

PURDUE 8

Warm-up -- Slap ball in hands, outstretch fingers, slap ball into them hard.

1. Slap ball around leg -- one leg at a time. Reverse ball every two or three rotations. Then go to other leg.
**Remember to slap ball in hands when doing these drills.
2. Slap ball around body -- Same as leg drill, except go around whole body. Start at ankles and work up to around chest. Reverse ball every few rotations.
3. Figure 8. Slap ball through legs in figure eight motion. Go though drill one way (direction), then go the other. Work for speed and pop noise when doing drill. **Remember to look straight ahead and not at the ball in doing all these drills.
4. Figure 8 dribble -- Dribble ball in figure 8 motion around legs. Dribble ball as low as possible. **Work to get ball as low as the shoe strings on your shoes.
5. Finger tip to finger tip -- Tip ball back and forth from fingers to fingers. Keep elbows locked! **Work arms up and down the body.
6. Finger tip and dance -- Arms locked above head. Do finger tip drill and then start to shuffle feet back and forth.
7. Speed drill -- Start ball behind legs. Bring around to front and drop ball. Switch hands and bring ball through legs and continue in same motion.
8. Walk and dribble -- Start to walk and take ball through legs, one at a time. Keep going faster and then try it running. Next do dribble part. Walk at an angle and dribble through leg from behind. Change directions.

***** DO THESE DRILLS EVERYDAY UNTIL YOU CAN DO THEM WITH NO PROBLEM.
THEN, DO THEM ABOUT THREE TIMES A WEEK, ALL YEAR LONG.**