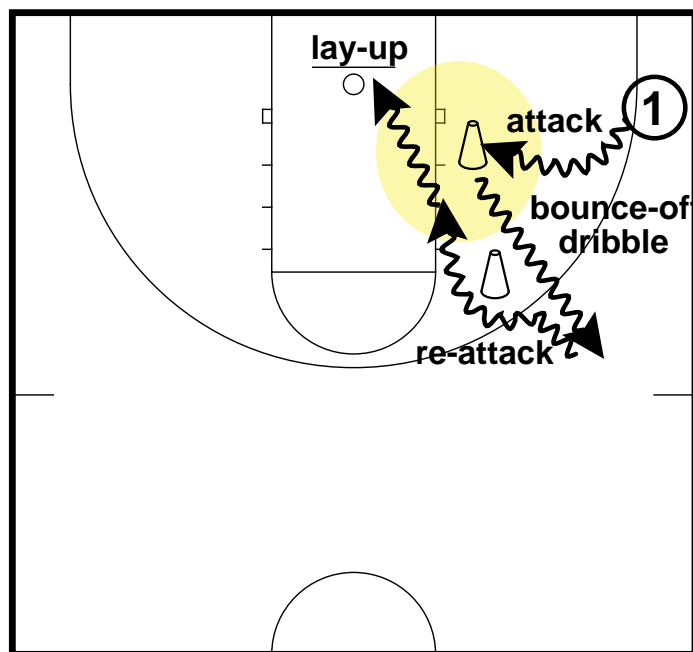


# Off Season Ball Handling

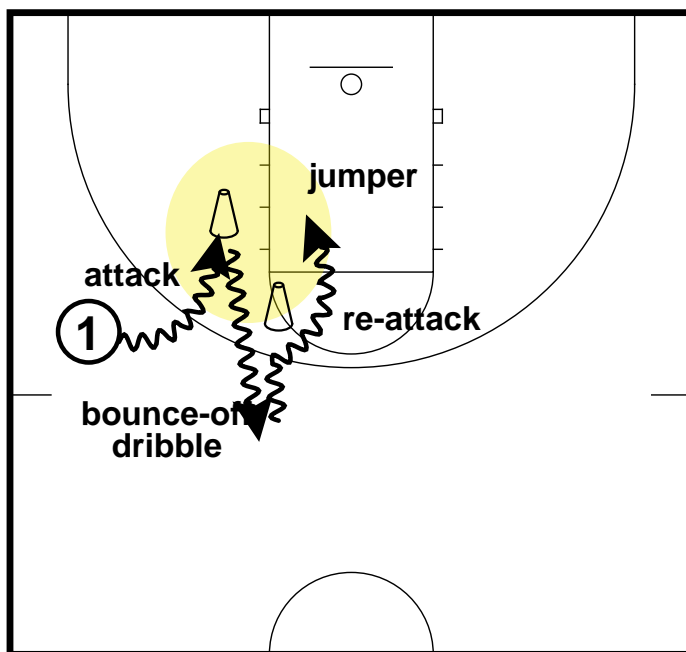
## Half- Court Bounce- Off Workouts



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### Bounce- Off Re- Attack Lay- Up Pattern

Choose a dribble move and attack the middle. Pretend help defense is in position. Instead of picking up the ball, or forcing a move, or forcing a shot, or making a bad pass, the Bounce-Off dribble allows you to withdraw and bounce away from a situation that you don't like while still keeping your options open. Choose a dribble move and re-attack the area that you just bounced off. Finish with a lay-up.



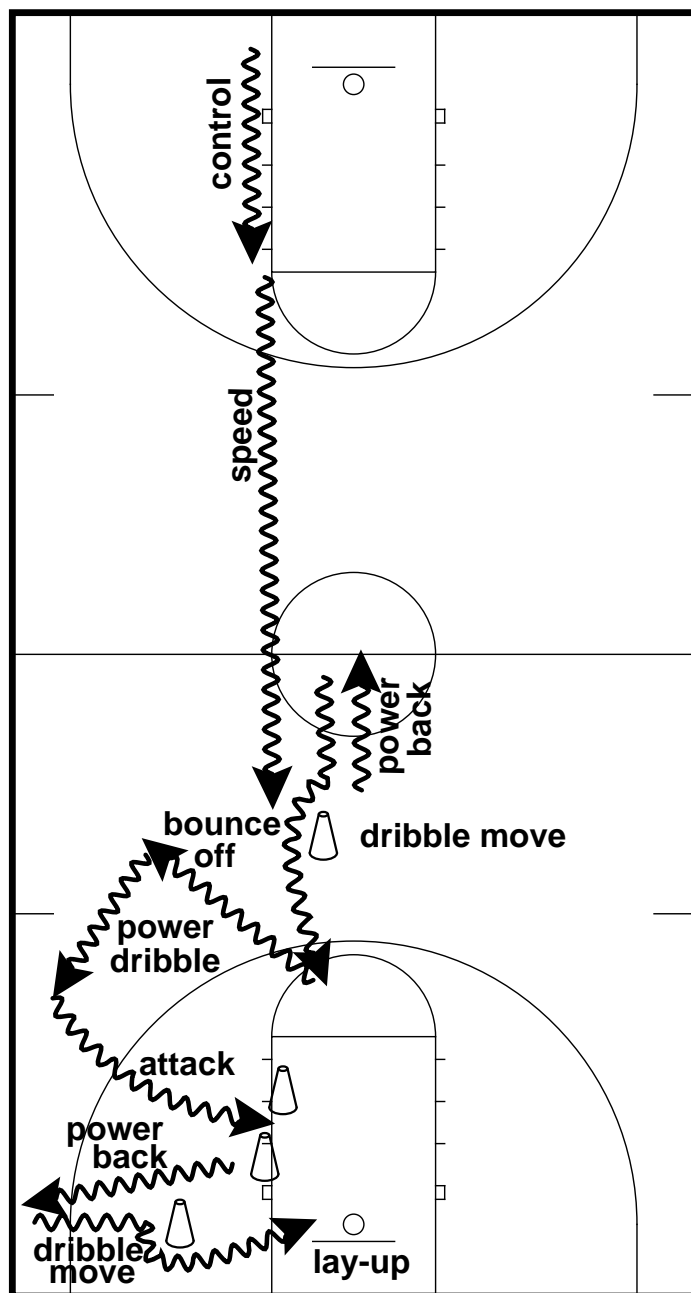
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### Bounce- Off Re- Attack Jump Shot Pattern

