

BALL HANDLING

Player Development Plan 2026

OFF-SEASON

PRE-SEASON

IN-SEASON

POST-SEASON

Phase	Dates	Total	Focus
Base	Apr 1 – Apr 4	2	Stationary Control, Weak Hand, Ball Control
Cycle 1	Apr 5 - May 2	16	Ball Handling Basics, Change of Pace, Control
Cycle 2	May 3 - May 23	12	Live Dribble, On-the-Move Control, Pressure Work
Assessment 1	May 24 - May 30	2	Low-Intensity Dribbling, Form, Control
Cycle 3	May 31 - Jun 27	16	Power Dribble, Timing, Body Control
Cycle 4	Jun 28 - July 25	16	High-Intensity Dribbling, Pressure, Game Speed
Assessment 2	July 26 - Aug 1	2	Control, Rhythm, Game Speed Reps
Cycle 5	Aug 2 - Sept 5	15	Control, Decision-Making, Pressure Reads
Cycle 6	Sept 6 - Oct 17	18	Refinement, Decision-Making, Game Control
Assessment 3	Oct 18 - Oct 24	2	Ball Control, Form, Recovery Work
Cycle 7	Oct 25 - Nov 28	10	Game-Ready Handles, Attacking Reads, Decision-Making
Cycle 8	Nov 29 - Dec 26	8	Low-Volume Handles, Control, Maintenance
Assessment 4	Dec 27 - Jan 2	2	Ball Control, Routine, Recovery Reset
Cycle 9	Jan 3 - Feb 20	14	Game Control, Efficiency, Decision-Making
Cycle 10	Feb 21 - Mar 20	6	Advanced Counters, Creativity, Game Reads
Transition	Mar 21 - Mar 31	0	Full Recovery, Mobility, Mental Reset

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Workout

 Player

Anaya Beard ▾

 Date

04/08/26

 Time

60 Minutes

 Focus

Pressure

 Location

Court

 Cycle

1.1.3

Warm-Up (10 Minutes)

Drill	Description	Completed
Pound Dribbles	Waist Height – 3 x 30 sec (Right & Left)	<input checked="" type="checkbox"/>
Pound Dribbles	Low & Tight – 3 x 30 sec (Right & Left)	<input checked="" type="checkbox"/>
Push-Pull Dribble	3 x 20 sec (Each Hand)	<input checked="" type="checkbox"/>
Side-to-Side Ball Swings	3 x 20 sec	<input checked="" type="checkbox"/>

On-the-Move Dribbling (30 Minutes)

Drill	Description	Completed
Full-Court Speed Dribble	3 Rounds (Each Hand)	<input checked="" type="checkbox"/>
Change of Pace	Slow to Fast 3 Rounds (Each Side)	<input checked="" type="checkbox"/>
Zig-Zag Dribble	Between & Crossover 3 Rounds	<input checked="" type="checkbox"/>
Combo Move to Finish	Cross-Hesi, In & Out, Behind 4 Rounds x 5 Finishes	<input checked="" type="checkbox"/>
Freestyle Moves	Pick Any Combo 3 Rounds x 30 sec	<input checked="" type="checkbox"/>

Pressure Drills + Finisher (20 Minutes)

Drill	Description	Completed
Mirror Defender Drill	3 Rounds x 30 sec	<input checked="" type="checkbox"/>
Trap Escape	2 Rounds x 3 Reps (Each Side)	<input checked="" type="checkbox"/>
1-on-1 Pressure Dribble	Light Contact – 3 Rounds	<input checked="" type="checkbox"/>
		<input type="checkbox"/>

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Progress Tracker: Cycle 1

Date	Workout Name	Summary	Focus Area	Completion	Notes
			Foundation	94%	
04/06/26	Ball Handling - Workout 1.1.1	- Stationary Dribbling - Weak Hand Development - Ball Control	Ball Control	100%	Excellent control today. Weak-hand work was confident and clean.
04/07/26	Ball Handling - Workout - 1.1.2	- Change of Pace - Quick Combo Moves - Weak Hand Reinforcement	Ball Control	100%	Very solid session. Change-of-pace and combo control were sharp.
04/08/26	Ball Handling - Workout - 1.1.3	- Live Dribbling - On-the-Move Dribbles - Pressure Drills	Pressure	100%	Good work under pressure. Reactions looked quicker and more active.
04/09/26	Ball Handling - Workout - 1.1.4	- Reaction-Based Dribbling - Handling Pressure - Defender Reads	Pressure	100%	Excellent session vs pressure. Stayed composed and made good reads.
04/13/26	Ball Handling - Workout - 1.2.1	- Speed - Control - Full-Court Handling	Ball Control	100%	Strong full-court control today. Speed and ball security were solid.
04/14/26	Ball Handling - Workout - 1.2.2	- Weak Hand - Hand Speed - Reaction Handling	Ball Control	100%	Decent session. Weak hand and hand speed need more consistency.
04/16/26	Ball Handling - Workout - 1.2.3	- Attacking Off the Dribble - Footwork & Control	Attack	0%	Missed session. Needs to be made up.
04/17/26	Ball Handling - Workout - 1.2.4	- Handling Under Pressure - Dribbling in Traffic	Pressure	100%	Very good job in traffic. Showed strong control and composure.
04/20/26	Ball Handling - Workout - 1.3.1	- Advanced Ball Control - Full-Speed Attacks	Ball Control	100%	Good progress today. Full-speed control and rhythm improved.
04/21/26	Ball Handling - Workout - 1.3.2	- Change of Direction - Handling Under Pressure	Attack	100%	Solid attacking session. Continue tightening control under pressure.

04/22/26	Ball Handling - Workout - 1.3.3	- Combo Moves - Explosive Finishing Off Dribble	Attack	100%	Good effort on combo moves. Improve control and finishing balance.
04/23/26	Ball Handling - Workout - 1.3.4	- Game Situational Dribbling - Creating Space	Attack	100%	Excellent session. Created space and attacked at game speed.
04/27/26	Ball Handling - Workout - 1.4.1	- On-Ball Pressure - Full-Court Speed	Pressure	100%	Good effort. Pressure handling and speed need more control.
04/28/26	Ball Handling - Workout - 1.4.2	- Handling Through Traffic - Defensive Reads	Pressure	100%	Strong work in traffic. Reads and decisions were sharp.
04/30/26	Ball Handling - Workout - 1.4.3	- Creating Space - Attack Moves - Explosive Finishing	Attack	100%	Excellent attacking session. Finishing was confident and controlled.
05/01/26	Ball Handling - Workout - 1.4.4	- Creating Space - Attack Moves - Explosive Finishing	Attack	100%	Excellent execution today. Game-speed control and pace were strong.