER

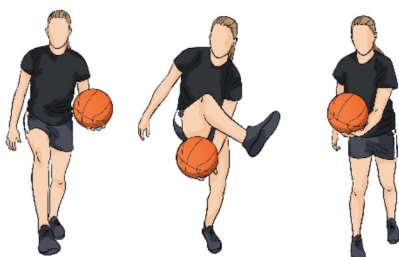
Perform a simple left-right cross over continuously. Variations include through the legs, behind the back, low crossover, high crossover.



SIDE LUNGE CROSSOVER

Take a dribble with your left hand while making a side lunge with your left leg. Cross over to your right hand and return to a standing position. Repeat on the right side, then continue going back and forth.

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WEAK HAND TOSS

Lift strong side leg up, bring ball under the leg and toss it up, drop the leg and catch the ball with the same hand. Variations include clapping before the catch and tossing the ball behind the back.

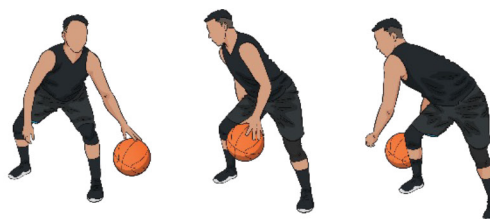
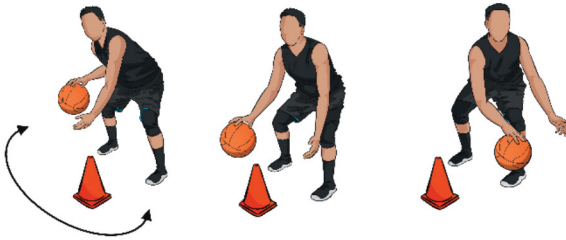


FIGURE 8S

Spread your legs slightly wider than shoulder width apart. Dribble the ball in a figure 8 motion around and between your legs.

BALLHANDLING DRILLS



HALF CIRCLE DRIBBLE

Put 1 cone down in front of you. Dribble the ball back and forth in a half circle around the outside of the cone with one hand. Alternate hands with each set.

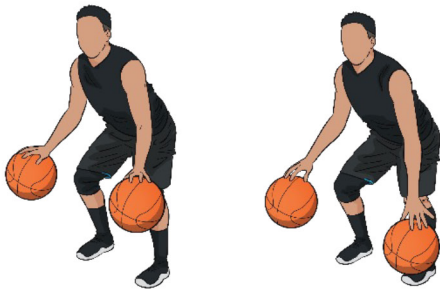
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CONE FIGURE 8S

Put 2 cones down in front of your feet. Dribble the ball in a figure 8 motion around both cones with one hand. Alternate hands with each set.

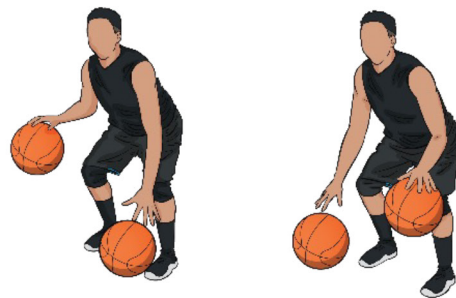
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2 BALL POWER

Power dribble two balls at the same time, keeping their rhythm synchronized.

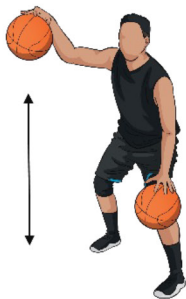
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2 BALL PISTON

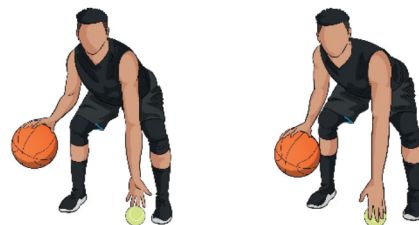
Dribble two balls at the same time, alternating dribbles with each hand.

