

## Rick Pitino Ball Handling Workout

- NOTES: Put cone or chair on both wings, position outside the 3-pt arc. Always start on the right Side. Make the move to the basket, rebound and make the same move out to the other Cone. Repeat on the left side.
- MOVE #1; Inside Out  
When dribbling with the right hand, fake to left with left foot and fake the dribble to the Left, then explode to the basket.
- MOVE #2; Stutter Step  
The stutter step is made by dribbling up to the defender about 3' away and make the Move. The move is made by making 4 QUICK choppy steps and blow by the defender.
- MOVE #3 Hesitation  
The move is made about 3' away from the defender. Dribble up, stop, but keep the Dribble alive. Your weight is on the left foot, rock back to the fight foot and blow by The defender. Vice versa when using left hand.
- MOVE #4 Crossover  
Dribble up to defender about 3' away. Crossover dribble low to the other hand. When Crossing over your left foot should drop while your right foot goes with the ball across Your body. By this time, you should be by the defender. Then crossover back to the right.
- MOVE #5 Stutter crossover  
This move is made by combining the stutter and crossover moves. Stutter first then Crossover.
- MOVE #6 Reverse  
When making this move with the right hand, your left foot should be straight in front Of the defender's right foot. Pivot on your left and rub against the defender's right Shoulder and drive to the basket. Opposite with left hand.
- MOVE#7 Behind the Back  
When you begin to dribble behind the back you should be stepping with your left foot Around the defender. Opposite with left hand.
- MOVE #8 Between the legs  
When you start your dribble between the legs, the left foot should be in front. After the Ball goes through the legs, the right foot drives by or around the defender.

\*\*\* You can also do these moves at the top of the key, using right and left hand.

### IMPORTANT NOTES

1. Use the moves with lay ups, power lay up and jump shots. You can back up the cones and use with 3 point shot. When using with jump shots make 1 or 2 dribbles by the defender before shooting.
2. Make the moves at GAME pace speed.
3. Remember start on right side, then left side.
4. These moves were explained when using the right hand, everything is opposite for left hand.

## ONE ON ONE MOVES

### IMPORTANT NOTES

1. Use moves for lay up, power lay up and jump shots.
2. V-cuts can be used to get open. Find pivot foot, chin ball & square up.
3. Moves are made from 3-pt line, right & left corners, right and left wings and top of key.

### TYPES OF MOVES

1. Hard drive to right  
Right foot is pivot, step with left leg and use right hand to dribble on right side of defender
2. Hard drive to left  
Left foot is pivot, step with right foot and dribble with left hand pass defender
3. Crossover right to left  
Pivot foot is left. Crossover dribble right to left hand while at the same time step through  
With the right foot and blow by the defender.
4. Crossover left to right  
Pivot foot is right. Crossover dribble left to right hand while at the same time step through  
With the left foot and blow by the defender
5. Fake right go left  
Left foot is pivot. Right foot fakes right and then dribble to the left with left hand
6. Fake left go right  
Right foot is pivot. Left foot fakes left and then dribble to the right with right hand.
7. Headfake drive right or left  
Give a Headfake and drive past the defender on the right or left side. If you're a right  
Handed shooter and you drive to the left it will be a crossover. Vice versa for left-handers.
8. One step reverse to left  
Take a stationary dribble with your right hand, at the same time your left foot steps toward  
The defenders left foot. You then reverse by making sure you rub against the defenders right  
Shoulder. You should have changed dribbling hands to left. Continue to drive.
9. One step Reverse to Right  
Take a stationary dribble with left hand, at the same time your right foot steps towards the  
Defenders right foot. You then reverse by making sure you rub against the defenders left  
Shoulder. You should have changed dribbling hands to the right. Continue to drive.
10. Behind the Back to the left  
Pivot foot is the left. Step with right foot and take one dribble. Then go behind the back as  
Your left foot steps toward the defender.
11. Behind the Back to the Right  
Pivot foot is the right. Step with left foot and take on dribble, Then go behind the back as  
Your right foot steps toward the defender.
12. Between the legs with right hand  
Pivot foot is left. Dribble with right hand and step with right foot, Then step with left foot.  
At the same time dribble between the legs (left leg) and drive. You should be driving with  
The left hand.

13. **Between the legs with Left Hand**  
Pivot foot is right. Dribble with left hand and step with left foot. Then step with right foot, At the same time dribble between the legs (right leg) and drive. You should be driving with The right hand.