



BEGINNER BALL HANDLING WORKOUT

STATIONARY	GOAL	✓
WAIST HEIGHT (R/L) 30 SEC	30 Reps	
ANKLE HEIGHT SPEED (R/L) 30 SEC	40 Reps	
SHOULDER HEIGHT POUND (R/L) 30 SEC	25 Reps	
WIDE V-DRIBBLES (R/L) 30 SEC	25 Reps	
TIGHT V-DRIBBLES (R/L) 30 SEC	30 Reps	
3 POUNDS & CROSSOVER 30 SEC	10 Reps	
https://jumpbasketball.ca/resources/#home-training		

MOVEMENT	GOAL	✓
JOGGING FORWARD (R/L) 30 SEC	6 Lengths	
WALKING BACKWARDS (R/L) 30 SEC	3 Lengths	
SPRINTING FORWARD (R/L) 30 SEC	10 Lengths	
3 POUNDS, STOP & CROSSOVER 30 SEC	5 Lengths	
3 POUNDS, STOP & CROSSOVER BACKWARDS 30 SEC	3 Lengths	
1 DRIBBLE, CROSS & CHANGE DIRECTION 30 SEC	5 Lengths	
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2 BALL	GOAL	✓
WAIST HEIGHT 30 SEC	30 Reps	
SHOULDER HEIGHT POUND 30 SEC	25 Reps	
ANKLE HEIGHT SPEED 30 SEC	40 Reps	
WAIST HEIGHT FORWARD 30 SEC	5 Lengths	
ANKLE HEIGHT FORWARDS 30 SEC	3 Lengths	
WAIST HEIGHT FORWARD, ANKLE HEIGHTS BACKWARDS 30 SEC	3 Lengths	
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ONCE ALL GOALS ARE REACHED, YOU ARE READY TO MOVE ON TO THE INTERMEDIATE BALL HANDLING WORKOUT