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2 BALL HIGH LOW

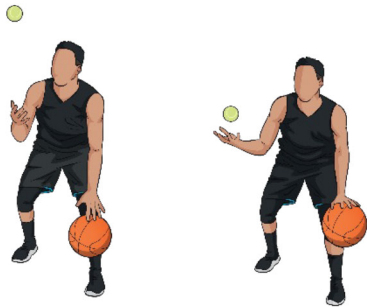
Dribble two balls at same time. Dribble one ball down low to the ground while dribbling the other ball high at shoulder height. Alternate hands with each set.



DRIBBLE AND ROLL

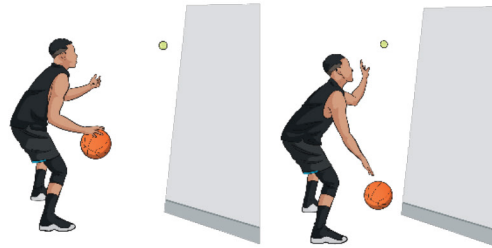
Dribble the ball with one hand below knee height while rolling a tennis ball back and forth on the ground with the other hand. Alternate hands with each set.

BALLHANDLING DRILLS



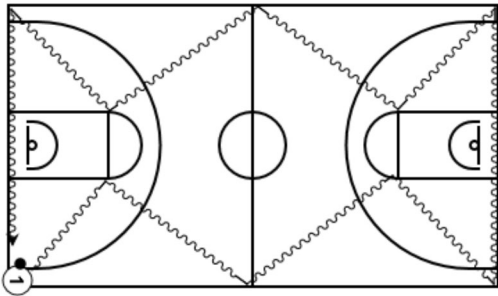
TENNIS BALL TOSS UP

Dribble the ball at knee height with one hand while tossing a tennis ball up and down with other hand. Alternate hands with each set.



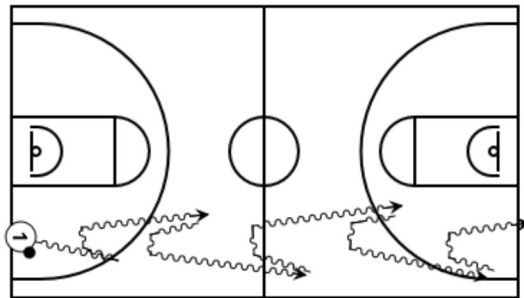
TENNIS BALL WALL TOSS

Stand a few feet from a wall dribbling a ball with one hand while tossing a tennis ball off the wall and catching it with the other hand. Alternate hands with each set.



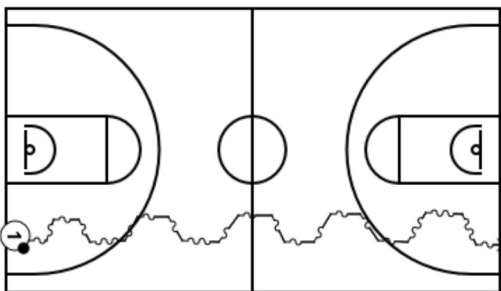
ZIG ZAG DRIBBLING

Start in the corner and dribble in a zig zag pattern down the court. Starting from corner, to elbow, to halfcourt line and sideline, to elbow, to corner, across the baseline, back down the other side the same way.



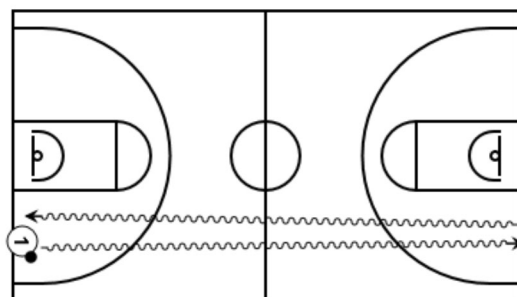
STOP AND GO

Starting from baseline, explode forward for 3 dribbles, stop and retreat 2 dribbles, cross over and explode forward another 3 dribbles. Repeat down the length of the court.



CONTINUOUS CROSSOVERS

Player dribbles from one end of the court to the other crossing over on every other dribble.



