

# Holbrook Hoops



## 6-Week Ball Handling Program

*"The more you sweat in peace, the less you bleed in war."*

**—Theodore Roosevelt**

**Holbrook Hoops  
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**NOTES**

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## Holbrook Hoops 6-Week Ball Handling Program

Player Development Staff  
Holbrook Hoops Inc.  
Houston, TX

Dear Ball Player,

Congratulations on purchasing the *Holbrook Hoops 6-Week Ball Handling Program*. We take great pride in developing players of all ages and levels to reach their full potential through steady workouts and the proper training. We are confident this program will not only give you a strong foundation on how to improve your ball handling over time, but we also believe you will see noticeable differences within the 1<sup>st</sup> week. As a new member of Holbrook Hoops training, feel free to contact us with any questions, concerns, or suggestions you may have. Our trainers are here to help you become comfortable with a basketball in your hands at all times and in any game situation.

Our reputation is very valuable to us. We will never submit anything to a player that will not benefit him or her greatly in the process. If a player does not succeed with our program, that reflects poorly on us as an elite training organization. That being said, we guarantee immediate improvement in your skills through any program of ours that you may come across.

This manual is for training in-season and off-season. Any changes or adjustments this makes to your normal habits will only benefit you. Meaning, you will not “get worse before you get better”. This program has detailed workouts for a specific period of time but can also be used as a reference to any extended program you decide to come up with on your own when you are finished. This program is not easy. Theodore Roosevelt said, ***“The more you sweat in peace, the less you bleed in war.”*** During practice we will sweat and endure difficult workouts so that in games we will outlast our opponents. Our intentions for the program are to have all ball players develop handles they didn’t know they could develop. So start preparing yourself now for a long and successful basketball career.

Thanks in advance for your hard work during this program and thank you again for entrusting Holbrook Hoops with your ball handling needs. We are proud to serve you as your Player Development Coaches for the greatest game on earth...BASKETBALL.

Sincerely,

Dusty Holbrook  
Head of Player Development  
Holbrook Hoops Inc.  
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# Introduction & Overview

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## **Introduction & Overview**

*"Success is peace of mind that is the direct result of self-satisfaction in knowing you did your best to become the best that you are capable of becoming."*

-John Wooden

Basketball is a sport which requires great attention to detail. Every single aspect of the game can be dissected, thought-out, and improved on each and every day. The purpose of this program is not just to give you the same basic ball handling drills that you've seen your whole life. It's not going to tell you to bounce a ball 100 times then call it a day. This program will challenge you not only physically but mentally as well. People aren't born with handles. They either understand the ideas and concepts of what makes a good ball handler, or they just flat out spent countless hours working on them in a gym or in their driveway.

Physically, this program will test your upper body, arm, wrist, hand, and finger strength. The days of soft baby dribbles are over. If you want to beat your defender off the dribble, and if you want to come out of a crowd of people on a press with the ball in your hands then strength dribbling is what will set you apart from the rest. And that is exactly what the foundation of this program is based on.

Mentally, this program will challenge you in ways that will immediately let you know if you have what it takes to be the ball player that you desire to be. There is a reason when you look at the NBA and NCAA and see all different types of players. They're different shapes, sizes, athletic ability, upbringing, and just different all-around. It's because none of those characteristics is what makes a ball player. What they have in common is their mindset. They all have the mentality that they **WILL** get better. There is no drill or defender out there that they can't successfully take down. They don't care how many times they fail. **FAILURE IS FUEL**. They don't care what they look like when they're training and working on their game. They push through pain because pain is only temporary. Nobody ever died from their muscles burning a little from being worked. And most importantly, and this is the quotation of the entire program....**They stepped outside of their comfort zone!**

The drills in this program are not for the weak-minded. They were created to challenge your mind and in strengthening that you are becoming a more complete player with every workout. If this workout comes easy to you, then you are clearly just not pushing yourself hard enough. Unlike most other workout programs, notice there is no **BEGINNER**, **INTERMEDIATE**, and **ADVANCED** levels of this program. That is because only by pushing yourself to the limit will you know which level will allow you to gain the most success. Each drill will have an explanation on how to push yourself even harder and make the most of your time training.

