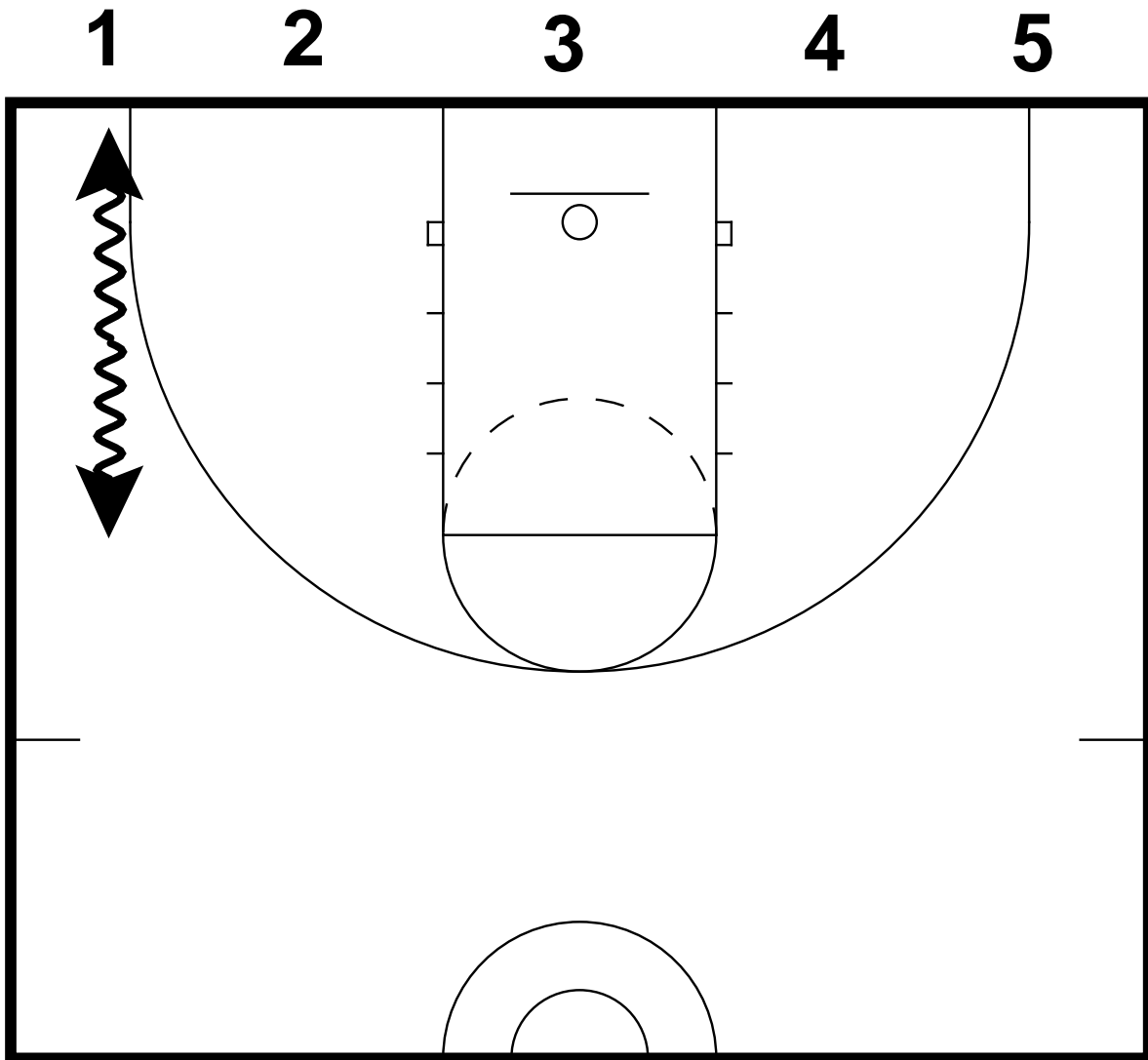


Commando Ball Handling Drill



- A. Everyone with a ball.
- B. Start in Triple Treat.
- C. 30 seconds Free Throw line and back. How many lines can you touch.
- D. Dribble Moves
 1. **1 Ball Straight** - Change hands when you change directions
 2. **2 Ball Straight** - Cross over when you change directions.
 3. **1 Ball Cross Over**- Cross Over in the middle, reverse pivot when you change direction.
 4. **1 Ball Between The Legs** - Between the legs, reverse pivot when you change directions.
 5. **1 Ball Attack and Retreat** - Attack the middle, retreat dribble, cross over and attack. Reverse Pivot when you turn.
 6. **2 Balls Between The Legs** - Between the legs in the middle. Straight cross over when you change directions.