SPEED DRIBBLES

Player dribbles from one end of the court to the other as fast as possible using as few dribbles as possible.



DAILY WORKOUTS

DAILY WORKOUTS 1-5

WORKOUT

COMPLETION

☐ DAY 1

Corkscrew: 1 set of 1 minute

Simple Crossover: 2 sets of 1 minute

Figure 8s: 2 sets of 30 seconds

Cone Figure 8s: 3 sets of 1 minute

☐ S1			
☐ S1	☐ S2		
☐ S1	☐ S2	☐ S3	
☐ S1	☐ S2		

☐ DAY 2

Side Lunge Crossover: 2 sets of 30 seconds

2 Ball Power: 2 sets of 1 minute

2 Ball High Low: 2 sets of 1 minute

☐ S1	☐ S2		
☐ S1	☐ S2		
☐ S1	☐ S2		

☐ DAY 3

Simple Crossover – Through Legs:
2 sets of 1 minute

Half Circle Dribble: 4 sets of 30 seconds

Dribble and Roll: 2 sets of 1 minute

Stop and Go: 2 sets of 1 minute

☐ S1	☐ S2		
☐ S1	☐ S2	☐ S3	☐ S4
☐ S1	☐ S2		
☐ S1	☐ S2		

☐ DAY 4

Figure 8s: 2 sets of 1 minute

Continuous Crossovers: 4 sets of 1 minute

Speed Dribbles: 4 sets of 1 minute

☐ S1	☐ S2		
☐ S1	☐ S2	☐ S3	☐ S4
☐ S1	☐ S2	☐ S3	☐ S4

☐ DAY 5

Grip strength: 3 sets of 1 minute

Weak Hand Toss: 2 sets of 1 minute

Tennis Ball Toss Up: 4 sets of 30 seconds

2 Ball Piston: 2 sets of 1 minute

Zig Zag Dribbling: 2 sets of 1 minute

☐ S1	☐ S2		
☐ S1	☐ S2	☐ S3	☐ S4
☐ S1	☐ S2		
☐ S1	☐ S2		
☐ S1	☐ S2		

DAILY WORKOUTS 6-10

WORKOUT

COMPLETION

☐ DAY 6

Corkscrew: 1 set of 1 minute

Simple Crossover - Behind Back: 3 sets of 1 min

Half Circle Dribble: 4 sets of 30 seconds

Tennis Ball Wall Toss: 4 sets of 30 seconds

Zig Zag Dribbling: 3 sets of 1 minute

☐ S1			
☐ S1	☐ S2	☐ S3	
☐ S1	☐ S2	☐ S3	☐ S4
☐ S1	☐ S2	☐ S3	☐ S4
☐ S1	☐ S2	☐ S3	

☐ DAY 7

Grip Strength: 2 sets of 30 seconds

2 Ball Power: 2 sets of 1 minute

2 Ball Piston: 2 sets of 1 minute

2 Ball High Low: 2 sets of 1 minute

Speed Dribbles - Two Balls: 3 sets of 1 min

☐ S1	☐ S2		
☐ S1	☐ S2		
☐ S1	☐ S2		
☐ S1	☐ S2		
☐ S1	☐ S2	☐ S3	

☐ DAY 8

Figure 8s: 2 sets of 1 minute

Simple Crossover - Low: 2 sets of 1 minute

Simple Crossover - High: 2 sets of 1 min

Zig Zag Dribbling: 3 sets of 1 minute

Continuous Crossovers: 3 sets of 1 minute

☐ S1	☐ S2		
☐ S1	☐ S2		
☐ S1	☐ S2	☐ S3	
☐ S1	☐ S2	☐ S3	
☐ S1	☐ S2	☐ S3	

☐ DAY 9

Cone Figure 8s: 3 sets of 1 minute

2 Ball High Low: 2 sets of 1 minute

Dribble and Roll: 4 sets of 30 seconds

