

V-Hawk Ball Handling Drills

Stationary Pound Dribble Series

Right and Left Hand Each – 20 Repetitions
2 Dribble Crossover – 20 Repetitions
2 Dribble Between Legs – 20 Repetitions
2 Dribble Behind Back – 20 Repetitions
2 Dribble Double Crossover – 10 Each / Switch Opposite Start Hand
2 Dribble Double Between Legs – 10 Each / Switch Opposite Start Hand
2 Dribble Double Behind Back – 10 Each / Switch Opposite Start Hand

Keys: Stay in a low, athletic position with ball at or below the waist. Keep your head and eyes up.
Use Tennis Ball for Added Difficulty

2 Ball Stationary Dribble Series

Same – 20 Repetitions
Alternate Dribble – 20 Repetitions
Right Hand High, Left Hand Low – 20 Repetitions / Switch R & L
“Kill the Grass” or High-Medium-Low – 20 Repetitions
Left Hand Dribble, Right Hand Around the Right Leg – 10 Each (Reverse Direction) / Switch R & L
In-Out Dribble – 20 Repetitions
Push-Pull Dribble – 20 Repetitions

Keys: Stay in a low, athletic position with ball at or below the waist. Keep your head and eyes up.

Commando Ball Handling Series

5 Lines / 4 Cones Spread Evenly Between Baselines
Stutter Step or Hesitation, Inside-Out Dribble, Low Crossover, Between Legs, Behind Back

Keys: Emphasize Stopping on a Dime, No Rounding, Touching Cone w/ Opposite Hand, & Exploding to the Next Cone!
Use Tennis Ball for Added Difficulty

Tight Zig Zag Series

5 Lines 4 Cones Spread Evenly Between Baseline and Half Court
Crossover, Between Legs, Behind Back, Spin Dribble

Keys: Emphasize Stopping on a Dime, No Rounding, Touching Cone w/ Opposite Hand, & Exploding to the Next Cone!
Use Tennis Ball for Added Difficulty

Around the Circle

Right Leg, Left Leg, Between Legs / Crossover – Stay Low and Stay Quick

Other V-Hawk Ball Handling Drills

Toughness Ball Handling (3 Man Groups – 2 Ball)

Free Throw Line Back to Basket (3 Man Groups – 2 Ball)

Wing to Lay-Up (3 Man Groups – 2 Ball)

Tennis Ball Series w/ Coach (Scoop Lay-Ups, Fist For Jump Shots & Step Backs)

V-Hawk Playmaking Drills

3 Man Playmaking / Ball Handling

Drill #1

3 Man Groups (3 Balls) – Top of Key, Left/Right Wing

Top of Key Player – 10 Explosive Jumps

Left/Right Wing Players – Ball Handling Drills

2 Dribble to Crossover X 5

2 Dribble to Between Legs

2 Dribble to Behind Back

Playmaking at Rim to Jump Shot at Left Wing (Receive Pass from Right Wing) to Jump Shot at Right Wing (Receive Pass from Left Wing)

Rotate Players

Drill #2

3 Man Groups (4 Balls) – Top of Key, Left/Right Wing

Top of Key Player – 2 Ball Dribble, 2 Dribble Crossover X 2

Dribble to Right Wing Player, Inside Hand Pass to Playmaking Move at Wing

Right Wing Player – 2 Ball Dribble to Top of Key, 2 Dribble Crossover X 2

Dribble to Left Wing Player, Inside Hand Pass to Playmaking Move at Wing

Left Wing Player – 2 Ball Dribble to Top of Key, 2 Dribble Crossover X 2

Rotate Through 10 Times

Playmaking Moves From Cones

4 Man Groups (Each Player Has Ball) – Playmaking Moves from 4 Spots Around Perimeter

Flat Triangle of Cones, Triple Threat Position at Top Cone

Change Direction Attack Rim (3 Dribble Max)

Change Direction Pull-up Jumper (Create Space)

Change Direction Hesitation Attack Rim (3 Dribble Max)

Change Direction Fade Away or Step Back in Lane

Change Direction Double Move to Jumpshot

Other Moves Used

Hesitation Dribble, Inside Out Move, Inside Out Crossover, Backup Dribble, Backup Crossover Dribble, High Off Glass, John Stockton Finish, Reverse Layup, Jumpstop Step Through Move

2 Plays of Each, Right and Left from 4 Different Cone Spots

Finish at Rim, Break the Press – 3 Man Groups

Player 1 Receives Pass from Player 2 at Half Court, Playmaking Move at the Wing vs. Player 3,
Finishes at Rim or Jumpshot
Player 1 Must Throw Ball Off Backboard, Rebound, and Finish w/ 2 on 1 Dribble to Half Court

Rotate Players and Sides of Basket

Over V-Hawk Playmaking Drills

3 Man Weave to 2 on 1 Break
5 Man Weave to 3 on 2 Break
Tight Zig Zag Ball Handling to 1 on 1 Plays Live