

Ball Handling

No dribble ball handling

ball slaps	quick hands	around the waist
around both legs	around the head	around the head/waist/legs
around one leg (L/R)	figure 8 both ways	catch between legs - f/b
split catch stationary	split catch with leg switch	walking between legs

Dribble ball handling (stationary)

around one leg (L/R)	figure 8	Spider
windshield wipers	push/pull	Dribble pound shoulder
dribble pounds waist	dribble pounds knees	Kill Dribble
Continuous crossover (knees)	Continuous crossover (wide)	pound, crossover
pound/cross/rip	Continuous between legs	pound/between legs/rip
pound/cross/between legs/rip	Continuous Behind Back	z dribbles
Scissor dribble		

Dribble ball handling (moving)

Right hand	Left hand	Push Dribble
Zig-Zag Crossover	Zig-Zag Retreat Crossover	Zig-Zag Between Legs
Zig-Zag Retreat Between Legs		Zig-Zag Behind Back
Hesitation		

Two ball ball handling (stationary)

Pound knees	Pound waist	pound shoulders
Kill Dribble	figure 8	cross over
around the back	push/pull (1 ball & 2 ball)	windshield wipers
low/high	alternate	

Two ball dribbling (moving)

cross over	between the legs	around the back
low/high	alternate	

Passing

Passing

[bounce pass](#)

[2 handed chest pass](#)

[pass from the hip \(l/r\)](#)

wrap around bounce (l/r)

[push step bounce \(l/r\)](#)

[fake/overhead](#)

fake bounce

fake/pass from hip

monkey in the middle (fake a pass, make a pass)

Two ball passing

*30 seconds each

[bounce/chest](#)

[pass from hip \(l/r\)](#)

Shooting

Form Shooting progression - no ball (r/l)

**four of each each side (if applicable)*

- 1 - one hand: pick a spot for your eyes, elevate ball, follow through
- 2 - one hand: pick a spot for your eyes, elevate ball, follow through, feet, legs, lift
- 3 - two hands: pick a spot for your eyes, elevate ball, follow through
- 4 - two hands: pick a spot for your eyes, elevate ball, follow through, feet, legs, lift

Form shooting progression - ball (r/l) (JH and HS)

- 5 - footwork: boost step to elevated shooting pocket
- 6 - footwork: boost step to elevated shooting pocket, shot
- 7 - jump shot
- 8 - footwork boost step to elevated shooting pocket, jumpshot

Husker Shooting