Stop and Go: 2 sets of 1 minute

Speed Dribbles: 3 sets of 30 seconds

☐ S1	☐ S2	☐ S3	
☐ S1	☐ S2		
☐ S1	☐ S2	☐ S3	☐ S4
☐ S1	☐ S2		
☐ S1	☐ S2	☐ S3	

☐ DAY 10

Corkscrew: 1 set of 1 minute

Weak Hand Toss - Clap: 4 sets of 30 seconds

Half Circle Dribble: 4 sets of 1 minute

Tennis Ball Toss Up: 4 sets of 1 minute

Tennis Ball Wall Toss: 4 sets of 1 minute

☐ S1			
☐ S1	☐ S2	☐ S3	☐ S4
☐ S1	☐ S2	☐ S3	☐ S4
☐ S1	☐ S2	☐ S3	☐ S4
☐ S1	☐ S2	☐ S3	☐ S4

DAILY WORKOUTS 11-15

WORKOUT

COMPLETIONS

☐ DAY 11

Half Circle Dribble: 4 sets of 1 minute

2 Ball High Low: 2 sets of 1 minute

Tennis Ball Toss Up: 4 sets of 1 minute

Continuous Crossovers: 3 sets of 1 minute

Stop and Go: 3 sets of 1 minute

☐ S1	☐ S2	☐ S3	☐ S4
☐ S1	☐ S2		
☐ S1	☐ S2	☐ S3	☐ S4
☐ S1	☐ S2	☐ S3	
☐ S1	☐ S2	☐ S3	

☐ DAY 12

Speed Dribbles: 4 sets of 1 minute

Zig Zag Dribbling: 3 sets of 1 minute

Grip strength: 3 sets of 1 minute

Continuous Crossovers: 3 sets of 1 minute

☐ S1	☐ S2	☐ S3	☐ S4
☐ S1	☐ S2	☐ S3	
☐ S1	☐ S2	☐ S3	
☐ S1	☐ S2	☐ S3	

☐ DAY 13

Simple Crossover - Power: 3 sets of 30 sec

Dribble and Roll: 4 sets of 1 minute

Tennis Ball Toss Up: 4 sets of 1 minute

Stop and Go: 4 sets of 1 minute

☐ S1	☐ S2	☐ S3	
☐ S1	☐ S2	☐ S3	☐ S4
☐ S1	☐ S2	☐ S3	☐ S4
☐ S1	☐ S2	☐ S3	☐ S4

☐ DAY 14

Simple Crossover - Through Legs:
3 sets of 1 minute

Simple Crossover - Behind Back:
3 sets of 1 minute

Side Lunge Crossover: 3 sets of 1 minute

Continuous Crossovers: 3 sets of 1 minute

Zig Zag Dribbling: 3 sets 1 minute

☐ S1	☐ S2	☐ S3	
☐ S1	☐ S2	☐ S3	
☐ S1	☐ S2	☐ S3	
☐ S1	☐ S2	☐ S3	
☐ S1	☐ S2	☐ S3	

☐ DAY 15

Weak Hand Toss: 4 sets of 30 seconds

Dribble and Roll: 4 sets of 1 minute

Cone Figure 8s: 4 sets of 1 minute

2 Ball Power: 2 sets of 1 minute

2 Ball Piston: 2 sets of 1 minute

☐ S1	☐ S2	☐ S3	☐ S4
☐ S1	☐ S2	☐ S3	☐ S4
☐ S1	☐ S2	☐ S3	☐ S4
☐ S1	☐ S2		
☐ S1	☐ S2		

DAILY WORKOUTS 16-20

WORKOUT

PERFORMANCE

☐ DAY 16

Corkscrew: 2 sets of 1 minute

Weak Hand Toss - Clap: 4 sets of 1 minute

Cone Figure 8s: 2 sets of 1 minute

Tennis Ball Wall Toss: 4 sets of 1 minute

2 Ball Power: 3 sets of 1 minute

☐ S1	☐ S2		
☐ S1	☐ S2	☐ S3	☐ S4
☐ S1	☐ S2		
☐ S1	☐ S2	☐ S3	☐ S4
☐ S1	☐ S2		

☐ DAY 17

Simple Crossover - Power: 3 sets of 1 min

