

Add this gear to your training for even more results.



Dribble Stick



Heavy Weight Control Basketball



Official Weight Control Basketball

Post your experience with #SKLZ and you might be featured on the SKLZ network.



Lightweight Control Basketball V1  
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Learn how to train with your Control Basketball at [sklz.com/ControlBasketball](http://sklz.com/ControlBasketball)

Or you can start now. Just open this panel, and get after it.

## TRAINING GUIDE

powered by



Open Gym Premier provides high quality basketball skill training through camps, leagues, and player development programs.




As a trusted partner on the SKLZ Basketball Sport Board, they provide insight on training needs for basketball players and feedback throughout the product development process, helping us develop the most innovative training products and programs for basketball players everywhere.

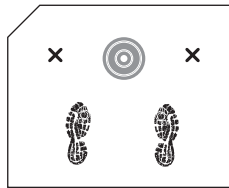
Enclosed are specific drills developed by Open Gym to help you train smarter and get ready to take the court on game day.

# PREPARE TO BE READY

# LIGHTWEIGHT CONTROL BASKETBALL DRILLS



-  CONE
-  BOUNCE POINT
-  DRIBBLE PATH



## SIDE TO SIDE

**REPS/TIME:** 30 seconds 2x each hand

Start in a good, low athletic stance with a stable core and your head up. Using a cone to dribble over is recommended but not required.

### STEP 1

Using only your right hand, dribble the ball from side to side over the cone.

**NOTE:** Be sure not to cup or carry the basketball from side to side.

### STEP 2

Repeat with left hand. As you get comfortable, work to increase your speed.

**COACHING TIP:** Focus on controlling the ball with your fingers. Each dribble should be a hard, strong dribble pounding the ball into the ground.



## LOW CIRCULAR DRIBBLE

**REPS/TIME:** 30 seconds 2x each hand

Start in a good, low athletic stance with a stable core and your head up.

### STEP 1

Using only your right hand dribble the ball as low as you can to the ground.

### STEP 2

Dribble the ball around a cone or spot on the ground. Each dribble should be low and quick, working in a circle.

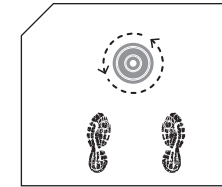
**NOTE:** The ball should only make contact with your fingers.

### STEP 3

Repeat in the opposite direction with your right hand.

### STEP 4

Repeat with left hand. Continue to push yourself to dribble the ball lower and quicker.



## FRONT TO BACK

**REPS/TIME:** 30 seconds 2x each hand

Start in a good, low athletic stance with a stable core and your head up.

### STEP 1

Using only your right hand, dribble the ball over the cone, front to back off the right side of your body.

**NOTE:** Be sure not to cup or carry the basketball from front to back.

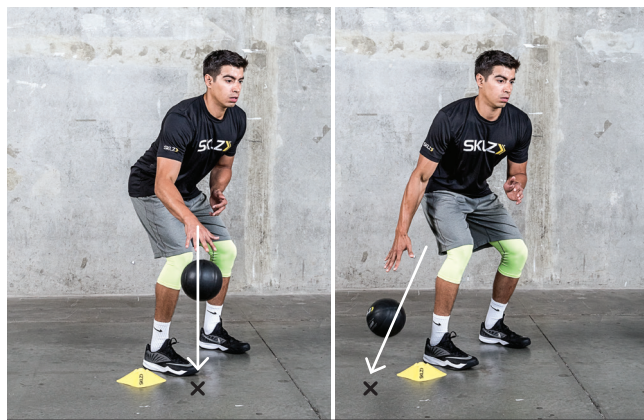
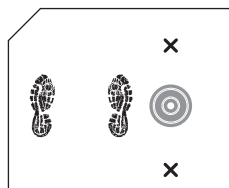
### STEP 2

Do this continuously throughout the length of the drill.

### STEP 3

Repeat with left hand off the left side of your body. As you get comfortable, work to increase your speed.

**COACHING TIP:** Focus on controlling the ball with your fingers. Each dribble should be a hard, strong dribble pounding the ball into the ground.



## CONTINUOUS CROSS-OVER

**REPS/TIME:** 30 seconds 2x each hand

Start in a good, low athletic stance with a stable core and your head up.

### STEP 1

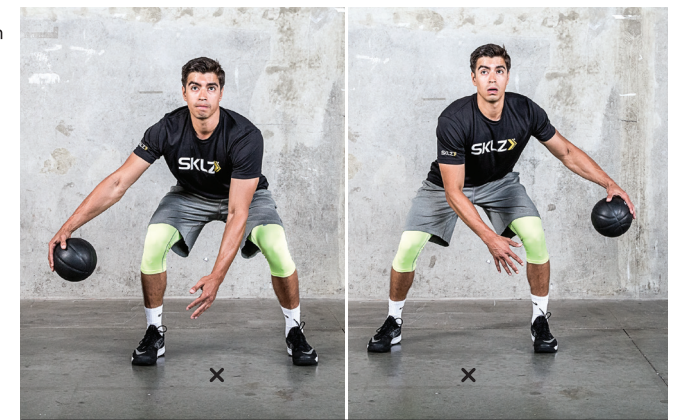
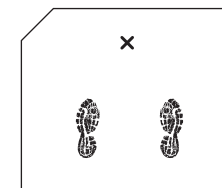
Do a continuous cross-over from side to side as quick as possible.

**NOTE:** When crossing over, you should quickly transfer your weight side to side with the dribble while keeping good balance.

### STEP 2

As you get comfortable, work to increase your speed.

**COACHING TIP:** Focus on controlling the ball with your fingers. Each dribble should be a hard, strong dribble pounding the ball into the ground.



Get free training videos at [SKLZ.COM/CONTROLBASKETBALL](http://SKLZ.COM/CONTROLBASKETBALL)

**REPEAT ALL DRILLS WITH A REGULAR BASKETBALL**