

CHISHOLM TRAIL BASKETBALL SKILL WORK:

BALL HANDLING

STATIONARY BALL HANDLING:

Circles Around Waist (30 Reps Each Direction)

Figure 8 (30 Reps Each Direction); Figure 8 With Bounce (30 Reps Each Direction)

Around the World (Around Head then Waist then Feet; 30 Reps)

Power Dribble (30 Bounces Each Hand)

Push Pull (30 Bounces Each Hand)

Side to Side (30 bounces Each Hand)