



Ball Handling and Finishes Workout

by Handlelife Trainer Brian Macon

Overview: Ball handling and finishing are two of the most important skills in basketball. Being a good ball handler/finisher requires a combination of good hand eye coordination, footwork, balance and a feel for the basketball. Acquiring these skills will allow you to increase your productivity and decrease your turnovers.

Warm Up: Make sure you pound the ball hard to the floor while keeping the ball out of your palm. Use your fingertips and finger pads to control the basketball.

1. **Weak hand - high knees to half court.** *Kick your knees up as high and fast as you can.*
2. **Weak hand - butt kicks to baseline.** *Kick your feet back as fast as you can to kick your butt.*
3. **Skips between the legs to half court.** *Get as high as you can and pound the ball.*
4. **Skips between the legs backwards to the baseline.** *Get as high as you can and pound the ball.*
5. **Tap taps step slides to free throw line and back.** *Stay low, take short quick steps, tap the ball fast, use your fingertips/finger pads.*
6. **Side lunge while dribbling for 10 seconds then slide to half court.** *Keep the left leg straight on the lunge; stay low on your slide.*
7. **Straight legs tap taps for 15 seconds.** *Keep your legs straight tap the ball fast.*
8. **Balance one leg while crossing over for 15 seconds then switch legs.**

Footwork x ball handling:

1. **Choppy feet between the legs to half court.** *Move your feet as fast as you can while taking two dribbles then do a hard between the legs. Then repeat using the other hand.*
2. **Choppy feet between the legs crossover to the baseline.** *Move your feet as fast as you can while taking two dribbles then go between the legs crossover. Keep the crossover lower than your knee.*
3. **Choppy feet with behind the back crossover.** *Move your feet as fast as you can and take two dribbles then go between the legs behind the back.*

Stationary Ball Handling: Do each drill for 10 seconds then switch to the next one.

1. **Alternating.** *Stay low, keep your back straight, use your fingers and finger pads, snap your wrist down as fast as you can.*
2. **Pound.** *Stay low, keep your back straight, use your fingers and finger pads, snap your wrist down as fast as you can.*
3. **Windshield Wiper Broken.** *Stay low, keep your back straight, use your fingers and finger pads, snap your wrist in and out. Make a V with the ball.*
4. **Push/Pull.** *Stay low, keep your feet together, push the ball forward then pull the ball back.*



5. **In & Outs.** *Stay low, keep your back straight, make big in & outs bringing the balls almost together in big circular motions.*

Rest for 10 seconds then repeat stationary ball handling.

Water Break.

Finishes. Make 5 of each.

1. **Two feet finishes from the right elbow.** *Start at the elbow, between legs crossover, one hard dribble to the middle, hop step back to the right, finish with a floater.*
2. **One foot finishes from the top of the key.** *Start at top of the key. Double cross, one relax dribble, hard between the legs, one escape dribble, one-foot floater.*
3. **Two feet finishes from left wing.** *Start at the 3-point line. Between the legs behind the back, one dribble into the defender, two feet floater with the left hand.*

Good job and way to Handlelife!