

CHISHOLM TRAIL BASKETBALL SKILL WORK:

BALL HANDLING

STATIONARY BALL HANDLING:

Circles Around Waist (30 Reps Each Direction)

Figure 8 (30 Reps Each Direction); Figure 8 With Bounce (30 Reps Each Direction)

Around the World (Around Head then Waist then Feet; 30 Reps)

Power Dribble (30 Bounces Each Hand)

Push Pull (30 Bounces Each Hand)

Side to Side (30 bounces Each Hand)

2 BALL DRIBBLE STATIONARY

Rhythm (Bounce at same time, 20 seconds)

Non-Rhythm (Alternate balls, 20 seconds)

One High, One Low (20 seconds then switch)

Smash Dribble (Bounce up to ears under control, 20 seconds)

Walk the Dog (20 seconds)

Windsheild (Side to side for 20 seconds)

2 BALL DRIBBLE ON THE MOVE

Zig-Zag Simultaneous (Bounce balls at same time)

Zig-Zag Alternate (Alternate bounce)

Pull Back (Straight Line)

Magic Johnson (Crab Dribble into slow feet fast hands)

FULL COURT BALL HANDLING – DOWN AND BACK

Right Hand/Left Hand/Alternate Hands

Walking Between Legs

Walking Low Crossover

Individual Moves at 4 spots with jump stop and pivot (Hesitation, In and Out, Pull Back Crossover, Cross-Cross)