Simple Crossover - Low: 3 sets of 1 minute

2 Ball Piston: 3 sets of 1 minute

Stop and Go: 2 sets of 1 minute

Zig Zag Dribbling: 3 sets of 1 minute

☐ S1	☐ S2	☐ S3	
☐ S1	☐ S2	☐ S3	
☐ S1	☐ S2	☐ S3	
☐ S1	☐ S2		
☐ S1	☐ S2	☐ S3	

☐ DAY 18

Figure 8s: 2 sets of 1 minute

2 Ball High Low: 4 sets of 30 seconds

Dribble and Roll: 4 sets of 1 minute

Tennis Ball Wall Toss: 4 sets of 1 minute

Zig Zag Dribbling - Two Balls: 3 sets of 1 min

☐ S1	☐ S2		
☐ S1	☐ S2	☐ S3	☐ S4
☐ S1	☐ S2	☐ S3	☐ S4
☐ S1	☐ S2	☐ S3	☐ S4
☐ S1	☐ S2	☐ S3	

☐ DAY 19

Grip strength: 3 sets of 1 minute

2 Ball Power: 3 sets of 1 minute

Tennis Ball Toss Up: 4 sets of 1 minute

2 Ball Piston: 3 sets 1 minute

Continuous Crossovers - Two Balls: 4 sets of 1 minute

☐ S1	☐ S2	☐ S3	
☐ S1	☐ S2	☐ S3	
☐ S1	☐ S2	☐ S3	☐ S4
☐ S1	☐ S2	☐ S3	
☐ S1	☐ S2	☐ S3	☐ S4

☐ DAY 20

Figure 8s: 2 sets of 1 minute

Stop and Go: 4 sets of 1 minute

Simple Crossover - Through Legs:
3 sets of 1 minute

Speed Dribbles: 4 sets of 1 minute

Simple Crossover - Behind Back:
3 sets of 1 minute

☐ S1	☐ S2		
☐ S1	☐ S2	☐ S3	☐ S4
☐ S1	☐ S2	☐ S3	
☐ S1	☐ S2	☐ S3	☐ S4
☐ S1	☐ S2	☐ S3	

DAILY WORKOUTS 21-25

WORKOUT

PERFORMANCE

☐ DAY 21

Half Circle Dribble: 4 sets of 1 minute

Cone Figure 8s: 2 sets of 1 minute

2 Ball Piston: 3 sets of 1 minute

2 Ball Power: 3 sets of 1 minute

Tennis Ball Wall Toss: 4 sets of 1 minute

Continuous Crossovers: 3 sets of 1 minute

☐ S1	☐ S2	☐ S3	☐ S4
☐ S1	☐ S2		
☐ S1	☐ S2	☐ S3	☐ S4
☐ S1	☐ S2	☐ S3	
☐ S1	☐ S2	☐ S3	☐ S4
☐ S1	☐ S2	☐ S3	

☐ DAY 22

Grip strength: 3 sets of 1 minute

Dribble and Roll: 4 sets of 1 minute

Figure 8s: 2 sets of 1 minute

Zig Zag Dribbling: 3 sets of 1 minute

Speed Dribbles – Two Balls: 4 sets of 1 min

☐ S1	☐ S2	☐ S3	
☐ S1	☐ S2	☐ S3	☐ S4
☐ S1	☐ S2		
☐ S1	☐ S2	☐ S3	
☐ S1	☐ S2	☐ S3	☐ S4

☐ DAY 23

Corkscrew: 2 sets of 1 minute

Weak Hand Toss - Clap: 4 sets of 30 seconds

Half Circle Dribble: 4 sets of 1 minute

Tennis Ball Toss Up: 4 sets of 1 minute

Tennis Ball Wall Toss: 4 sets of 1 minute

☐ S1	☐ S2		
☐ S1	☐ S2	☐ S3	☐ S4
☐ S1	☐ S2	☐ S3	☐ S4
☐ S1	☐ S2	☐ S3	☐ S4
☐ S1	☐ S2	☐ S3	☐ S4

☐ DAY 24

Cone Figure 8s: 2 sets of 1 minute

2 Ball Piston: 3 sets of 1 minute

2 Ball High Low: 4 sets of 1 minute