Much time, thought, and effort has been put into this program which is why it is more than just a couple sentences and some pictures. We have created and tested many different programs and so far this is the one that seems to have the most success with not only our players that we train, but also with our trainers as well. We practice what we preach. This manual is meant to answer most questions involved with ball handling and gives detailed explanations and demonstrations of each workout to avoid confusion or wonder if you're doing something right or wrong. But we still open our doors to any and all questions that you may have about anything basketball related, so feel free to contact us.

## **Holbrook Hoops 6-Week Ball Handling Program**

We have done everything we possibly can to make sure you are receiving the best instruction possible throughout this program. I will not lie and take credit for all these drills. I have accumulated a huge arsenal of ball handling drills over the years and have put together my own workout by grabbing tidbits of knowledge from other great ball handlers (i.e. Ganon Baker, Micah Lancaster, Super Handles, etc.) We take no shortcuts and we expect you to take that same route. We have put everything we know into this program to physically and mentally prepare you to work on your game the way you are supposed to work on it. Every drill, every set, and every rep has a purpose.

We've done what we can to make you the best you can be, we would appreciate the favor in return by you pushing yourself over and beyond your normal limits. Please feel free to upload any videos of your improvement or your favorite drills. Let us know that your experience with our program was a success!

Please follow the rest of this manual as closely as possible to maximize your learning potential and success rate. Make sure to warm-up accordingly, consistently measure your "Testing" so we can see your progress, and stick with the program until the end.

We now introduce you to..... your new and improved handles.

**Subscribe to our channel on YouTube "*HolbrookHoops*". For each drill, we will provide you with a specific link to watch an "unlisted" video demonstration if needed.**

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# **Equipment Needed**



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## Equipment Needed (Required)



**2 – Basketballs**



**1 - Tennis Ball**



**1 – Toning Ball (Choose Weight)**  
(Wal-Mart and Academy for <\$10)



**5 - Cones**  
(Wal-Mart and Academy for \$3.26)

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## Equipment Needed (Optional)



**Medicine Ball / Heavy Ball\***



**Wrist Weights\*\***



**Hand Squeezer\*\*\***

\*A heavy ball can be used to occasionally substitute for a regular basketball. This will develop more strength and could show greater overall improvement at a much faster pace when switching back to a regular ball.

\*\*Wrist Weights can be added to each workout to get your arms stronger and, in turn, make your hands much quicker and stronger while dribbling the basketball.

\*\*\*Hand Squeezers will be a part of the optional “Workout (without a basketball)” phase of this program.

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# **Warm-Ups**

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## **Warm-up Drills**

### **Ball Slaps**

Put the ball in one hand and with the other hand slap the ball. As you slap it attempt to palm the ball. Push yourself to go as fast as you can. Spread your fingers and make sure you don't touch the ball with your palms. Slap the ball 30 times with each hand.

### **Tap Touches**

Put the ball in front of your chest and touch it only with your fingertips. Tap it as fast as you can back and forth to each hand. Then extend your arms above your head and continue with the same motion as before. Then back to your starting position. Then bend down and continue with the same motion at knee level. Finally, return back to the starting position to finish off the drill. Each position should be held for 10 seconds. Chest, high, chest, low, and back to chest.

### **Iron Chair Countdown**

Squat down as if you were sitting in an invisible chair. With one hand, dribble low and hard 10 times. Switch hands and dribble 10 more times. Alternate hands doing one less dribble each time you switch. Start off with 10 and continue all the way down to 1. Hold the seated position the entire time. This should warm up your hands, core, and give your legs a good burn.

### **Fingertip Pushups**

These are probably the best way to improve your hand and finger strength fast. Position yourself in normal pushup form, balance on the floor with all 10 fingertips instead of your palms. Proceed with a pushup as you focus on balancing your weight equally on all fingers. Start off with this exercise with 3 sets of 5. As you get stronger, increase the reps as much as you like. Keep in mind this is only the warm-up to your workout though.

