DAY 1:

THE BALL HANDLING TEST 1

Name: _____ Date: _____ Age: _____

Do as many reps as you can in 30 seconds and then record your score below.

1. Crossovers _____

2. Scissors: _____

2. Figure 8 Controllers: _____

3. Figure 8 Fingertips: _____

4. Through The Legs Cross: _____

5. V Dribble Right: _____

6. V Dribble Left: _____

*Make sure you are counting and executing each drill correctly (described in the Ball Handling Test Video) and don't cheat just to beat your score. Take this test on day 1 of The 7 Day Handle Pack, but continue to practice it each day, and retest again on day 7 again to see your improvments.

DAY 2:

THE BALL CONTROL BOOST

1. Leg Circles - 2 Dribbles
Reps: 10 times around each leg

2. Reverse Leg Circles - 2 Dribbles
Reps: 10 times around each leg

3. Leg Circles – 1 Dribble
Reps: 10 times around each leg

4. Reverse Leg Circles - 1 Dribble
Reps: 10 times around each leg

5. Around The Back
Reps: 10 times around with each hand

6. Reverse Around The Back
Reps: 10 times around with each hand

7. Over and Through The Legs
Reps: 10 times through with each hand

8. Hang Crossovers
Reps: 20 total dribbles

9. Figure 8 Controllers
Reps: 20 total dribbles

10. Reverse Figure 8 Controllers
Reps: 20 total dribbles

11. Through and Behind Controllers
Reps: 20 dribbles in both directions

12. Through and Cross Controllers
Reps: 20 dribbles in both directions

13. In N Out Controllers
Reps: 20 dribbles with each hand

*If you want to repeat the entire series twice you can. If you can't do a variation just do your best then move on.

Make sure you take The Ball Handling Test today as well and record all your scores.

GO TO BALLER NATION

DAY 3:

THE BODY POSITION BOOST

1. Shot Fake
Reps: 20 each hand

2. Protect
Reps: 20 each hand

3. Attack
Reps: 10 each hand

4. Scissor Ground Touches
Reps: 10 ground touches each hand

5. Leg Cross Ground Touches
Reps: 10 ground touches each hand

6. Double Leg Ground Touches
Reps: 10 ground touches each hand

7. Leg Back Ground Touches
Reps: 10 ground touches each hand

8. Double Cross Ground Touches
Reps: 10 ground touches each hand

*If you want to repeat the entire series twice you can. If you can't do a variation just do your best then move on.

Make sure you also run through The Ball Handling Test today as well.

GO TO BALLER NATION

DAY 4:

THE DRIBBLE POWER BOOST

1. Same Time Pounds
Reps: Knee 50 dribbles for each variation
Variations: Knee height, Waist height, Shoulder Height

2. Alternating Pounds
Reps: 50 dribbles for each variation
Variations: Knee height, Waist height, Shoulder Height

3. V Dribbles
Reps: 50 dribbles for each variation
Variations: Knee height, Waist height, Shoulder Height

4. One High One Low
Reps: 20 dribbles each side

5. Leg Circles
Reps: 10 times around each leg

6. Reverse Leg Circles
Reps: 10 times around each leg

7. Circles In Front
Reps: 10 circles right and left

8. 2ball One Handers
Reps: 20 dribbles with each hand

*If you want to repeat the entire series twice you can. If you can't do a variation just do your best then move on.

Make sure you also run through The Ball Handling Test today as well.

GO TO BALLER NATION

DAY 5:

THE ACTIVE OFF HAND BOOST

1. Crossover
Reps: 20 total crossovers
Variations: 2 dribbles in between each cross, 1 dribble in between each cross

2. Through The Legs
Reps: 20 total crossovers
Variations: 2 dribbles in between each cross, 1 dribble in between each cross

3. Behind The Back
Reps: 20 total crossovers
Variations: 2 dribbles in between each cross, 1 dribble in between each cross

4. Scissors
Reps: 10 moves on the right and left
Variations: 2 dribbles in between each cross, 1 dribble in between each cross

5. Double Through The Legs
Reps: 10 moves on the right and left
Variations: 2 dribbles in between each cross, 1 dribble in between each cross

6. Through The Legs Cross
Reps: 10 moves on the right and left
Variations: 2 dribbles in between each cross, 1 dribble in between each cross

7. Through The Legs Behind The Back
Reps: 10 moves on the right and left
Variations: 2 dribbles in between each cross, 1 dribble in between each cross

8. Triple Crossovers
Reps: 20 total moves

*If you want to repeat the entire series twice you can. If you can't do a variation just do your best then move on.

Make sure you also run through The Ball Handling Test today as well.

GO TO BALLER NATION

DAY 6:

THE RHYTHM BOOST

1. V Dribble With Hesi
Reps: 20 each hand

2. V Dribble Cross
Reps: 20 total

3. V Dribble Double Cross
Reps: 10 each hand

4. V Dribble Legs Back
Reps: 10 each hand

5. V Dribble Double Legs
Reps: 10 each hand

6. V Dribble Cross Double Legs
Reps: 20 total

7. Allen Iverson Crossover
Reps: 10 each hand

8. Deron Williams Crossover
Reps: 10 each hand

9. Jamal Crawford Crossover
Reps: 10 each hand

10. In N Out Cross
Reps: 10 each hand

11. Kevin Durant Crossover
Reps: 10 each hand

*Make sure you're executing each variation with the correct footwork and rhythm.

*If you want to repeat the entire series twice you can. If you can't do a variation just do your best then move on.

Make sure you also run through The Ball Handling Test today as well, tommorrow you will record your scores again to see your improvement.

GO TO BALLER NATION

DAY 7:

THE BALL HANDLING TEST 2

Name: _____ Date: _____ Age: _____

Do as many reps as you can in 30 seconds and then record your score below.

1. Crossovers _____

2. Scissors: _____

2. Figure 8 Controllers: _____

3. Figure 8 Fingertips: _____

4. Through The Legs Cross: _____

5. V Dribble Right: _____

6. V Dribble Left: _____

*Make sure you are counting and executing each drill correctly (described in the Ball Handling Test Video) and don't cheat just to beat your score. Take this test on day 1 of The 7 Day Handle Pack, but continue to practice it each day, and retest again on day 7 again to see your improvments.