

Everyday Hands warm up

Handle

1. Arms extended finger taps - add up and down
2. Toss over head and catch above head
3. Around waist - and switch 10x each
4. Around ankles - and switch 10x each
5. Around 1 leg both ways and switch 10x each
6. Figure 8 - and switch 10x each
7. Around head - and switch 10x each
8. Quick hands catch 12x
9. Extension: Hold ball between legs (1 front, 1 back) - bounce, switch hands then no bounce

Dribble

1. Shoulder, waist, knee ankle stationary pounding dribble 10x each
2. Single hand back and forth 10x each
3. Rocker crossover shoulder, waist, knee, ankle 10x each
4. Figure 8 rapid bounce, 3 bounce, 1 bounce - 10x each (both directions)
5. 1 leg up then switch 10x each
6. Extension: 2 hands on ball in front, bounce between legs (front to back), catch 2 hands behind then bounce between to front

Partner Passing

1. One-armed chest pass and switch 5x each arm (add bounce pass)
2. One overhead, one bounce and switch 5x each
3. Around 1 leg pass and switch 5x each
4. Around waist pass and switch 5x each
5. Extension: Add dribble combination then one-arm pass

**All drills should be done with focus and not be rushed. Emphasize proper technique and not just getting through the routine. Players can try to move quickly to challenge themselves, but technique should not be sacrificed.

Once players “master” this warm-up, coaches can pick and choose others to supplement and challenge players (see dribbling/ball handling drills).