



7 WEEKS OF BALL HANDLING

The ultimate guide to enhance your ball handling in just 7 weeks!

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WHAT TO EXPECT

Often times, players understand what they should be working on but don't know exactly where or when to start. In these 7 weeks, I am going to give you 7 different ball handling workouts that you can do anywhere, anytime. You do not need a hoop, a gym or a coach/trainer.

Ball handling is a skill that many players lack and that is partly due to the lack of repetition. In these 7 weeks, you will work on various ball handling drills that is guaranteed to enhance your ball handling ability.

You will be given 7 workouts and are expected to do the first workout for an entire week, the second the next week and so on.. **Yes, you do them EVERYDAY to see real improvement.** Each workout will only take roughly 15-20 minutes per day!

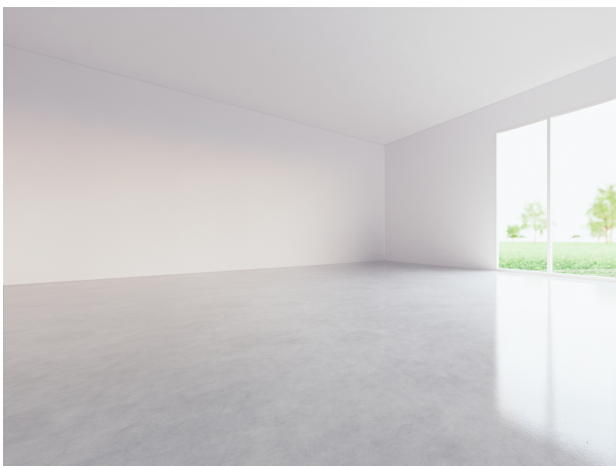
WHAT YOU WILL NEED



Basketball(s)



A notebook (To track progress)



Open area (garage, driveway,
basement)

WEEK one

- Ball slaps (25x)
- Ball wraps around the leg (R/L) (20x)
 - "Figure 8" ball wraps (50x)
- 1 pound ball wrap around the leg (R/L) (20x)
- Alternating pounds - ball wrap around the leg (R/L) (50x)
 - Ball wraps around head (25x)
- Ball wraps around waist (Clockwise & Counterclockwise) (25x each)
- Ball wraps around knees (Clockwise & Counterclockwise) (25x each)
- Ball wraps around head, waist, knees (alternating) (50x total)
- Ball wraps around legs while stepping (R/L) (20x each leg)

Week Two

- Fingertip pounds (R/L) (50x)
 - Knee pounds (R/L) (50x)
- Shoulder pounds (R/L) (50x)
 - Crossovers (Wide) (50x)
 - Crossovers (Tight) (50x)
- Continuous between the legs
(50x)
- Continuous behind the back (50x)
- Continuous behind the back (50x)
- Side to side (V dribble) (R/L) (50x)
 - Front to back (R/L) (50x)

WEEK THREE

- Knee pounds (R/L) (50x)
- One pound - crossover (50X)
- One pound - between the legs (50x)
- One pound - behind the back (50x)
- Continuous between/crossover (R/L)
(25x)
- Continuous between/behind (R/L) (25x)
 - Cross/behind (R/L) (20x)
 - Cross/behind/behind (50x)

WEEK FOUR

- Shoulder pounds (R/L) (50x)
- "Kill" dribbles - 3 pounds HIGH, 3 pounds LOW (R/L) (20x)
- Side to side - crossover (25x)
- Side to side - between the legs (25x)
- Side to side - behind the back (25x)
- Side to side - between/cross (R/L) (25x)
- Side to side - between/behind (R/L) (25x)
- Side to side - cross/cross (R/L) (20x)
- Side to side - between/between (R/L) (20x)
- Side to side - behind/behind (R/L) (20x)

WEEK FIVE

- "Kill" dribbles - 3 pounds (knee level), 3 pounds (ankle level) (R/L) (20x)
 - 2 pounds - cross/cross (R/L) (25x)
- 2 pounds - between/between (R/L) (25x)
- 2 pounds - behind/behind (R/L) (25x)
 - Cross/cross/between (50x)
 - Cross/cross/behind (50x)
 - Between/behind/behind (50x)
- Side to side - cross/cross (R/L) (25x)
- Side to side - between/between (R/L) (25x)
- Side to side - behind/behind (R/L) (25x)

week six

"2 ball"

- Same time pounds (50x)
- Alternating pounds (50x)
- Side to side pounds (50x)
 - "In - out" pounds (50x)
 - Front to back (50x)
- Alternating front to back (50x)
 - 3 pounds - crossover (20x)
- 3 pounds - between the legs (20x)
 - 3 pounds - behind (20x)

Week seven

"Attack moves"

- Pound - cross - GO! (R/L) (12x)
- Pound - between - GO! (R/L) (12x)
- Pound - behind - GO! (R/L) (12x)
- Pound - between/cross - GO! (R/L) (12x)
- Pound - between/behind - GO! (R/L) (12x)
- 2 pounds - cross/cross - GO! (R/L) (12x)
- 2 pounds - between/between - GO! (R/L) (12x)
- 3 dribbles forward - 2 dribbles RETREAT - Same hand
explode (R/L) (12x)
- 3 dribbles forward - 2 dribbles RETREAT - crossover
(12x)
- 3 dribbles forward - 2 dribbles RETREAT - between (12x)
- 3 dribbles forward - 2 dribbles RETREAT - behind the
back (12x)