### **Body Circles**

Quickly move the ball clockwise around your neck, waist, both ankles, right ankle, and left ankle separately. As you move the ball around each body part, hit the ball hard, making a smacking sound. Repeat these same steps as you go counterclockwise also. Each body part should be circled 10 times. (A total of 100 circles – 50 clockwise and 50 counterclockwise.)

**DEMONSTRATION:** <http://youtu.be/YSwIQT2ZM9c>

**\*\*\*Not every drill will be done for every warm-up. Pay attention to the program calendar and only do the warm-up drills that are listed for that particular day\*\*\***

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# Testing

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## Testing

Ball handling is one of those skills that is difficult to measure your success. With shooting you can obviously tell if you are getting better by making more shots. With lifting weights you can always notice if you can lift more weight than before or if your muscles are getting bigger. Ball handling should be no different. In this program we highly recommend that you track your progress so you can tell if your hand speed and strength is improving each and every week.

Testing should be done and recorded every Monday BEFORE your workout. Complete your “warm-ups” as normal but set aside about 5 minutes for testing.

Each test is 30 seconds long. Don't be afraid to lose the ball. Go as hard and as fast as you can. If you lose the ball at any time during the test, sprint over to grab the ball and continue the drill from there. The clock does NOT stop when you lose the ball. Keep track of how many crossovers you do in the 30 seconds and record your score when you're finished. There are 5 tests.

**DEMONSTRATION:** <http://youtu.be/U4Z9Alo-xaw>

**1. Crossovers** – The ball has to go outside of your stance from right to left and no higher than your knees.

**2. & 3. Through the Legs / Crossover** – Start with ball in your right hand. Dribble through your legs with one bounce followed by an immediate crossover back to your right hand. Each “lap” should only take 2 dribbles. Count each “lap” for your score. When finished, start with ball in your left hand and do the exact opposite direction.

**4. Behind the Back** – Same rules apply as the crossovers. Ball should bounce outside of your stance from left to right and under your butt.

**5. & 6. Through the Legs / Behind the Back** – Start with ball in your right hand. Same rules as the previous drill but instead of crossing over in front, do a behind-the-back crossover. Each “lap” should only take 2 dribbles. Count each “lap” for your score. When finished, start with ball in your left hand and do the exact opposite direction.

**7. & 8. In & Out** – Ball movement should start from outside of your body to your opposite hip and back. Do this at waste level. Both hands should be tested separately.

WEEK	Cross	Through Legs / Cross (R / L)	Behind the Back	Through Legs / Back (R / L)	In & Out (R / L)
1					
2					
3					
4					
5					
6					
Final					

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# **Strength Drills**

## **Holbrook Hoops 6-Week Ball Handling Program**

### **Ball Pounds**

There are 4 height levels of this drill. Start with a wide and balanced stance. With the ball in your right hand, slam it down from your shoulder straight down into the ground. Let it bounce back up to your shoulder, catch it, and continue to slam it down as hard as you possibly can for whatever the amount of reps you need to do. Continue with the same motion but start and end the throw no higher than your waist. Continue on by slamming the ball at knee height, followed lastly by going no higher than your ankles. The key to this drill is to not take any breaks while you “baseball throw” every pass as hard as you possibly can. Once you finish with all 4 levels of your right arm, continue with the same 4 levels on your left arm from shoulder to ankle.

### **Ball Pound Crosses**

There are 4 height levels of this drill as well. Start with a wide and balanced stance. Once again we are pounding the ball from the height of our shoulders and also catching it at that height. With this drill though, we are pounding from one hand to the other. Arms should be stretched outside of your body for more left to right movement of the ball. From there, continue down to your waist. Pound the ball from outside of your right hip, off the ground, to outside of your left hip. Do not allow the ball to go any higher than your waist. Continue down to your knees. With a slightly wider stance, pound the ball back and forth in a crossover motion no higher than your knees. Lastly, cross as low as possible. Almost as if the ball is rolling from just outside of your right ankle to just outside of your left. The key to this drill is also to pound the ball down as hard as you can with each dribble. There is no finesse in these drills. We are working on brute ball handling strength. If these last 2 drills didn't burn then you weren't doing them hard enough.