Choose a dribble move and attack the rim. Pretend help defense is in position. Just like the lay-up drill, you'll Bounce-Off the action because you don't like what you see. Now that you have space, choose a dribble move and re-attack the area that you just bounced off. Pull up for a jump shot.

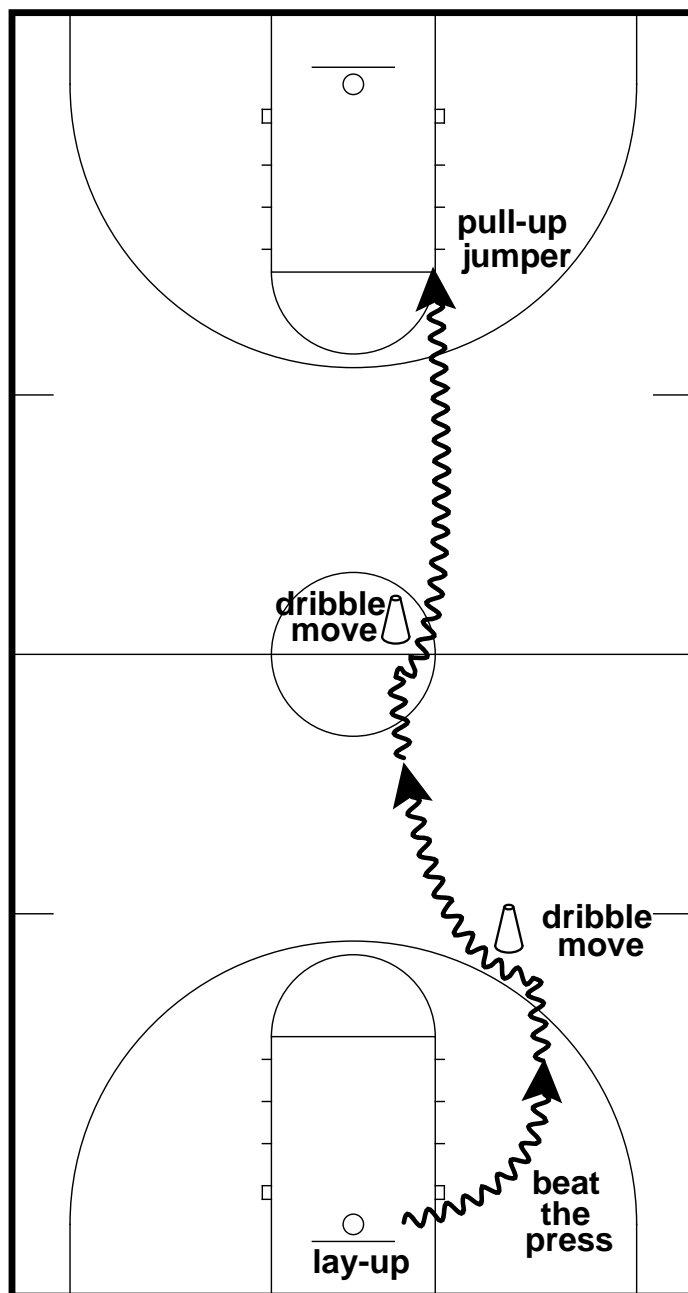
# Off Season Ball Handling

## Universal Full-Court Workout



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Control dribble to the free throw line.  
 Speed dribble to the front court.  
 Stick the landing and power back.  
 Make any dribble move that want.  
 Stop in the midrange and bounce off the action.  
 Power dribble to the wing.  
 Fake a spin and attack.  
 Pretend to be trapped and power back out of trouble.  
 Make any dribble move you like and finish at the rim.



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Get your rebound.  
 Now pretend to attack the press.  
 Choose a dribble move to the center of the court.  
 Choose another dribble move to enter the front court and pull up for the jumper.