Dribble and Roll: 4 sets of 1 minute

Zig Zag Dribbling – Two Balls: 4 sets 1 min

☐ S1	☐ S2		
☐ S1	☐ S2	☐ S3	☐ S4
☐ S1	☐ S2	☐ S3	☐ S4
☐ S1	☐ S2	☐ S3	☐ S4
☐ S1	☐ S2	☐ S3	

☐ DAY 25

Ball Power: 3 sets of 1 minute

Continuous Crossovers – Two Balls:
4 sets of 1 minute

2 Ball Piston: 3 sets of 1 minute

Speed Dribbles – Two Balls:
4 sets of 1 minute

2 Ball High Low: 4 sets of 1 minute

☐ S1	☐ S2	☐ S3	
☐ S1	☐ S2	☐ S3	☐ S4
☐ S1	☐ S2	☐ S3	
☐ S1	☐ S2	☐ S3	☐ S4
☐ S1	☐ S2	☐ S3	☐ S4

DAILY WORKOUTS 26-30

WORKOUT

PERFORMANCE

☐ DAY 26

Grip Strength: 4 sets of 30 seconds

Tennis Ball Toss Up: 4 sets of 1 minute

Dribble and Roll: 4 sets of 30 seconds

Tennis Ball Wall Toss: 4 sets of 1 minute

Speed Dribbles: 3 sets of 1 minute

Stop and Go: 3 sets of 1 minutes

☐ S1 ☐ S2 ☐ S3 ☐ S4

☐ S1 ☐ S2 ☐ S3 ☐ S4

☐ S1 ☐ S2 ☐ S3 ☐ S4

☐ S1 ☐ S2 ☐ S3 ☐ S4

☐ S1 ☐ S2 ☐ S3

☐ S1 ☐ S2 ☐ S3

☐ DAY 27

Corkscrew: 1 set of 1 minute

Half Circle Dribble: 4 sets of 1 minute

2 Ball Piston: 3 sets of 1 minute

2 Ball Power: 3 sets of 1 minute

Simple Crossover – 2 Balls: 3 sets of 1 min

Zig Zag Dribbling: 3 sets of 1 minute

☐ S1 ☐ S2

☐ S1 ☐ S2 ☐ S3 ☐ S4

☐ S1 ☐ S2 ☐ S3

☐ S1 ☐ S2 ☐ S3

☐ S1 ☐ S2 ☐ S3

☐ S1 ☐ S2 ☐ S3

☐ DAY 28

Simple Crossover – Through Legs: 3 sets of 1 min

Weak Hand Toss – 2 Claps: 4 sets of 30 sec

Tennis Ball Wall Toss: 4 sets of 1 minute

2 Ball High Low: 4 sets of 1 minute

Dribble and Roll: 4 sets of 1 minute

Stop and Go: 3 sets of 1 minute

☐ S1 ☐ S2 ☐ S3

☐ S1 ☐ S2 ☐ S3 ☐ S4

☐ S1 ☐ S2 ☐ S3 ☐ S4

☐ S1 ☐ S2 ☐ S3 ☐ S4

☐ S1 ☐ S2 ☐ S3 ☐ S4

☐ S1 ☐ S2 ☐ S3

☐ DAY 29

Half Circle Dribble: 4 sets of 1 minute

Cone Figure 8s: 3 sets of 1 minute

Tennis Ball Toss Up: 4 sets of 1 minute

Continuous Crossovers: 4 sets of 1 min

Zig Zag Dribbling: 4 sets of 1 minute

☐ S1 ☐ S2 ☐ S3 ☐ S4

☐ S1 ☐ S2 ☐ S3

☐ S1 ☐ S2 ☐ S3 ☐ S4

☐ S1 ☐ S2 ☐ S3 ☐ S4

☐ S1 ☐ S2 ☐ S3 ☐ S4

☐ DAY 30

Speed Dribbles: 4 sets of 1 minute

2 Ball Piston: 4 sets of 1 minute

Stop and Go: 4 sets of 1 minute

2 Ball Power: 4 sets of 1 minute

Speed Dribbles – 2 Balls: 4 sets of 1 minute

☐ S1 ☐ S2 ☐ S3 ☐ S4

☐ S1 ☐ S2 ☐ S3 ☐ S4

☐ S1 ☐ S2 ☐ S3 ☐ S4

☐ S1 ☐ S2 ☐ S3 ☐ S4

☐ S1 ☐ S2 ☐ S3 ☐ S4

WORKOUT CALENDAR