### **Ball Kills**

These are similar to Ball Pounds. The idea is to slam the ball down from shoulder height as hard as you can. The difference is that now you have to “kill” the momentum of the ball on the way up. So it's actually a shoulder dribble immediately followed by an ankle dribble. The point of this drill is to strengthen your fingers, hands, and wrists by absorbing the force of the shoulder pound.

### **Ball Kill Crosses**

These are done the same way as regular Ball Kills. But instead of repeating the action on the same arm, you do a quick, low crossover to your other arm and repeat that action over there. Alternate Kills for the amount of reps listed in the workout program.

### **Heavy Ball Grabs**

\*EQUIPMENT NEEDED\* - We now bring our heavy toning balls into play. Take a low, almost seated stance with a basketball in one hand and the heavy ball in the other. With low, hard, and rapid dribbling, extend your other hand holding the heavy ball straight out in front of your body. Repeatedly drop the heavy ball and catch it BEFORE it hits the ground. Switch hands and repeat actions. Do the amount of reps listed in the workout program.



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**Heavy Ball Crosses**

\*EQUIPMENT NEEDED\* - Still using our heavy toning balls, we again take a low, almost seated stance with a basketball in one hand and the heavy ball in the other. While doing a crossover dribble with the basketball, follow through with your hand until it makes contact with the heavy ball. Quickly switch over the heavy ball into your other hand while also switching hands with the basketball after the crossover. Repeatedly crossover back and forth while also switching hands with the heavy ball. Do the amount of reps listed in the workout program.

**Heavy Ball Slams**

\*EQUIPMENT NEEDED\* - Once again, take a low and well-balanced stance. Dribble the ball low and hard while holding the heavy ball in your other hand. While dribbling, slam the heavy ball down to the ground as hard as you can. Alternate throws between a “baseball throw” motion and a “dribble” motion. When it hits the ground, squat down, pick it up, and do it again. Do the amount of reps with both arms listed in the workout program.

**DEMONSTRATIONS:** [http://youtu.be/UtyFXuE\\_Z6k](http://youtu.be/UtyFXuE_Z6k)

# Tennis Ball Drills

## **Holbrook Hoops 6-Week Ball Handling Program**

### **Tennis Ball Tosses**

This drill is intended to not only force you to look up while you dribble, but also to have complete body and hand control while doing a quick crossover in time to catch the tennis ball. While in a low, balanced stance, dribble the ball in your left hand with the tennis ball in your right hand. Toss the tennis ball slightly above your hand and crossover. Catch the tennis ball with your other hand and repeat for the amount of reps listed for that day.

### **Tennis Ball Snatches**

This drill is intended to improve hand quickness. With a low, balanced stance, dribble the ball with your left hand rapidly, no higher than your knee. With the tennis ball in your other hand, toss it up about 6 inches with an underhand toss and quickly overhand snatch it with the same hand. Do this drill as fast as you can for the amount of reps listed for that day.

### **Tennis Ball Bounce - Double Cross**

With the tennis ball in one hand and the basketball in the other, we are aiming to bounce the tennis ball on the ground while doing any type of double crossover before snatching the tennis ball with the same hand you started with. You can start off with a basic double crossover in front of you and gradually work your way up to performing any combination of regular crossover, through the legs, and behind the back moves. The faster you get with this drill will allow you to increase the number of crossovers done while still only bouncing the tennis ball once.

**DEMONSTRATIONS:** <http://youtu.be/aNSJV5NB0us>

# 2 - Ball Drills

## **Holbrook Hoops 6-Week Ball Handling Program**

### **Extreme**

This drill is a series of intense 2-ball dribbling routines for approximately 5 straight minutes with no rest. First, you start in that same low, balanced stance that we've been maintaining throughout all of our drills. We will complete many different drills in "Extreme" in the specific order listed below:

1. Middle
2. Shoulders
3. Middle
4. Front Stretch
5. Middle
6. Side Stretch
7. Middle
8. Windshield Wipers
9. Middle
10. In & Out
11. Middle
12. Front to Back
13. Middle
14. Right High / Left Low
15. Middle
16. Left High / Right Low
17. Middle HARD 10 Seconds

**DEMONSTRATION:** [http://youtu.be/o5G2X\\_0\\_bAg](http://youtu.be/o5G2X_0_bAg)

### **Circles**

In a low, balanced stance, dribble both balls in front of you in a circular motion. Make sure to switch hands once each ball has been moved to the other side of your body.

**DEMONSTRATION:** <http://youtu.be/0EWrxohPovs>

### **Wall Dribbles**

When doing this drill in our program, we use the term "various" loosely. In our video demonstration we show single ball wall dribbles with each hand, single ball rapid with 2 hands, 2 balls simultaneously, and 2 ball alternating. When we say "various" that means do a little of everything and try to keep the ball bouncing at least to your eye level when dribbling against the wall.

**DEMONSTRATION:** [http://youtu.be/dW5mZPJ\\_uel](http://youtu.be/dW5mZPJ_uel)

### **Juggling**

With a ball in each hand, dribble one towards the other hand as if doing a crossover. At that same time pass the ball you're still holding quickly to your first dribbling hand as if you are just switching balls from one hand to the other. The balls will continuously move in a circle, one after the other. Make sure to go clockwise and counter clockwise to equal out the workout through both hands.

**DEMONSTRATION:** <http://youtu.be/5kUfnSWB3Mg>

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## **Hand Strength/Flexibility**

Developing hand strength and hand flexibility are probably the 2 most important factors of good ball handlers. Common sense will tell you, “The stronger you are, the harder you dribble. The more flexible you are, the more your range of motion.” Those are the primary goals that we are trying to meet with this program. We also like to dribble through our legs and do in & out crossovers just like all other ball handlers, but we realize and understand the importance of developing our strength and flexibility in order to make those moves as smooth and strong as possible.

This portion of the program only requires a tennis ball (or a racquetball if you find that more comfortable). This workout should be done every day of your regular workout for the duration of the 6 weeks. As each week rolls by, we will be increasing the amount of reps needed to complete each set. This does not need to be done at any specific time (i.e. right before or right after your workout). It can be done when you’re on the bus, in class, watching TV, or even lying in bed about to go to sleep.

Each exercise, no matter how many or how few fingers are being used, needs to be done at maximum strength. Some of these will really show you how strong you are (or aren’t) in your fingers, hands, and forearms.

The workout consists of all 13 different motions and grips that we have demonstrated on the following page. Do each exercise for the amount of sets and reps indicated in the chart below. At the end of every daily workout, finish up with “Palm” burnouts. Do as many as you possibly can (and keep count) until you can’t squeeze anymore. When you are done, record your 5 scores from each week in the space provided in the chart below. The goal is to beat your previous score every time.

Make sure you workout each hand evenly for every workout.

\*Tip – using 2 tennis balls at the same time will split the workout time in half. But this is completely optional.

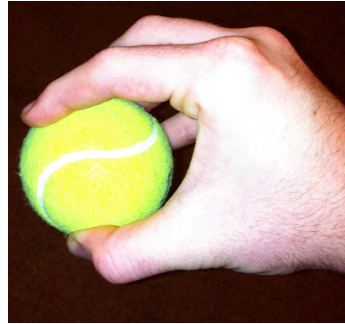
WEEK	SETS	REPS	BURNOUT	SCORE
1	1	70	PALM	
2	2	60	PALM	
3	1	80	PALM	
4	2	70	PALM	
5	1	90	PALM	
6	2	80	PALM	

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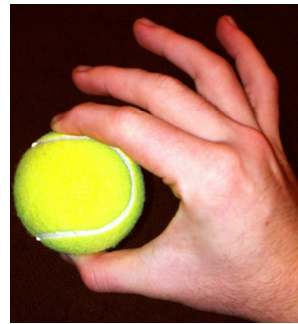
## Tennis Ball Grips



Palm



5 Tips



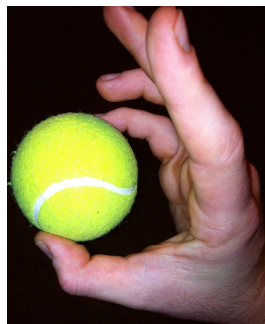
Thumb / Index



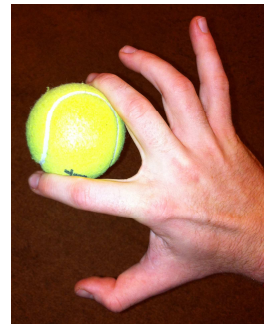
Thumb / Middle



Thumb / Ring



Thumb / Little



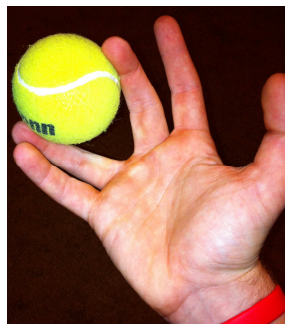
Index / Middle



Index / Ring



Index / Little



Middle / Ring



Middle / Little



Ring / Little



Thumb / Fist

# The Program Calendar

Week 1					
	Monday	Tuesday	Wednesday	Thursday	Friday
Warmup	Ball Slaps 20	Fingertip Pushups 6	Ball Slaps 20	Fingertip Pushups 8	Ball Slaps 20
	Tip Touches 25 Each Spot	Body Circles 10 Each Spot	Fingertip Pushes 7	Body Circles 10 Each	Tip Touches 25 Each Spot
	Fingertip Pushups 5		Iron Chair CD		Fingertip Pushups 9
	Iron Chair CD				Iron Chair CD
	30 SECOND TESTING				
Power	Soft Ball Grabs 3 x 20		Soft Ball Grabs 3 x 20		Soft Ball Grabs 3 x 25
	Ball Kills 3 x 20		Soft Ball Crosses 60 Total		Soft Ball Crosses 60 Total
	Ball Pounds 30 Each Level		Ball Kill Crosses 3 x 20		Ball Kills 3 x 20
	Pound Crosses 30 Each Level		Soft Ball Slams 3 x 10		Ball Pounds 35 Each Level
					Pound Crosses 35 Each Level
					Soft Ball Slams 3 x 15
Tennis Ball		TB Toss 30 Total		TB Toss 30 Total	
		TB Double Cross 20 Each Side		TB Double Cross 20 Each	
		TB Snatch 3 x 20		TB Snatch 3 x 20	
2-Ball	Extreme 20 Each Spot	Wall Dribbles 100 Various	Extreme 20 Each	Wall Dribbles 100 Various	Extreme 20 Each Spot
		Circles 3 x 25 Each		Circles 3 x 25 Each	
		Juggling 2 x 25 Each		Juggling 3 x 25 Each	



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<b>Week 2</b>					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Warmup</b>	Ball Slaps 20 25 Each Spot	Fingertip Pushups 11 10 Each Spot	Ball Slaps 20 Fingertip Pushes 12	Fingertip Pushups 13 Body Circles 10 Each	Ball Slaps 20 Tip Touches 25 Each Spot Fingertip Pushups 14 Iron Chair CD
	Fingertip Pushups 10		Iron Chair CD		
	Iron Chair CD				
	<b>30 SECOND TESTING</b>				
<b>Power</b>	Soft Ball Grabs 3 x 25		Soft Ball Grabs 3 x 25		Soft Ball Grabs 3 x 30
	Ball Kills 3 x 25 40 Each Level		Soft Ball Crosses 70 Total Ball Kill Crosses 3 x 24		Soft Ball Crosses 70 Total Ball Kills 3 x 25
	Ball Pounds 40 Each Level		Soft Ball Slams 3 x 15		Ball Pounds 40 Each Level Pound Crosses 40 Each Level Soft Ball Slams 3 x 15
<b>Tennis Ball</b>		TB Toss 30 Total		TB Toss 30 Total	
		TB Double Cross 20 Each Side		TB Double Cross 20 Each	
		TB Snatch 3 x 20		TB Snatch 3 x 20	
<b>2-Ball</b>	Extreme 25 Each Spot	Wall Dribbles 100 Various 3 x 25 Each	Extreme 25 Each	Wall Dribbles 100 Various 3 x 25 Each	Extreme 25 Each Spot
		Circles 2 x 25 Each		Circles 3 x 25 Each	
		Juggling		Juggling	

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Week 3				
	Monday	Tuesday	Wednesday	Thursday
Warmup	Ball Slaps 20	Fingertip Pushups 11	Ball Slaps 20	Fingertip Pushups 13
	Tip Touches 25 Each Spot	Body Circles 10 Each Spot	Fingertip Pushes 12	Body Circles 10 Each
	Fingertip Pushups 10		Iron Chair CD	Tip Touches 25 Each Spot
	Iron Chair CD			Fingertip Pushups 14
				Iron Chair CD
	30 SECOND TESTING			
Power	Soft Ball Grabs 3 x 30		Soft Ball Grabs 3 x 30	Soft Ball Grabs 3 x 30
	Ball Kills 3 x 30		Soft Ball Crosses 80 Total	Soft Ball Crosses 80 Total
	Ball Pounds 50 Each Level		Ball Kill Crosses 3 x 30	Ball Kills 3 x 30
	Pound Crosses 50 Each Level		Soft Ball Slams 3 x 15	Ball Pounds 50 Each Level
				Pound Crosses 50 Each Level
				Soft Ball Slams 3 x 15
Tennis Ball		TB Toss 30 Total		TB Toss 30 Total
		TB Double Cross 20 Each Side		TB Double Cross 20 Each
		TB Snatch 3 x 20		TB Snatch 3 x 20
2-Ball	Extreme 30 Each Spot	Wall Dribbles 100	Extreme 30 Each	Wall Dribbles 100
		Circles 3 x 25 Each		Circles 3 x 25 Each
		Juggling 2 x 25 Each		Juggling 3 x 25 Each
				Extreme 30 Each Spot

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Week 4					
	Monday	Tuesday	Wednesday	Thursday	Friday
Warmup	Ball Slaps 20 25 Each Spot	Fingertip Pushups 16 10 Each Spot	Ball Slaps 20 Fingertip Pushes 17	Fingertip Pushups 18 Body Circles 10 Each	Ball Slaps 20 Tip Touches 25 Each Spot
	Fingertip Pushups 15		Iron Chair CD		Fingertip Pushups 19
	Iron Chair CD				Iron Chair CD
	30 SECOND TESTING				
Power	Soft Ball Grabs 3 x 35		Soft Ball Grabs 3 x 35		Soft Ball Grabs 3 x 35
	Ball Kills 3 x 25		Soft Ball Crosses 80 Total		Soft Ball Crosses 80 Total
	Ball Pounds 55 Each Level		Ball Kill Crosses 3 x 35		Ball Kills 3 x 30
	Pound Crosses 55 Each Level		Soft Ball Slams 3 x 15		Ball Pounds 55 Each Level
					Pound Crosses 55 Each Level
					Soft Ball Slams 3 x 20
Tennis Ball		TB Toss 30 Total		TB Toss 30 Total	
		TB Double Cross 20 Each Side		TB Double Cross 20 Each	
		TB Snatch 3 x 20		TB Snatch 3 x 20	
2-Ball	Extreme 35 Each Spot	Wall Dribbles 100 Various	Extreme 35 Each	Wall Dribbles 100 Various	Extreme 35 Each Spot
		Circles 3 x 25 Each		Circles 3 x 25 Each	
		Juggling 2 x 25 Each		Juggling 3 x 25 Each	

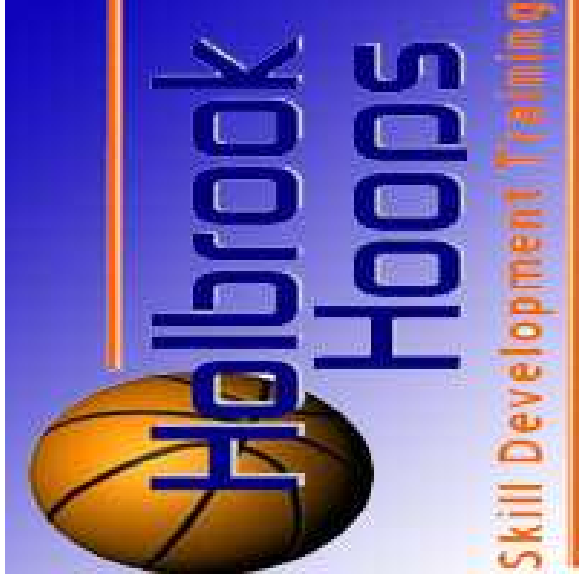
**Holbrook Hoops**  
**6-Week Ball Handling Program**

Week 5				
	Monday	Tuesday	Wednesday	Thursday
Warmup	Ball Slaps 20	Fingertip Pushups 20	Ball Slaps 20	Fingertip Pushups 20
	Tip Touches 25 Each Spot	Body Circles 10 Each Spot	Fingertip Pushes 20	Body Circles 10 Each
	Fingertip Pushups 20		Iron Chair CD	Tip Touches 25 Each Spot
	Iron Chair CD			Fingertip Pushups 20
				Iron Chair CD
	30 SECOND TESTING			
Power	Soft Ball Grabs 3 x 40		Soft Ball Grabs 3 x 40	Soft Ball Grabs 3 x 40
	Ball Kills 3 x 30		Soft Ball Crosses 90 Total	Soft Ball Crosses 90 Total
	Ball Pounds 60 Each Level		Ball Kill Crosses 3 x 40	Ball Kills 3 x 30
	Pound Crosses 60 Each Level		Soft Ball Slams 3 x 20	Ball Pounds 60 Each Level
				Pound Crosses 60 Each Level
				Soft Ball Slams 3 x 20
Tennis Ball		TB Toss 30 Total		
		TB Double Cross 20 Each Side		
		TB Snatch 3 x 20		
2-Ball	Extreme 40 Each Spot	Wall Dribbles 100 Various	Extreme 40 Each	Wall Dribbles 100 Various
		Circles 3 x 25 Each		Circles 3 x 25 Each
		Juggling 2 x 25 Each		Juggling 3 x 25 Each
				Extreme 40 Each Spot

**Holbrook Hoops  
6-Week Ball Handling Program**

<b>Week 6</b>					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Warmup</b>	Ball Slaps 20	Fingertip Pushups 25	Ball Slaps 20	Fingertip Pushups 25	Ball Slaps 20
	Tip Touches 25 Each Spot	Body Circles 10 Each Spot	Fingertip Pushes 25	Body Circles 10 Each	Tip Touches 25 Each Spot
	Fingertip Pushups 25		Iron Chair CD		Fingertip Pushups 25
	Iron Chair CD				Iron Chair CD
	<b>30 SECOND TESTING</b>				
<b>Power</b>	Soft Ball Grabs 3 x 50		Soft Ball Grabs 3 x 50		Soft Ball Grabs 3 x 50
	Ball Kills 3 x 20		Soft Ball Crosses 100 Total		Soft Ball Crosses 100 Total
	Ball Pounds 75 Each Level		Ball Kill Crosses 3 x 40		Ball Kills 3 x 30
	Pound Crosses 75 Each Level		Soft Ball Slams 3 x 20		Ball Pounds 80 Each Level Pound Crosses 80 Each Level Soft Ball Slams 3 x 25
<b>Tennis Ball</b>		TB Toss 30 Total		TB Toss 30 Total	
		TB Double Cross 20 Each Side		TB Double Cross 20 Each	
		TB Snatch 3 x 20		TB Snatch 3 x 20	
<b>2-Ball</b>	Extreme 50 Each Spot	Wall Dribbles 100	Extreme 50 Each	Wall Dribbles 100	Extreme 50 Each Spot
		Circles 3 x 25 Each		Circles 3 x 25 Each	
		Juggling 2 x 25 Each		Juggling 3 x 25 Each	

Holbrook Hoops  
6-Week Ball Handling Program



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