

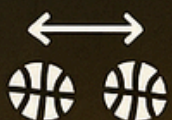
ELITE DRIBBLING SKILLS-

TWO-BALL STATIONARY DRILLS

DRILL SEQUENCE



**Pound +
Alternate Pound**



**Windshield Wipers +
Traditional In & Out**



**Back & Forth +
Back & Forth Alternate**



**Right Hand Over & Under
+ Left Hand Over & Under**



**Right Hand High/Left Low
+ Left Hand High/Right Low**



**Right Hand Loops
Left Hand Loops**

TIME, SETS & EXECUTION



Each drill is 60 seconds

0:00 – 0:15

0:15 – 0:30

0:30 – 0:45

0:45 – 1:00



Do 1-2 sets of each
sequence



Mix up your ball height
from shin to hip level



Keep your head up
It's OK to glance down
at first to get your rhythm



Bend your knees
Stay low like you're
sitting in a chair;
use your legs, not your back

CONSISTENCY BUILDS CONFIDENCE

Created by: Chris 'Euro' Elder

The Standard vs. The Elite Approach:

- **Want to get better? Do this once a day, Monday–Friday.**
- **Want to be elite? Do it twice a day—before and after your workouts.**

Apply this consistently for a month, and you'll start to see major improvement in your handle, stance, and control.

Why This Matters – My Story:

I did this drill almost every single day—six days a week. Before my weightlifting or skills session with Coach Lo (one of the best trainers I've ever worked with), I'd run through these six sequences as a warm-up. Two sets each. It would take me 20–25 minutes, depending on how long I rested in between.

After lifting and grinding through an hour to hour-and-a-half workout, I'd do the drill again. And let me tell you—my forearms would be on fire. No cap. I stuck with that routine for 3–4 months straight. That consistency helped take my ball handling from solid to elite. It gave me the confidence to handle the ball against strong defenders.

Final Word:

You won't always feel like doing it—but do it anyway. It's a process. Results come with time, effort, and consistency. Do these drills before and after practice. Push yourself. This is just one piece of building elite-level control and confidence with the ball.

Stick with it, and you'll feel the difference in your game.



Drill Instructions & Recommendations



Drill Sequence:

1. Pound + Alternate Pound
2. Windshield Wipers + Traditional In & Out
3. Back & Forth + Back & Forth Alternate
4. Right Hand Over & Under + Left Hand Over & Under
5. Right Hand High/Left Hand Low + Left Hand High/Right Hand Low
6. Right Hand Loops + Left Hand Loops



Time, Sets & Execution:

- Each drill is 60 seconds.



Switch every 15 seconds between the two variations:

- ➔ 0:00–0:15 = Pound
- ➔ 0:15–0:30 = Alternate Pound
- ➔ 0:30–0:45 = Back to Pound
- ➔ 0:45–1:00 = Finish with Alternate

- Do 1–2 sets of each sequence. That's once or twice per day.
- Mix up your ball height. Go from shin to hip level to work different control points.
- Bend your knees. Stay low like you're sitting in a chair or a slight bend without hunching your back. Let your legs do the work to take pressure off your back.
- Keep your head up. It's okay to glance down at first to get your rhythm—but work towards keeping your eyes up.
- Note: Some drills have different actions in each hand. That means you'll need to do the drill twice to switch roles and build symmetry.

WATCH THE FULL VIDEO
HERE.... CLICK ON
ME!



Need Help Breaking These Drills Down?



Always remember that your effort means everything! Consider these things and keep them in mind while trying to attack each drill:

- **Lock in on your stance-** it's important to know which stance is suitable for the drill you are doing.
- **There is no such thing as being perfect,** once you accept this, it's a better chance you'll get to the point where you do have nearly perfected reps but that comes with repetition.
- **EVERYTHING IS A RHYTHM...** you always want to find a rhythm before attempting to speed up. Once you do this attack the drill and embrace every mistake that you make by attacking again like it never happened.
- **Your arms and forearms will feel like they are going to fall off,** work through the fatigue and challenge yourself.
- **A few of the drills will be very challenging in the beginning** because you have to learn how to do two movements with each hand at once. Give yourself grace and keep trying.



Need help with the technique? Watch the break down here.

Tap the picture below for the video



Want More? Let's Connect!



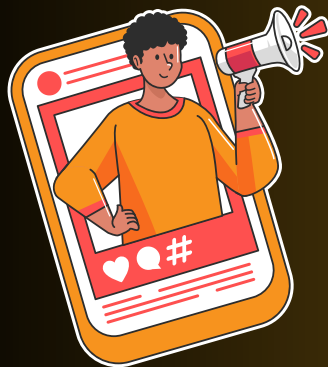
Work with me 1-on-1, get more training plans, or explore everything Cook4Ever offers:



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“Tag me when you’re working
through this drill-I’d love to see
your progress!”

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**“Stay true to the process and the results
will follow.”**

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