THE BALL HANDLING TEST

Name: _____ Date: _____ Age: _____

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

1. Crossovers _____

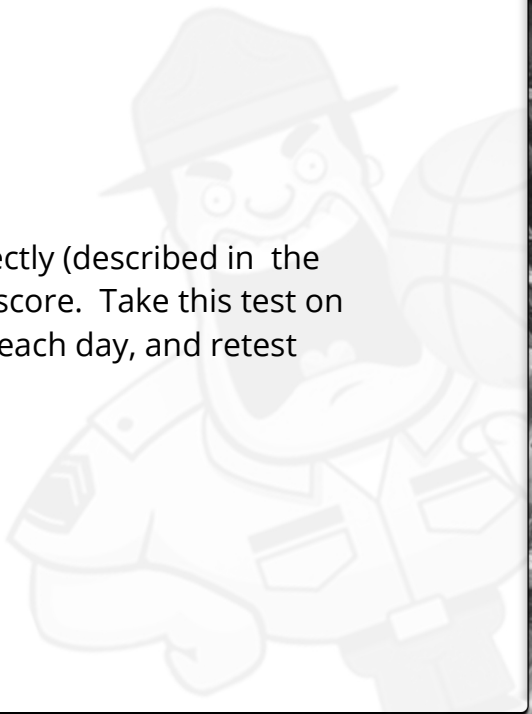
2. Scissors: _____

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.