Breakthrough Basketball

Stationary 2 Ball Dribbling Workout

Beginners Workout

Do each drill for 15 to 20 seconds. Then go to the next drill. After you do this whole sequence, you'll feel your wrist and forearms burning which is GREAT, because this is exactly what you want to strengthen the appropriate muscles for ball handling and dribbling.   
  
The number in parentheses behind the drill is in reference to the sequence for the video above.

* Power Dribble - Waist Level
* High Dribble - Shoulder Height
* Low Dribble - below Knees
* Alternating High & Low - Three Dribbles High, Three Dribbles Low
* Alternating Dribble - Left, Right, Left, Right (5)
* Side to Side (2)
* Front to Back (3)
* Crossover (1)
* Around one Leg - Two Dribbles (8)
* One Dribble Between Crossovers (9 -This one is not the exact same as 9, he does two crossovers in a row)

Intermediate Workout

Same as the beginners workout, except you add 4 to 5 difficult variations.  
  
Choose 4 to 5 from this group:

* Behind the back – 1 direction (13)
* Between legs & behind back while maintaining other dribble (15)
* Between leg & crossover (16)
* Figure 8 (18)
* Front between the legs (19)
* Low dribbling on one Leg (20)
* Around one leg while power dribbling with other hand (21)
* Around one leg with each ball – low dribble (22)
* Around one leg while maintaining low dribble (23)
* One low, one high (24)
* Low figure 8 (25)
* Crossover, crossover – side to side with one hand, front to back with other (26)
* Crossover & behind the back (27)

**As you get better**, you can perform the beginner drills for 5 to 10 seconds and add more intermediate and advanced dribbling drills to the workout.

Advanced Workout

Reference the video for a visual on any of these drills.

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| 1. Front crossover 2. Side to side 3. Front to back 4. Combo of side to side & front to back 5. Alternating hands 6. Side to side 7. Rotating side to front 8. Around one leg – two dribbles 9. Figure 8 10. Between the legs - backwards 11. Crossover – 1 dribble between double crossovers 12. Crossover 13. Behind the back – 1 direction 14. Front – side to side 15. Between legs & behind back while maintaining other dribble 16. Between leg & crossover | 1. One crossover & flip ball to other hand 2. Figure 8 3. Front between the legs 4. Low dribbling on one leg 5. Around one leg while power dribbling with other hand 6. Around one leg with each ball – low dribble 7. Around one leg while maintaining low dribble 8. One low, one high 9. Low figure 8 10. Crossover, crossover – side to side with one hand, front to back with other 11. Crossover & behind the back |

This workout was found on the breakthroughbasketball.com website:

<http://www.breakthroughbasketball.com/fundamentals/Ballhandling-Two-Ball-Dribbling-Drills.html>