

CIRCUIT BREAKERS: ELEMENTARY

October Week 1 Homework — BUILD THE WEAK HAND

THIS WEEK'S FOCUS

CONTROL IT. MOVE WITH IT. FINISH WITH IT.

This week is about becoming more comfortable using your WEAK HAND. We are not trying to make it perfect in one week. We are trying to make it more confident, coordinated, and useful every day.

- Manipulating the basketball with your weak hand
- Dribbling while moving
- Changing body and foot positions without losing the ball
- Using step-throughs, spin backs, and extend steps
- Finishing weak-hand layups while moving fast and under pressure

RULE OF THE WEEK: Your strong hand does not get to rescue your weak hand.

DAY 1 — OWN THE BALL

Focus: Stationary Weak-Hand Ball Manipulation

- Weak-Hand Pounds — 30 low, 30 waist-high, 30 hard/high
- Weak-Hand Side-to-Side Dribbles — 30 seconds
- Weak-Hand Front-to-Back Dribbles — 30 seconds
- Weak-Hand In-and-Out — 20 reps
- Weak-Hand Pocket Dribbles — 20 reps
- Weak-Hand Freestyle — 2 minutes; stay on your weak hand and change height, rhythm, direction, and speed.

Challenge: How many hard weak-hand dribbles can you complete in 30 seconds without losing the ball?

Score: _____

DAY 2 — MOVE WITH IT

Focus: Dynamic Weak-Hand Ball Handling

- Walking Dribble — down and back
- Jogging Dribble — down and back
- Full-Speed Dribble — down and back × 2
- Change Heights — low → high → low while moving; down and back × 2
- Change Speeds — slow → fast → slow → fast; down and back × 2
- Weak-Hand Push Dribble — push the ball out in front and GO; 5 attacks

Rule: Do not stare at the basketball. Try to keep your eyes forward.

Challenge: Go full speed with your weak hand and see how far you can travel without losing control.

DAY 3 — CONNECT YOUR HANDS + FEET

Focus: Weak-Hand Footwork

- STEP-THROUGH — weak-hand dribble → control → step-through → weak-hand finish; 5 reps each side.
- SPIN BACK — weak-hand attack → spin back → regain balance → weak-hand finish; 5 reps each side.
- EXTEND STEP — weak-hand attack → extend step → protect the basketball → weak-hand finish; 5 reps each side.

Footwork Challenge: Complete 12 total reps. Choose randomly between step-through, spin back, and extend step. Do not decide until you begin the rep.

Remember: THE BALL AND YOUR FEET HAVE TO WORK TOGETHER.

DAY 4 — WEAK-HAND FINISHING

Focus: Make the Weak Hand Finish

- Regular Weak-Hand Layups — 10 makes
- Weak-Hand Layups at Speed — 10 makes
- Weak-Hand Step-Through Finishes — 5 makes
- Weak-Hand Extend-Step Finishes — 5 makes
- Weak-Hand Spin-Back Finishes — 5 makes

Pressure Challenge: Make 5 weak-hand layups in a row. Miss? Your score goes back to zero. Best streak:

DAY 5 — ADD PRESSURE

Focus: Can Your Weak Hand Survive?

- Use safe, controlled pressure from a parent, sibling, or partner: shadow your movement, give light body contact, put a hand up at the rim, or count down your time.
- 5 pressure weak-hand attacks
- 5 pressure weak-hand layups
- 5 step-through finishes
- 5 extend-step finishes
- 5 spin-back finishes

No partner? Use a chair, cone, shoe, backpack, or another safe object as an imaginary defender.

Pressure Challenge: 60 seconds. How many weak-hand layups can you MAKE? Score: _____ Try again: _____ Beat your first score? YES / NO

DAY 6 — WEAK-HAND CIRCUIT

Focus: Everything Comes Together

- Complete 3 rounds:
- 20 hard weak-hand pounds
- 10 weak-hand in-and-outs
- 20 seconds weak-hand ball manipulation
- Weak-hand speed dribble
- Step-through → weak-hand finish
- Extend step → weak-hand finish
- Spin back → weak-hand finish

Final Round Rule: NO STRONG-HAND DRIBBLES. If you accidentally use your strong hand, reset that rep.

DAY 7 — WEAK-HAND TEST

Focus: See What Changed

- TEST 1 — CONTROL: Weak-hand dribble for 60 seconds. Losses: _____

- TEST 2 — MOVEMENT: slow, fast, low, high, and push dribble. Could you do it without switching hands? YES / NO
- TEST 3 — FOOTWORK: 5 step-throughs, 5 spin backs, 5 extend steps. Best: _____ Hardest: _____
- TEST 4 — FINISHING: Make 10 weak-hand layups. Attempts: _____
- FINAL CHALLENGE: Make 3 weak-hand finishes in a row using step-through, spin back, and extend step. YES / NO

FILM HOMEWORK

Don't only watch highlights. Watch how good players use their off hand / weaker hand when the defense forces them away from their preferred side.

Jalen Brunson — protects the ball, uses his body, and connects footwork to finishes.

Shai Gilgeous-Alexander — uses footwork, stride length, body position, and finishing angles.

Kelsey Plum — attacks aggressively in either direction.

TJ Shorts — uses ball control and his feet to create finishing angles.

Chelsea Gray — uses ball manipulation, patience, balance, and control.

Film Challenge: Find 5 possessions where a player has to use their non-dominant hand. Ask:

- Why did they have to use that hand?
- Did they look comfortable?
- What did their feet do?
- How did they protect the basketball?
- How did they finish the play?

WEEK 1 REFLECTION

1. How comfortable is your weak-hand dribble now? 1 — 2 — 3 — 4 — 5
2. What is hardest with your weak hand? _____
3. What improved the most this week? _____
4. Which footwork feels most natural? Step-Through / Spin Back / Extend Step
5. Which footwork needs the most work? Step-Through / Spin Back / Extend Step
6. How confident are you finishing weak-hand layups? 1 — 2 — 3 — 4 — 5
7. What happens to your weak hand when you feel pressure? _____
8. What did you learn from watching film? _____
9. What player did you learn the most from? Why? _____

FINAL QUESTION: Why is developing your weak hand important if a defender already knows which hand you prefer?

NEXT WEEK

This week you learned to **CONTROL** your weak hand. Next week we're going to make it useful against a defense.

WEAK-HAND PASSING + ATTACKING

Handle → Footwork → Attack → Read → Pass

Your weak hand shouldn't just be able to dribble. IT NEEDS TO HELP YOU PLAY BASKETBALL.