

Pocono Invitational Basketball Camp

Presents

"Pocono Preseason Workout Series"

Leading up to your season we here at Pocono Invitational are going to offer you a weekly series of drills and workout plans to help you get ready for the year.

Week 4



Danny Hurley

St. Benedict's

Finished ranked #5 nationally in 2007

Danny Hurley Full Court Ballhandling

- * **This is an intense series of ballhandling drills that progresses from up and down handling to using the entire court. Remember that you must focus on going hard at all times to get better at what you are working on. Shoot free throws to rest in between sets.**

Setup

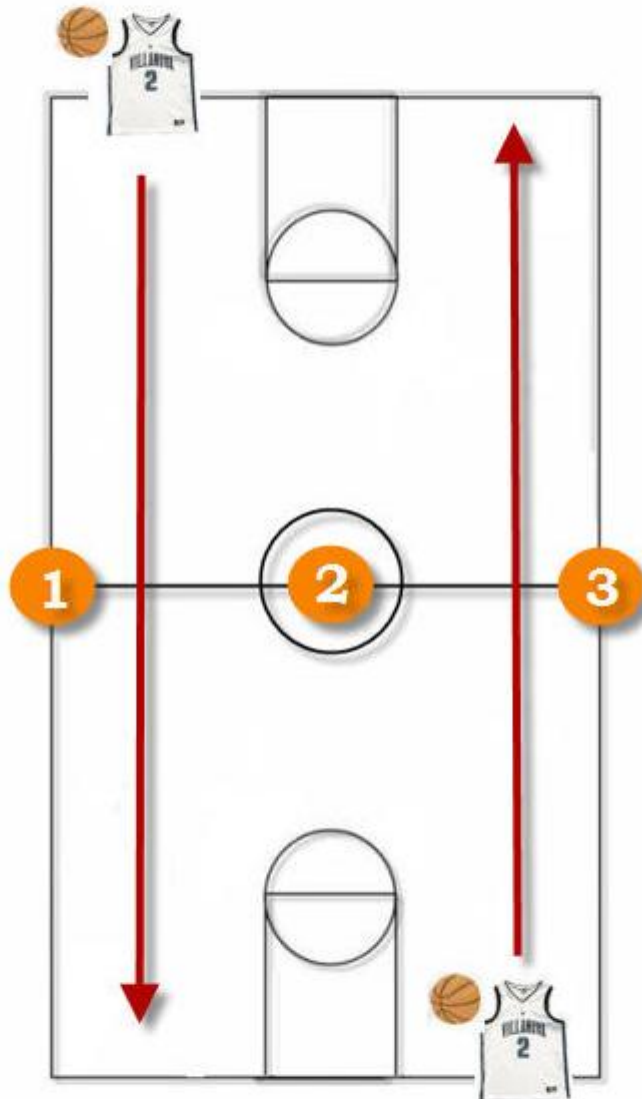
You will need three chairs, cones or markers for this drill. Place the first two at halfcourt on either sideline.

Place the third one at midcourt. If you don't have anything to mark with remember the spots in your head.



Drill- Part One

- 1) For the first part of this drill you will start on the right side of the baseline and for each variation the moves will be done down and back as shown below.



- 2) Each move is broken down into three different variations that will help you improve your handle and your hand quickness with the ball. The moves are broken down below.

Moves

1

**One Dribble, Crossover
Shuffle, Crossover
One Dribble, Triple Crossover**

2

**One Dribble, Between Legs
Shuffle, Between Legs
One Dribble, Triple Between Legs**

3

**One Dribble, Behind Back
Shuffle, Behind Back
One Dribble, Triple Behind Back**

3)

Each variation is done down and back. So if you are doing one dribble, crossovers you will go down the court and back doing them. Then you move on to the second variation, shuffle, crossovers, and do those down and back and so on. Each variation is described below.

Variations

1

The one dribble variation is done by taking one dribble with the right hand and then executing the move. For the crossover you will take a dribble with the right hand and then cross over to the left. Then take one dribble with the left hand and cross back over to the right. You continue doing this while moving up the floor at a steady pace. The focus in this drill is to improve hand speed with the ball and handling ability.

2

In the shuffle variation you will shuffle (studder step) your feet and execute your move. Without dribbling in between you then shuffle your feet again and execute the move with the other hand. For the behind the back you will shuffle your feet and go behind the back from right hand to left hand, without stopping shuffle your feet again and go behind the back to your right hand again. You do this while moving up the floor little by little, once again focusing on improving your handle and move quickness.

