



## DAILY HANDLES + MISDIRECTION

**Build a handle you can trust.** One ball. Two markers. A timer. A safe, flat space. No partner or basket required.

### YOUR DAILY 20-MINUTE ROUTINE

**0:00-2:00 | Prepare.** 30 seconds each: relaxed dribble and footwork; right-hand low-to-high pounds; left-hand low-to-high pounds; alternating crossovers. Start controlled and build speed.

**2:00-7:00 | Handle lab.** Complete the five 1-minute stations on page 2. Each station is 40 seconds of work + 20 seconds to rest/reset.

**7:00-13:00 | Misdirection lab.** Complete all three drills on page 3. Each drill: 40 seconds attacking right, 20 seconds rest; 40 seconds attacking left, 20 seconds rest.

**13:00-18:00 | Game-speed transfer.** Complete the five 1-minute rounds on page 4. Each round is 40 seconds of work + 20 seconds rest/reset.

**18:00-20:00 | Review.** Film 20 seconds of your weak-side move. Review the ball, eyes and first step; log the session and one cue for tomorrow.

### THE H4M STANDARD

**Eyes forward.** Pick a wall target. Brief checks are okay while learning; work toward seeing the floor. **Move your feet.** Bend through hips and knees, keep your chest balanced, and push out of each cut.

**Control before speed.** Keep the ball within reach and below the waist on direction changes. Use fingertips and a firm push. Your off arm protects space with a bent elbow; do not push or hook an imaginary defender.

**Keep it legal.** Keep your hand on top or the side of the ball. Do not let the ball rest in your hand during a hesitation; keep the dribble alive. After a loss, retrieve, reset and continue the clock.

**Daily does not mean max effort every day.** Use the easy-day option on page 4 after heavy practices. Stop for pain. At home, keep moving drills compact if space is limited.

### THANK YOU FOR TRAINING WITH H4M

Thank you for trusting me with your development. Keep showing up, give your weaker hand honest work, and take pride in your progress. I look forward to seeing your hard work on the court.

**Coach T | Never Full. Stay Hungry.**



## CONTROL THE BALL

**Five stations. Five minutes.** Work for 40 seconds, reset for 20. Start with your weaker hand whenever the station allows.

### 1 | POUND TO POCKET

**How:** Pound twice beside your right foot, then push the ball slightly back beside your hip into a protected pocket. Keep dribbling; bring it forward and repeat. Switch hands at 20 seconds.

**Cue:** Lower your hips, keep your hand above/alongside the ball, and shield with your body.

**Level up:** Add a short forward step on each pound and a retreat step into the pocket.

### 2 | COACH T'S 6'S

**How:** In/out-cross, in/out-cross; in/out-behind, in/out-behind; in/out-between, in/out-between. That six-action sequence is one cycle. **Six cycles = one set.** Work through cycles for 40 seconds; log your total and resume the set next session if needed.

**Cue:** Each in/out stays in the same hand and fakes a crossover; the next change transfers the ball. The receiving hand begins the next action.

**Level up:** Add a shoulder fake to the in/out and a sharp lateral step on each transfer.

### 3 | V-DRIBBLE + HIP TURN

**How:** With one hand, push the ball side to side in front of your body without switching hands. Every third V, turn your hips slightly and pull the ball outside your foot. Switch at 20 seconds.

**Cue:** Push across and pull back from the side; never scoop underneath.

**Level up:** Add a small lateral step, then return to your starting spot.

### 4 | DOUBLE CHANGE + FREEZE THE BODY

**How:** Cross-between, pause your body for one live pound, then repeat starting in the opposite hand. Alternate continuously.

**Cue:** The body pause is a pace change; the ball never stops. Sell one direction before changing again.

**Level up:** Use between-behind instead; keep the second change tight and low.

### 5 | WEAK-HAND PUSH / PULL

**How:** With your weaker hand, push one dribble forward as you step, then retreat one step while pulling the ball back beside your hip. Repeat without changing hands.

**Cue:** Stay balanced; move your feet with the ball instead of reaching.

**Level up:** Alternate a low retreat with a quicker forward burst. Keep every rep under control.



## SELL IT. SHIFT. GO.

**Misdirection needs a believable story.** Show one direction with eyes, shoulders and a step; take the ball and your body another direction. Slow setup. Fast exit.

