Head-Up! Charger Ballhandling Factory
Make the ball your FRIEND!
(30 seconds each)

Name _____ Grade _____

(Place the date you do the drill on the line – example 6/14)

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	Day 15
Around Waist	____	____	____	____	____	____	____	____	____	____	____	____	____	____	____
Around Left Leg	____	____	____	____	____	____	____	____	____	____	____	____	____	____	____
Around Right Leg	____	____	____	____	____	____	____	____	____	____	____	____	____	____	____
Around Both Legs	____	____	____	____	____	____	____	____	____	____	____	____	____	____	____
Figure Eight	____	____	____	____	____	____	____	____	____	____	____	____	____	____	____
Front and Back Catches	____	____	____	____	____	____	____	____	____	____	____	____	____	____	____
Alternate Catches	____	____	____	____	____	____	____	____	____	____	____	____	____	____	____
Left Leg Dribble	____	____	____	____	____	____	____	____	____	____	____	____	____	____	____
Right Leg Dribble	____	____	____	____	____	____	____	____	____	____	____	____	____	____	____
Both Legs Dribble	____	____	____	____	____	____	____	____	____	____	____	____	____	____	____
Figure Eight Dribble	____	____	____	____	____	____	____	____	____	____	____	____	____	____	____
Push/Pull Right Side	____	____	____	____	____	____	____	____	____	____	____	____	____	____	____
Push/Pull Left Side	____	____	____	____	____	____	____	____	____	____	____	____	____	____	____
Push/Pull Front Right	____	____	____	____	____	____	____	____	____	____	____	____	____	____	____
Push/Pull Front Left	____	____	____	____	____	____	____	____	____	____	____	____	____	____	____