

(to make mistakes, do it every day)

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## Hand Speed Drills

## Check Off

- |  |   |
|--|---|
| 1. Hand Slaps = 20 reps                        | 1 |
| 2. Finger Tip Up Downs = 5 reps                | 2 |
| 3. Body Circles: ankles, waist, head = 10 reps | 3 |
| 4. Full Body Circles = 5 reps                  | 4 |
| 5. Ankle Step Backs = 5 reps                   | 5 |
| 6. Hands in front, hands in back = 10 reps     | 6 |
| 7. 1 hand in front, 1 hand in back = 10 reps   | 7 |

## 1 Ball Drills

- |  |    |
|--|----|
| 1. ankles, knees, shoulder, knees, ankles = 10 reps each     | 8  |
| 2. side to side = 10 reps                                    | 9  |
| 3. push pull = 10 reps                                       | 10 |
| 4. same leg, same hand circles = 5 reps                      | 11 |
| 5. figure 8's = 5 reps each direction                        | 12 |
| 6. cross overs: 2 dribbles, 1 dribbles, 0 dribbles = 10 reps | 13 |
| 7. behind the back cross overs = 10 reps                     | 14 |
| 8. scissors = 10 reps  | 15 |
| 9. Paint the lane - multiple changes = 2 reps 30 seconds     | 16 |

## 2 Ball Drills

- |  |    |
|--|----|
| 1. ankles, knees, shoulder, knees, ankles = 10 reps each same time   | 17 |
| 2. ankles, knees, shoulder, knees, ankles = 10 reps each alternating | 18 |
| 3. one high one low, switch = 10 high dribbles each hand             | 19 |
| 3. side to side = 10 reps  | 20 |
| 4. push pull = 10 reps   | 21 |
| 5. 5 cross overs: 3 dribbles, 2 dribbles, 1 dribble                  | 22 |
| 6. 5 behind the backs each direction                                 | 23 |
| 7. 5 between the legs  | 24 |
| 8. Paint the lane - multiple changes = 2 reps 30 seconds             | 25 |

GOAL = 30