



INTERMEDIATE BALL HANDLING WORKOUT

STATIONARY	GOAL	✓
WIDE V-DRIBBLES (R/L) 30 SEC	30 Reps	
FORWARD & BACK DRIBBLES (R/L) 30 SEC	30 Reps	
WIDE V-DRIBBLE, FORWARD & BACK DRIBBLE (R/L) 30 SEC	10 Reps	
1 POUND, CROSSOVER 30 SEC	20 Reps	
CONTINUOUS CROSSOVERS WITH GROUND TOUCH 30 SEC	35 Reps	
IN-OUT & CROSSOVER 30 SEC	20 Reps	
https://jumpbasketball.ca/resources/#home-training		

MOVEMENT	GOAL	✓
ANKLE DIBBLE FORWARDS (R/L) 30 SEC	6 Lengths	
ANKLE DRIBBLE BACKWARDS (R/L) 30 SEC	3 Lengths	
1 PUSH, STOP & CROSSOVER 30 SEC	5 Lengths	
1 PUSH, BETWEEN THE LEGS 30 SEC	5 Lengths	
IN-OUT, CROSS & PUSH 30 SEC	4 Lengths	
3 PUSH, PULL BACK, PUSH OPPOSITE HAND 30 SEC	3 Lengths	
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2 BALL	GOAL	✓
3 ANKLE HEIGHT, 3 SHOULDER HEIGHT 30 SEC	30 Reps	
SIDE TO SIDE 30 SEC	25 Reps	
ALTERNATE (PISTON) 30 SEC	40 Reps	
3 ANKLE, 3 SHOULDER FORWARDS 30 SEC	3 Lengths	
WAIST HEIGHT FORWARD, ANKLE HEIGHTS BACKWARDS 30 SEC	3 Lengths	
ALTERNATE (PISTON) FORWARDS 30 SEC	4 Lengths	
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ONCE ALL GOALS ARE REACHED, YOU ARE READY TO MOVE ON TO THE ADVANCED BALL HANDLING WORKOUT