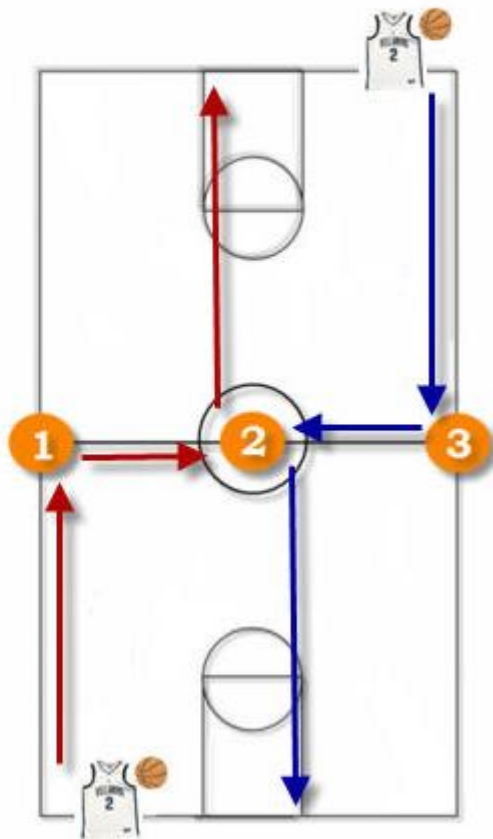
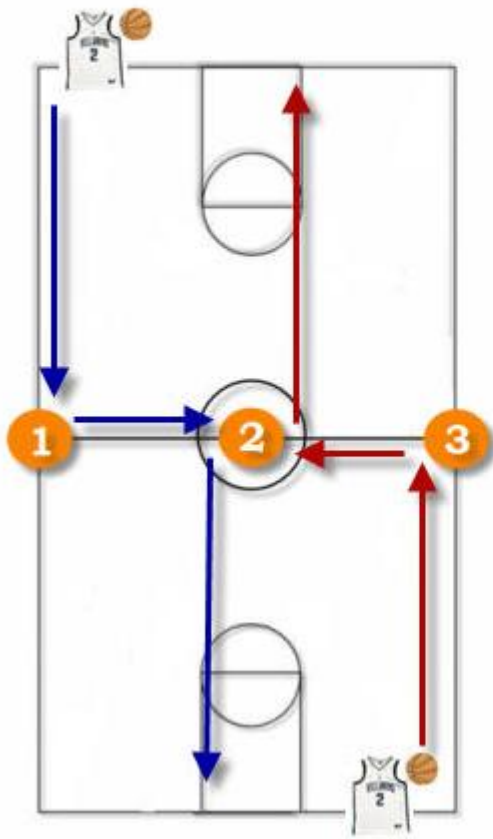
3

For the one dribble, triple moves you will execute them just like the first variation except when you would crossover you do three crossovers quickly in a row. Then you dribble with the opposite hand and do three more. For the between the legs you go between the legs, back between the legs, and finish with one more between the legs before dribbling with the other hand and doing the triple between legs again. You move up the floor at the same pace as variation 1 and your focus is the same. Doing three in a row increases the difficulty of the move thus increasing your ability to do it quick and precise.

Drill- Part Two

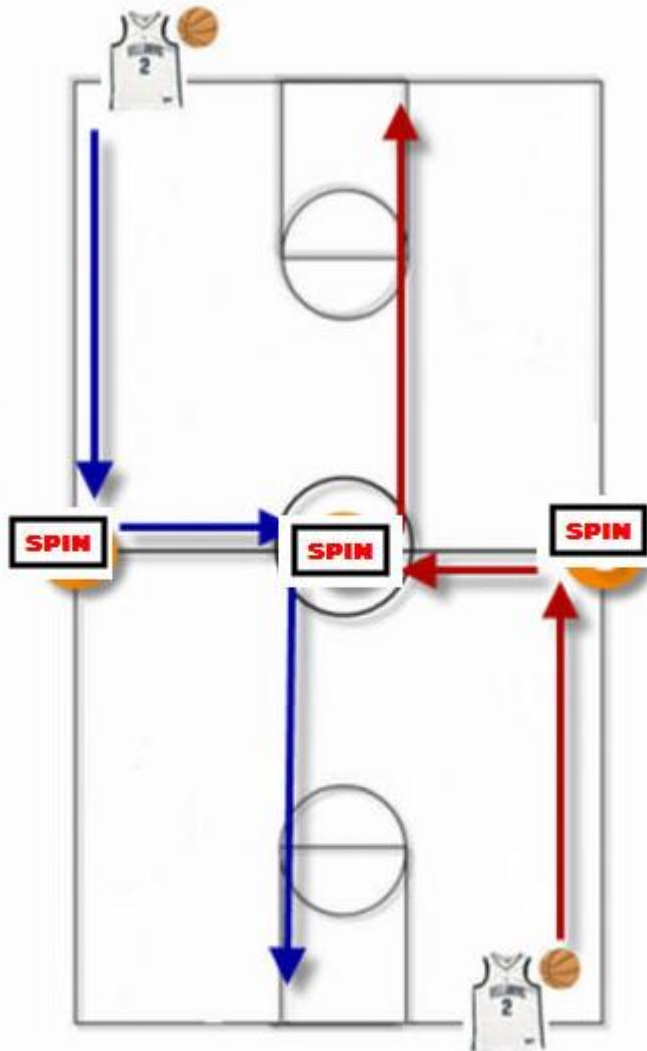
1)

The second part of the drill will involve combining some of the stuff you did in part one with other skills. The first thing you need to know is that for each section of this drill you will go down the right side of the court on the way up and back and then do the same thing on the left side of the court down and back.



