

Learn how to train with your Control Basketball at
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.

Add this gear to your training
for even more results.



Dribble Stick



Heavy Weight Control Basketball



Lightweight Control Basketball

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



PREPARE
TO BE
READY

OFFICIAL WEIGHT CONTROL BASKETBALL DRILLS



SETUP: 8 cones set up in a tight staggered position, 4 feet apart (across and up), starting 6 feet from first cone.

CONE --> DRIBBLE PATH

CROSS-OVER

REPS/TIME: 3x through 8 cones

STEP 1

Approach the first cone with a couple dribbles.

STEP 2

Crossover in the direction of the next cone. Explode out of each move with quick fast cuts.

NOTE: This is a quick change of direction drill. Try not to slow down at the cones.

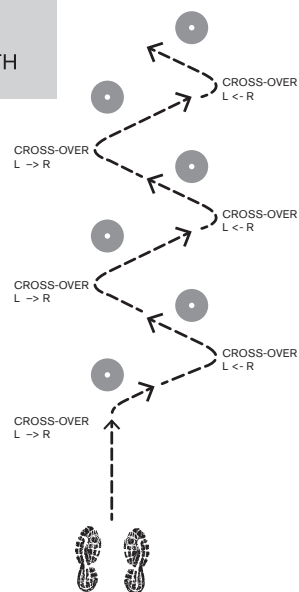
STEP 3

Continue by crossing over at each cone until you are through all 8 cones.

STEP 4

As you get comfortable, increase your speed.

COACHING TIP: Work to stay low with your dribble, keeping your head up to see the floor.



BEHIND THE BACK

REPS/TIME: 3x through 8 cones

STEP 1

Approach the first cone with a couple dribbles.

STEP 2

Dribble behind your back while cutting in the direction of the next cone. Explode out of each move with quick fast cuts.

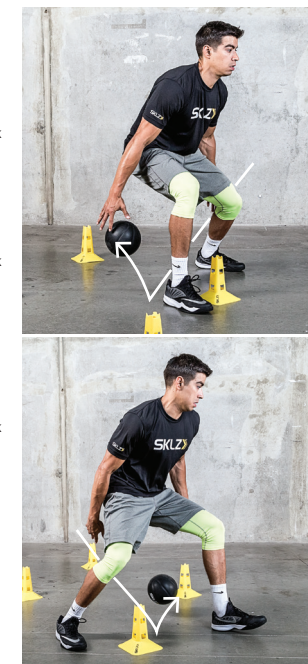
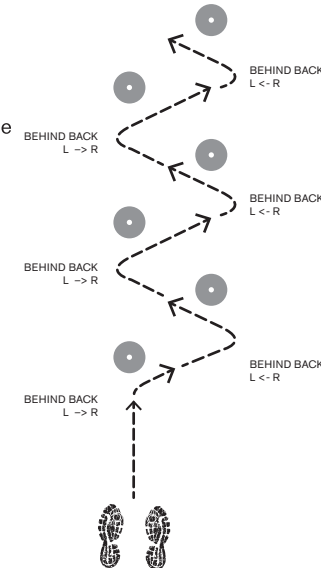
NOTE: This is a quick change of direction drill. Try not to slow down at the cones.

STEP 3 Continue by going behind the back at each cone until you are through all 8 cones.

STEP 4

As you get comfortable, increase your speed.

COACHING TIP: Work to stay low with your dribble, keeping your head up to see the floor. Don't wrap or cup the ball.



BETWEEN THE LEGS

REPS/TIME: 3x through 8 cones

STEP 1

Approach the first cone with a couple dribbles.

STEP 2

Dribble between your legs while cutting in the direction of the next cone. Explode out of each move with quick fast cuts.

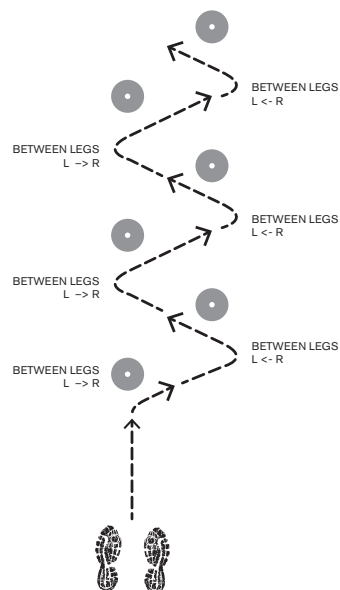
NOTE: This is a quick change of direction drill. Try not to slow down at the cones.

STEP 3 Continue by going between the legs at each cone until you are through all 8 cones.

STEP 4

As you get comfortable increase your speed.

COACHING TIP: Work to stay low with your dribble, keeping your head up to see the floor.



IN AND OUT CROSS-OVER

REPS/TIME: 3x through 8 cones

STEP 1

Approach the first cone with a couple dribbles.

STEP 2

Make an in and out cross-over move in the direction of the next cone. Explode out of each move with quick fast cuts.

NOTE: Breakdown at each cone to setup the in and out cross-over.

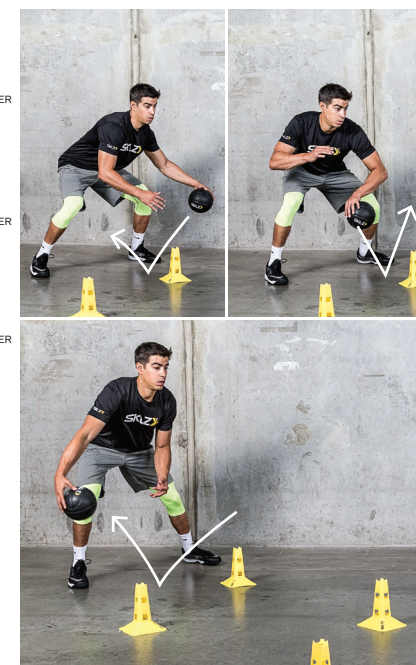
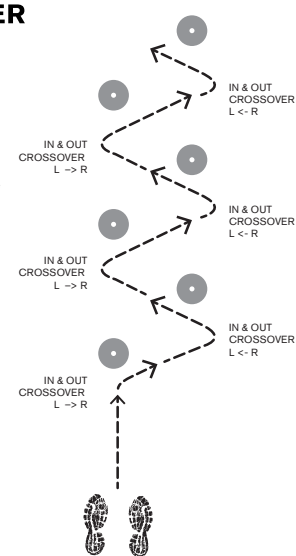
STEP 3

Continue making that in and out cross-over move at each cone until you are through all 8 cones.

STEP 4

As you get comfortable, increase your speed.

COACHING TIP: Work to stay low with your dribble, keeping your head up to see the floor.



Get free training videos at
SKLZ.COM/CONTROLBASKETBALL

REPEAT ALL DRILLS WITH A REGULAR BASKETBALL