1 Corkscrew: 1 x 1 min Simple Crossover: 2 x 1 min Figure 8s: 2 x 30 sec Cone Figure 8s: 1 x 1 min	2 Side Lunge Crossover: 2 x 30 sec 2 Ball Power: 2 x 1 min 2 Ball High Low: 2 x 1 min	3 Simple Crossover – Through Legs: 2 x 1 min Half Circle Dribble: 4 x 30 sec Dribble and Roll: 2 x 1 min Stop and Go: 2 x 1 min	4 Figure 8s: 2 x 1 min Continuous Crossovers: 4 x 1 min Speed Dribbles: 4 x 1 min	5 Grip strength: 3 x 1 min Weak Hand Toss: 2 x 1 min Tennis Ball Toss Up: 4 x 30 sec 2 Ball Piston: 2 x 1 min Zig Zag Dribbling: 2 x 1 min
6 Corkscrew: 1 x 1 min Simple Crossover – Behind Back: 3 x 1 min Half Circle Dribble: 4 x 30 sec Tennis Ball Wall Toss: 4 x 30 sec Zig Zag Dribbling: 3 x 1 min	7 Grip Strength: 2 x 30 sec 2 Ball Power: 2 x 1 min 2 Ball Piston: 2 x 1 min 2 Ball High Low: 2 x 1 min Speed Dribbles – Two Balls: 3 x 1 min	8 Figure 8s: 2 x 1 min Simple Crossover - Low: 2 x 1 min Simple Crossover - High: 2 x 1 min Zig Zag Dribbling: 3 x 1 min Continuous Crossovers: 3 x 1 min	9 Cone Figure 8s: 3 x 1 min 2 Ball High Low: 2 x 1 min Dribble and Roll: 4 x 30 sec Stop and Go: 2 x 1 min Speed Dribbles: 3 x 30 sec	10 Corkscrew: 1 x 1 min Weak Hand Toss – Clap: 4 x 30 sec Half Circle Dribble: 4 x 1 min Tennis Ball Toss Up: 4 x 1 min Tennis Ball Wall Toss: 4 x 1 min
11 Curl Screen: 1-2 x 20 Free Throws: 1 x 2 Curl Screen – Dribble Pull Ups: 1-2 x 20 Free Throws: 1 x 2 Curl Screen – Stepback Dribble: 1-2 x 20 Free Throws: 3 x 2	12 Speed Dribbles: 4 x 1 min Zig Zag Dribbling: 3 x 1 min Grip strength: 3 x 1 min Continuous Crossovers: 3 x 1 min	13 Simple Crossover - Power: 3 x 30 sec Dribble and Roll: 4 x 1 min Tennis Ball Toss Up: 4 x 1 min Stop and Go: 4 x 1 min	14 Simple Crossover – Through Legs: 3 x 1 min Simple Crossover – Behind Back: 3 x 1 min Side Lunge Crossover: 3 x 1 min Continuous Crossovers: 3 x 1 min Zig Zag Dribbling: 3 sets 1 min	15 Weak Hand Toss: 4 x 30 sec Dribble and Roll: 4 x 1 min Cone Figure 8s: 4 x 1 min 2 Ball Power: 2 x 1 min 2 Ball Piston: 2 x 1 min
