

www.alevelupballstrength.com

ALEVELUP BASKETBALL TRAINING



20 Minute Daily

Handles



AlevelUP
Basketball Training

Improvement Awaits!

Bencion Mills, STS, AlevelUp Basketball Owner.

The "**20 minute Daily Handles**" basketball dribbling program is designed to daily work on your ball control, dribbling and confidence on the court and enhance game performance. All dribbling drills should be done at game speed, with the intent to improve each time you do the program. Ways to measure your success can be:

1. Time of completion
2. Reps completed in a given time frame
3. Game performance

"20 minute Daily Handles" can be done at your House driveway/Basement/ Basketball Court/Gymnasium/Driveway

***Note: all dribble moves can proceed into layups or shots (if time or location allows-
**main focus is on improving handles/dribbling skills)

Confidence Building Tip:

Video tape yourself doing the program on day 1, every month, look back and see how far you have come and be proud of yourself. With consistency and a positive attitude, Improvement Awaits!

There are 4 stages to this program: **Beginner, Intermediate, Advance and Pro Level.** If you have the entire program, It is not recommend to skip directly to Advanced or Pro Level. The program is designed to improve ball-handling skills in a gradual progression, including body mechanics, certain explosive muscle groups and coordination to improve dribbling.

Who can benefit from this program?

Players at levels can benefit from this program. It is also beneficial for all positions on the basketball court, from Point Guard to Center.

How long will it take?

Your goal each time is under 20 minutes. In time and with consistent effort, familiarity with drills and skills, you can and will achieve your goals.

What if I miss a day?

This program isn't designed to track days, but improve ball-handling with a comprehensive program, able to be completed in a timely fashion.

Is this for boys only?

NO, this is a co-ed program for all BALLERS!



Is there an instructional video to aid me?

Yes, check out AlevelUP Basketball Training **YouTube page** for all dribbling examples and demonstrations. "**20 Minute Daily Handles**" @alevelupball-training

See you on the court!

STAGES:

BEGINNER:

Goal: 20 minutes of less

Focus: Control

****100 reps of each dribble**

1. L/R hand pound dribble (waist height): 100 each
2. Crossovers (Each exchange = 1 rep)
3. In and out dribble (50 per/side)
4. Behind the back (Each exchange = 1 rep)
5. Between the legs (50 per/side)
6. Wrap around the waist (50 per/side)
7. Stop and Go L/R hand

(Runabout 5/steps forward/STOP/ sprint 5/more steps *repeat

***Note: if you have time repeat cycle

BenchMark/Testing: Every 2 weeks: Quantity of dribbles in 1 min

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INTERMEDIATE:

Goal: 15-20mins

Focus: Speed/control/intro to combinations

****50 reps of each dribble or combination**

1. 2 ball dribbling - pound (waist, ankles)
2. 2 ball alternating dribbling (waist, ankles)
3. Tim Hardaway crossovers (25 per/side)
4. Double crossover (I.e. R-L-R = 1 rep)
(25 each side)
5. Between the legs/wrap dribble
6. Behind the back/crossover
7. Stop/Go/Wrap
8. Westbrook crossover

***Note: Alternate between #7 and #8 (25 each then switch - spin move may cause dizziness)

***Note: if you have time repeat cycle

Benchmark/Testing: Every 2 weeks: Quantity of dribbles in 1 min

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