2)

The first move you work on is a spin move. Speed dribble up to spot 3 with your right hand. Spin Dribble at spot 3 putting the ball into your left hand. Defensive slide from spot 3 to spot 2 while dribbling the ball with your left hand. Once you hit spot 2 Spin Dribble back to your right hand and in 3 dribbles get all the way to the hoop to finish. Do this move up and back on the right and left sides. When starting on the left side you will use your opposite hand you used from the right side.



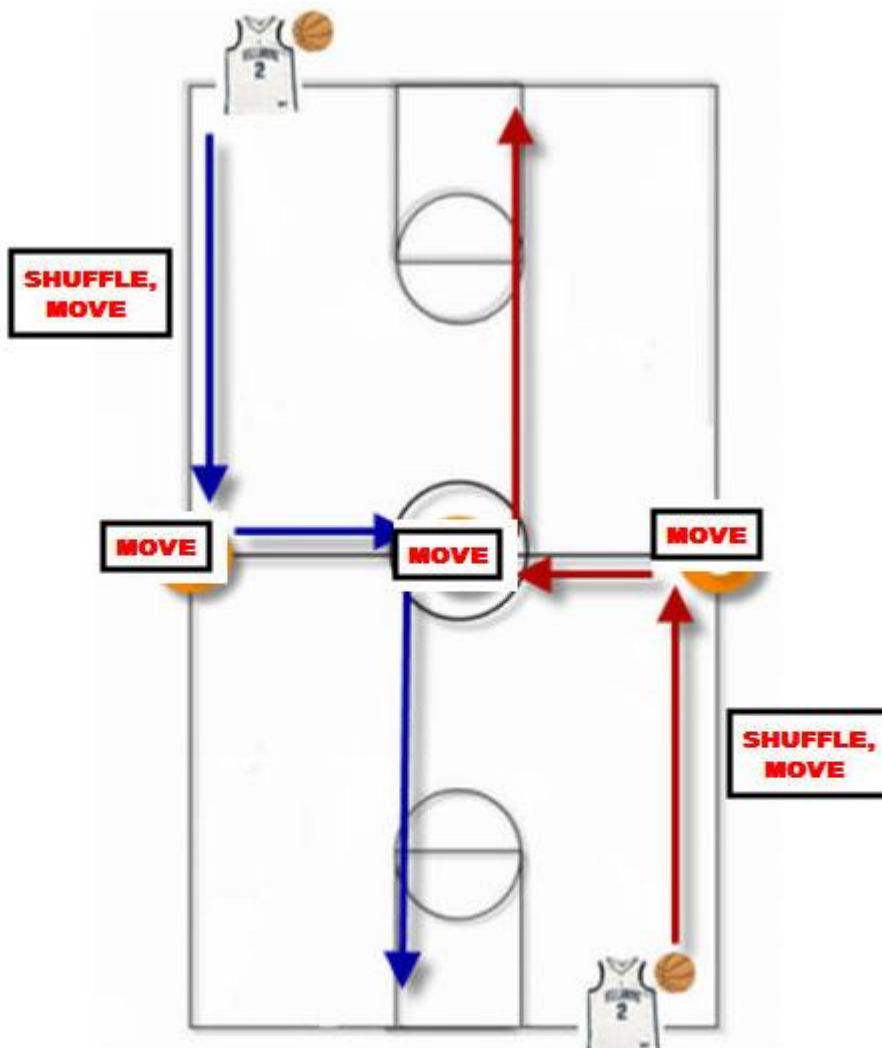
For the next three moves you will use the shuffle crossover, shuffle, between legs, and shuffle behind back. You will come from the baseline to the halfcourt spot doing shuffle, crossovers.

3)

Once you hit the spot you shuffle cross to your left hand and move from spot 3 to spot 2

defensive slide dribbling with your left hand.

Once you hit spot 2 you will crossover from left to right and take 3 dribbles for a pull up bank shot, pull up jumper or pull up 3 pointer. Do this coming up and down the right and left sides. Use the opposite hand you used from the right side when doing the drill from the left. Next, do the same drill with the shuffle, between legs and finish with the shuffle, behind back.



Things to Think About

Like all of our other drills so far this one must be done at 100%. Make sure and do every move low to the ground and work on snapping the ball quickly. When the drill is asking you to focus on handling and hand speed don't worry about sprinting, concentrate on improving your handle. Remember, you can add in things to this drill to make it fit your needs. You can also adjust it to be more or less intense based on your skill level and condition.



This drill is from [Bob Hurley Basketball School](#). Danny Hurley is the son of Coach Bob Hurley and head coach of St. Benedict's High School in New Jersey who finished #5 Nationally in 2007. Danny runs the "Early Bird" workouts all week at camp, doing the same drills he uses with St. Benedict's.

