



DEVELOP THE FORCE WITHIN

SKILL CARD #001



QUIET HANDS CHALLENGE

No dribbling. No excuses.

Grab a basketball, find a little space, and see if you can complete the entire challenge without dropping the ball!

WATCH THE VIDEO



SCAN
TO VIEW
WORKOUT
VIDEO!

SKILL FOCUS



HAND
SPEED



BALL
CONTROL



COORDINATION



CONFIDENCE

PICK YOUR LEVEL



ROOKIE

Complete 1 Round

☐


BALLER

Complete 2 Rounds

☐


D-FORCE

Complete 3 Rounds

☐

BONUS CHALLENGE



Can you complete an entire round...

WITHOUT DROPPING THE BASKETBALL?

☐

COACH BRANDON'S KEYS

- ✓ Keep your eyes up.
- ✓ Quick hands are more important than fast feet.
- ✓ Stay in an athletic stance with your knees bent.
- ✓ Focus on getting a little better every time you pick up a basketball.



THE CHALLENGE

1 FINGER TIP SNAPS 30 SECONDS

Snap the ball up using your fingertips. Keep it controlled.

Do about 10 seconds on each side. Repeat 3x each side for a total of 30 seconds.



2 FINGER TIP TAPS 30 SECONDS

Tap the basketball as quickly as possible using only your fingertips. Keep your eyes up!



3 AROUND THE WORLD 10 REPS EACH DIRECTION

Move the basketball around: Head → Waist → Knees. Then reverse direction.



4 FIGURE 8'S 30 SECONDS

Pass the basketball through your legs in a continuous figure-8 motion. Stay low. Stay athletic.



5 AROUND ONE LEG 10 CIRCLES EACH LEG

Circle the basketball around one leg without hitting your knee or losing control. Repeat on the opposite leg.



6 QUICK HANDS DROP DRILL 20 REPS

Start in a wide athletic stance. Hold the ball in between your legs with one hand in front of one leg and the other hand behind the other leg. Release the ball and switch hands without letting the ball drop. Stay low and controlled.



ATHLETE COMPLETION

Athlete Name: _____

Date: _____

DEVELOP THE FORCE WITHIN.

Great players aren't made in one workout—they're built through consistent effort, one skill at a time.