### 1 | IN/OUT GO + IN/OUT CROSS

**Setup:** Place a marker 4-6 feet in front of you as an imaginary defender. Approach with the ball in your right hand.

**Action:** Push the ball inward without switching hands, dip your left shoulder and show a small left step. Bring the ball back outside to the right and burst past the marker for two dribbles. Reset. On the next rep, use the same fake but cross to your left and exit left.

**Mirror:** Start with the ball in your left hand for the second work interval.

**Check:** Does your fake look the same on both versions? Your exit must move your body past the marker, not only the ball.

### 2 | HANG HESITATION + CROSS COUNTER

**Setup:** Approach the marker at a relaxed pace with a live dribble.

**Action:** Rise slightly, look toward an imaginary rim, and take a short setup step as though you might shoot. Keep the hand on top/side and continue the bounce. Drop your hips and burst straight past the marker. On the next rep, show the same hesitation, then cross low and exit the other way.

**Mirror:** Use the opposite starting hand in interval two.

**Check:** The ball must not come to rest. If you carry it, use a simple live pound during the hesitation until you can control it.

### 3 | RETREAT + RE-ATTACK

**Setup:** Place two markers 6-8 feet apart. Start at the first and attack toward the second.

**Action:** Near marker two, protect the ball beside your hip and retreat two short steps, keeping your dribble alive. Look up, plant with balance, cross or go between your legs, and burst back toward marker two. Alternate a direction change with a same-hand re-attack.

**Mirror:** Begin with the opposite hand in interval two.

**Check:** Stay facing the play during the retreat. Create space with your feet; do not lean backward and reach for the ball.

### MAKE THE FAKE BELIEVABLE

**One setup. One move. One burst.** Exit for two hard dribbles, then reset. Avoid adding moves just to look busy. Markers build execution; in games, use the move or counter that fits the defender's position and response.



## MAKE IT YOURS

**Five rounds. Five minutes.** Work 40 seconds and rest 20. Use a 6-8 foot lane; if space is tight, use one marker and two compact exit steps.

### GAME-SPEED TRANSFER

**Round 1 - Right-side attack:** Start right hand. Approach, sell an in/out, exit right for two dribbles. Walk-dribble back and repeat.

**Round 2 - Left-side attack:** Mirror round 1 with your left hand.

**Round 3 - Counter:** Alternate in/out-go and in/out-cross, changing the starting hand each rep.

**Round 4 - Escape:** Attack, retreat two steps, change hands and re-attack. Alternate sides.

**Round 5 - Random cue:** Record a shuffled audio list of "go," "cross" and "retreat" with 5-6 seconds between cues. Play it while approaching your marker; perform the called action and exit. If no phone, choose the order before the round.

### FOUR-WEEK PROGRESSION

**Week 1 | Own it:** Use about 60-70% of your fastest controlled pace. Learn every sequence. Goal: no more than two losses in each 40-second interval before adding speed.

**Week 2 | Sell it:** Add clear eye, shoulder and foot fakes. Goal: five clean exits in each direction for every misdirection drill.

**Week 3 | Separate:** Build a clear slow-to-fast change. Goal: complete two sessions with no carries on your filmed reps and no more than two losses per interval.

**Week 4 | Choose:** Use random cues for the final round. Goal: eight correct responses out of ten cues, with control. Repeat this week and increase pace only while keeping the standard.

**Easy day: 8 minutes.** Two-minute warm-up, five-minute handle lab at relaxed speed, one-minute review. After a heavy practice, keep the skill touch without adding another full-speed session.

### YOUR WEEKLY SCORECARD

A clean exit = a believable fake, legal live dribble, balanced direction change and two controlled burst dribbles. Track both directions; count weak-side reps honestly.

| DAY | MIN | BALL LOSSES | CLEAN EXITS R / L | NEXT CUE |
|-----|-----|-------------|-------------------|----------|
| Mon |     |             |                   |          |
| Tue |     |             |                   |          |
| Wed |     |             |                   |          |
| Thu |     |             |                   |          |
| Fri |     |             |                   |          |
| Sat |     |             |                   |          |
| Sun |     |             |                   |          |