

## **ELK MOUND WORKOUTS**

### **GRADES 5-8**

One ball stationary drills are a stepping stone into the one ball dribble moves. They help to strengthen your left hand, improve ball quickness, and help you to manipulate the basketball. The younger you are the more time I would spend on them. Get five drills, master them, and move on to the next five drills. Use timings to find out if you are improving. When learning or attempting a new drill use rhythm dribbles to lead into the drill and then build one, two, three, in a row, etc.

**Pound Over Pound Series:** Excellent drills in learning how to manipulate the basketball and leads into improving your ability to pocket dribble.

1. Pound over pound-ball goes over a line and comes back.
2. Pound over pound-v dribble.
3. Pound over pound-double cross over.
4. Pound over pound-cross over to a between the legs.
5. Pound over pound-between the legs to a behind the back.

**Pocket Dribble Series:** When you pocket dribble, the ball comes back to your pocket, elbow tight to the body. Do not rotate your upper body and hang the ball out wide. You want your elbow and ball tight to your body. Use your pocket dribble to push the ball out in front of you and explode forward.

1. Pocket dribble-work right and left hand.
2. Pocket dribble into a load step. If the ball is in your right hand, both feet leave the ground, your right foot goes forward, and your hips go down. You should look like a sprinter getting ready to come out of the blocks.

**Phil Beckner Left Hand Dribbles:** Do each of these a minimum of 25 times if not more. Build strength in your ability to dribble with your left hand. Use the 30 second timing to find out if you are improving.

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|---------------------------|---|
| 1. Left hand pounds.      | 4. V dribbles-high and wide   |
| 2. Pound to an inside out | 5. Two high, two low  |
| 3. Continuous inside out  | 6. 30 second timing, one point for every time you pound. Pound-inside out-v dribble-and repeat. |

Basic One Ball Dribbling Drills-do each 25 times with your right hand and 25 with your left.

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| 1. Pounds      | 5. Inside out       |
| 2. Five's      | 6. Inside out cross |
| 3. V dribbles  | 7. Scissors         |
| 4. 1-2-3 Cross | 8. See Saw          |

One Ball Timings: Always know your record for each timing and try to beat it by one or two. Strive to become ball quick.

1. Pound cross-20 seconds, every time you cross the ball you get one.
2. Feet in cement, between the legs, 20 seconds, every time you go between the legs you get one.
3. Pound parallel behind the back, each time you go behind the back, you get one.
4. Drew Hanlen One Minute Timing: Combine drills 1, 2, 3 into a one minute timing.
5. Scissors timing for 15 seconds.
6. 4 move combo. Pound-inside out-cross over-between the legs-behind the back-pound and repeat the sequence. How many pounds can you get in 30 seconds.

The stationary drills give you a strong base to move into the one ball dribble moves. Develop the ability to do the following:

1. Go full speed with your left hand, eyes up.
2. Change speeds. Hard stops-go from 0 to 100, then 100 to 0. Develop your ability to slightly hesitate getting your feet into a load step position. Use the heavy foot drill you learned in camp to teach yourself to get your feet in a load step.
3. One great change of direction-either a cross over or between the legs.
4. A great inside out dribble.

Take the rim out of it and focus on your dribbling technique. A great way to work is in a 3 step fashion. 1. Do the dribble move stationary. 2. Add one step. 3. Work on the move. Play with the speed. If you are making a lot of mistakes, slow down, as you make less mistakes, increase the speed. Work on each of the following for 20 reps to start, working an area that would go from the baseline to the free throw line.

1. Load step, pocket dribble-explode.
2. Load step-go hard, complete stop, go hard again.
3. Slight hesitation.
4. Tony Parker or overhand cross over.
5. Between the legs.
6. Inside out.

You can work on the above dribble moves and incorporate the rim and the ability to finish. Do each 3-5 times with your right and left hand, remember to vary the way you finish.

Kill The Grass-minimum of two 30 second sets. Quick dribble moves as you go across the circle, get a new angle and attack again. Get every blade of grass in 30 seconds.

## **How to Become a Two Ball Phenomenon**

**Our goal is for you to become great dribbling two basketballs. If you can go full speed with two basketballs dribbling one will become easy. Dribbling two balls forces your left hand to do anything that your right hand can do and helps to increase co-ordination and ball quickness. These workouts will help you to accomplish these goals.**

**The Two Ball Challenges Will Help You To:**

- 1. Use your left hand effectively, anything you are doing with your right hand, you are doing with your left when executing the two ball drills.**
- 2. Improve your ball quickness.**
- 3. Help you pass and finish with your left hand.**

## **Helpful Teaching Hints:**

### **Two Ball Stationary Drills:**

- 1. When learning a new drill, your goal is to get one in a row. Use rhythm dribbles to start.**
- 2. After you get one in a row, work for two in a row, three in a row until you can get ten in a row.**
- 3. Once you can do the drill ten times in a row, start to take 30 second timings. Record the number of reps you get, establish a record and try to break that record. Another way to take timings is the way Indiana University does. They have 25 two ball stationary drills, you must do 50 reps of each drill and then they time you, how long does it take? Take 6-8 drills, do each drill 10 times, how long did it take you?**
- 4. After you have mastered nine or ten drills put them into a two-ball stationary routine.**
- 5. The stationary drills are a stepping stone into the moving drills which are more-game like. Don't just get good at standing in one place dribbling, you don't play the game that way.**

### **Two Ball Moving Drills:**

- 1. Keep your head up.**
- 2. Keep the balls at waist level.**
- 3. Work to go full speed.**

**Basic Two Ball Stationary Drills. These are the stationary drills we worked on in camp-you can find your own drills on YouTube, etc.**

- 1. Same**
- 2. Alternate**
- 3. Inside out**
- 4. Switch then in a circle**
- 5. Scissors**
- 6. V or push pull dribbles**

## **Beginning Two Ball Moving Program:**

**Do each of these drills for 8 reps, volleyball line to the baseline. Full speed, eyes up, balls at waist level.**

- 1. Same**
- 2. Alternate**
- 3. Hesitate**
- 4. Cross them over**
- 5. Between the legs**

**Once you master a series of drills, move on to more challenging drills. Look on Google or YouTube for new drills, there are a million different two ball drills.**

### **Stride Stop Finishing**

1. If you think your shot is going to be blocked or there is physical contact, play off 2 feet.
2. Stride stop allows you to go a million miles an hour, and then stop quickly and under control to get separation from the defender. Your goal is to create a “fly by”!
3. Driving with your right hand, your right foot will go down first and be established as your pivot foot. It’s a right-left step, your natural footwork as if you are going in for a right hand lay up.
4. Driving with your right hand, right foot goes down, left foot goes dramatically in front. Your body should be at an angle that puts your shoulder into the defender’s chest.
5. Stride stop finishes you should work on with both your right and left hand.
  - A. Outside hand finish. Learn to incorporate a shot fake.
  - B. Inside hand finish.
  - C. Back pivot-step through.
  - D. Back pivot-shot.