16 Corkscrew: 2 x 1 min Weak Hand Toss - Clap: 4 x 1 min Cone Figure 8s: 2 x 1 min Tennis Ball Wall Toss: 4 x 1 min 2 Ball Power: 3 x 1 min	17 Simple Crossover – Power: 3 x 1 min Simple Crossover – Low: 3 x 1 min 2 Ball Piston: 3 x 1 min Stop and Go: 2 x 1 min Zig Zag Dribbling: 3 x 1 min	18 Figure 8s: 2 x 1 min 2 Ball High Low: 4 x 30 sec Dribble and Roll: 4 x 1 min Tennis Ball Wall Toss: 4 x 1 min Zig Zag Dribbling – Two Balls: 3 x 1 min	19 Grip strength: 3 x 1 min 2 Ball Power: 3 x 1 min Tennis Ball Toss Up: 4 x 1 min 2 Ball Piston: 3 sets 1 min Continuous Crossovers – Two Balls: 4 x 1 min	20 Figure 8s: 2 x 1 min Stop and Go: 4 x 1 min Simple Crossover – Through Legs: 3 x 1 min Speed Dribbles: 4 x 1 min Simple Crossover – Behind Back: 3 x 1 min
21 Half Circle Dribble: 4 x 1 min Cone Figure 8s: 2 x 1 min 2 Ball Piston: 3 x 1 min 2 Ball Power: 3 x 1 min Tennis Ball Wall Toss: 4 x 1 min Continuous Crossovers: 3 x 1 min	22 Grip strength: 3 x 1 min Dribble and Roll: 4 x 1 min Figure 8s: 2 x 1 min Zig Zag Dribbling: 3 x 1 min Speed Dribbles – Two Balls: 4 x 1 min	23 Corkscrew: 2 x 1 min Weak Hand Toss - Clap: 4 x 30 sec Half Circle Dribble: 4 x 1 min Tennis Ball Toss Up: 4 x 1 min Tennis Ball Wall Toss: 4 x 1 min	24 Cone Figure 8s: 2 x 1 min 2 Ball Piston: 3 x 1 min 2 Ball High Low: 4 x 1 min Dribble and Roll: 4 x 1 min Zig Zag Dribbling – Two Balls: 4 sets 1 min	25 2 Ball Power: 3 x 1 min Continuous Crossovers – Two Balls: 4 x 1 min 2 Ball Piston: 3 x 1 min Speed Dribbles – Two Balls: 4 x 1 min 2 Ball High Low: 4 x 1 min
26 Grip Strength: 4 x 30 sec Tennis Ball Toss Up: 4 x 1 min Dribble and Roll: 4 x 30 sec Tennis Ball Wall Toss: 4 x 1 min Speed Dribbles: 3 x 1 min Stop and Go: 3 x 1 min	27 Corkscrew: 1 x 1 min Half Circle Dribble: 4 x 1 min 2 Ball Piston: 3 x 1 min 2 Ball Power: 3 x 1 min Simple Crossover – 2 Balls: 3 x 1 min Zig Zag Dribbling: 3 x 1 min	28 Simple Crossover – Through Legs: 3 x 1 min Weak Hand Toss – 2 Claps: 4 x 30 sec Tennis Ball Wall Toss: 4 x 1 min 2 Ball High Low: 4 x 1 min Dribble and Roll: 4 x 1 min Stop and Go: 3 x 1 min	29 Half Circle Dribble: 4 x 1 min Cone Figure 8s: 3 x 1 min Tennis Ball Toss Up: 4 x 1 min Continuous Crossovers: 4 x 1 min Zig Zag Dribbling: 4 x 1 min	30 Speed Dribbles: 4 x 1 min 2 Ball Piston: 4 x 1 min Stop and Go: 4 x 1 min 2 Ball Power: 4 x 1 min Speed Dribbles – 2 Balls: 4 x 1 min



30 DAY BALLHANDLING WORKOUT CHALLENGE

CERTIFICATE OF COMPLETION

NAME:

DATE: