

# Weekly Offseason Ball Handling Routine

For videos of these drills visit:

[www.gomaxone.com/sports/off-season-ball-handling](http://www.gomaxone.com/sports/off-season-ball-handling)

## Day One

<i>Drill Name</i>	<i>Type</i>	<i>Reps</i>
Countdown Cross	Stationary	5 pounds each hand -> down to 0
Countdown Between the Legs	Stationary	5 pounds each hand -> down to 0
Countdown Behind Back	Stationary	5 pounds each hand -> down to 0
Countdown Cross	Stationary	5 pounds each hand -> down to 0
Countdown Between the Legs	Stationary	5 pounds each hand -> down to 0
Countdown Behind Back	Stationary	5 pounds each hand -> down to 0
Rip Moves	First Step	9 Rips each side - 3 High, 3 Hip, 3 Low
Jab and Rip Moves	First Step	5 Jab and Go and 5 Jab and Cross with each foot - 20 moves
25 Free-Throws	Shooting	Shoot 15 Freethrows and record makes
Speed Straight Line	Speed	4 Widths of the Floor
Speed Between Legs & Behind Back	Speed	4 Widths of the Floor
Speed Straight Line - 2Ball	Speed	4 Widths of the Floor
Speed Between Legs & Behind Back - 2Ball	Speed	4 Widths of the Floor
Speed Spin - 2Ball	Speed	4 Widths of the Floor
25 Free-Throws	Shooting	Shoot 20 Freethrows and record makes

## Day Two

<i>Drill Name</i>	<i>Type</i>	<i>Reps</i>
Countdown Cross - 2Ball	Stationary	5 pounds each hand -> down to 0
Countdown Between the Legs - 2Ball	Stationary	5 pounds each hand -> down to 0
Countdown Behind Back - 2Ball	Stationary	5 pounds each hand -> down to 0
Countdown Cross - 2Ball	Stationary	5 pounds each hand -> down to 0
Countdown Between the Legs - 2Ball	Stationary	5 pounds each hand -> down to 0
Countdown Behind Back - 2Ball	Stationary	5 pounds each hand -> down to 0
25 Free-Throws	Shooting	Shoot 15 Freethrows and record makes
Blow By	Fist Step	5 Each Hand - 10 moves
Cross Blow By	Fist Step	5 Each Hand - 10 moves
In & Out Blow By	Fist Step	5 Each Hand - 10 moves
Between Legs Blow By	Fist Step	5 Each Hand - 10 moves
Behind Back Blow By	Fist Step	5 Each Hand - 10 moves
Six Spot Blow By	Fist Step	Right Hand and Left Hand finish from each spot - 6 finishes
Six Spot Blow By Combos	Fist Step	Right Hand and Left Hand finish from each spot - 6 finishes
25 Free-Throws	Shooting	Shoot 20 Freethrows and record makes

## Day Three

<i>Drill Name</i>	<i>Type</i>	<i>Reps</i>
Blow By	Fist Step	5 Each Hand - 10 moves
Cross Blow By	Fist Step	5 Each Hand - 10 moves
In & Out Blow By	Fist Step	5 Each Hand - 10 moves
Between Legs Blow By	Fist Step	5 Each Hand - 10 moves
Behind Back Blow By	Fist Step	5 Each Hand - 10 moves
15 Free-Throws	Shooting	Shoot 15 Freethrows and record makes
Speed Straight Line - 2Ball	Speed	4 Widths of the Floor
Speed Between Legs & Behind Back - 2Ball	Speed	4 Widths of the Floor
Speed Spin - 2Ball	Speed	4 Widths of the Floor
Speed Straight Line - 2Ball	Speed	4 Widths of the Floor
Speed Between Legs & Behind Back - 2Ball	Speed	4 Widths of the Floor
Speed Spin - 2Ball	Speed	4 Widths of the Floor
15 Free-Throws	Shooting	Shoot 15 Freethrows and record makes
Rips	First Step	9 Rips each side - 3 High, 3 Hip, 3 Low
Jab and Rips	First Step	5 Jab and Go and 5 Jab and Cross with each foot - 20 moves
Wing to Wing Finishing	Speed	30 Seconds
Cross 1 Bounce	Fist Step	One Minute
20 Free-Throws	Shooting	Shoot 20 Freethrows and record makes

**MaxOne Weekly Ballhandling Workout in Partnership with Cramer Basketball**

See how MaxOne can help you deliver this workout right to your athletes' phones

[www.gomaxone.com/sports/basketball](http://www.gomaxone.com/sports/basketball)