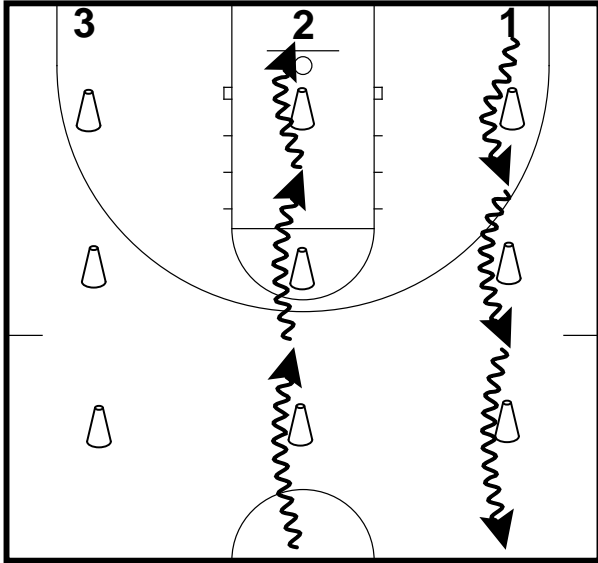


## Commando Ball Handling

Frame 1



Players will form 3 lines with each player having a basketball. At each cone, the player will make a move advancing the ball to the next cone. Always advance to mid court with your right hand, and bring the ball back to the baseline with your left. Also, this is a continuous drill. When you reach each endline, you must reverse pivot while maintaining your dribble, then head back. Trip 1: R hand stutter down, L hand stutter back.

Trip 2: R hand inside out down, L hand inside out back.

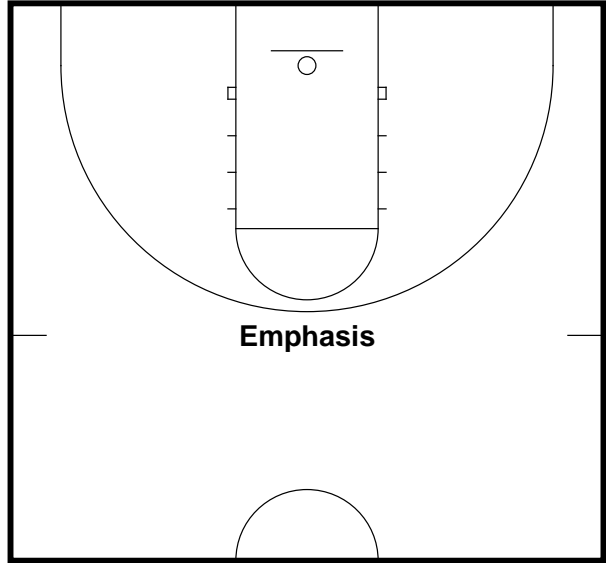
Trip 3: crossover down (alternate), crossover back (alternate)

Trip 4: Between the legs down (alternate), between the legs back (alternate)

Trip 5: Retreat dribble R down, Retreat dribble L back (Advance ball to 2nd cone, retreat to 1st, cross over and advance to the 3rd cone. At 3rd cone, retreat to 2nd cone, cross over then advance to line)

## Commando Ball Handling

Frame 2



This is continuous for 5 consecutive trips. You should be extremely tired after completing this ball handling segment.

Keys:

\*Eyes up / see the floor

\*Dribble moves should be tight (inside shoulders)

\*Explosive part of move should be at the cone/defender

\*Game Speed!