

Summer Workout #1 - Pocket Dribble Moves

One Ball Drills

#	Drill	# of reps
1	1 ball pound into a pocket dribble - Pound the ball as hard as you can just above knee height. Bring ball into the "push" or "pocket" position without carrying it.	8 pocket dribbles each hand
2	1 ball into pocket dribble w/split step footwork - Bring ball into the "push" or "pocket" position without carrying it. Accompany with correct split step footwork.	7 pocket dribbles each hand w/footwork
3	1 ball - Pocket dribble on the move - Place 2 cones in front of you like the video. One at each elbow and one 15 ft. back from that. Pocket dribble on the move at each cone. - One foot regular finish, explode & release @ high-point.	6 each side
4	1 ball - Pocket dribble on the move - Place 2 cones in front of you like the video. One at each elbow and one 15 ft. back from that. IN'n'OUT dribble at each cone. - Baby hook finish off the backboard...jump from block.	5 each side

Two Ball Drills

#	Drill	# of reps
1	2 Ball Pocket Dribble Crossover on Move - Place 2 cones in front of you like the video. One at each elbow and one 15 ft. back from that. Crossover dribble at each cone. - Regular One-Hand/One-Foot finish	4 each side
2	2 Ball Pocket Dribble In'n'Out Crossover on Move - Place 2 cones in front of you like the video. One at each elbow and one 15 ft. back from that. In'n'Out Crossover dribble at each cone. - Goofy-Foot finish	4 each side
3	2 ball - Escape to Wing - Pocket between legs ball switch - Use inside-out dribble to escape to wing from the elbow than pocket dribble Thru the legs...Front Reverse Lay-up...opposite side.	5 each side

Hesitation Shooting

#	Drill	# of reps
1	Hesitation Pull-up Jump-shot from anywhere on the court Lower into split step position and pull-up in jumpshot without a dribble as shown in the video. Be sure to shoot 10 out of your strong side pocket dribble with 1-2 footwork.	10 shots out of pocket dribble in strong hand
2	Hesitation Pull-up Jump-shots from weak-hand pocket dribble Lower into split step position and pull-up in jumpshot without a dribble as shown in the video. Be sure to shoot 10 out of your weak hand pocket dribble with proper footwork.	10 shots out of pocket dribble in weak hand