

# The 1 Drill Players Need To Stop Doing



I feel foolish saying this, but I wasted hundreds of hours doing this drill...

Crazy, right?

And for YEARS I thought I was doing such a great job while I was getting a sweat on...

**I thought my game was REALLY improving.**

You felt that way before?

Realistically this drill was maybe helping me get some light conditioning, and improving my coordination a bit...

But as far as getting me REAL skills that can be used in REAL games?

It falls painfully short on that.

I found out when I continued to get ripped every time I had the ball in my hands.

**I was embarrassing.**

Once I stopped spending time on this drill, and all my time on things that actually matter, I saw massive changes.

Before I tell you what it is, let me be CLEAR.

I'm not saying players should NEVER do this drill or that there is NO benefit to it...

What I am saying is you can get way more improvement in your game from the time and energy that goes into this drill.

So, dying to know what it is?

## It's ball wraps.

But not just any ball wraps...

Specifically two that don't really help you in a game.

The behind the back wrap has a game use, and to some degree between the legs ball wraps do, also.

But two of the biggest examples that DON'T are the behind the neck wrap and behind the legs wrap, as you can see in the pictures below.



Again, there's a few types of ball wraps that can help a player, and when done in certain sequences those wraps can help.

But generally, I'd ditch these two ball wraps and spend more time working on things that actually help in games.

So what are those things?

I'll actually be going in depth on this in Pro Handles Secrets webinar...

And I'll also show you what you SHOULD be doing to get handles like the pros!

So make sure you're there when we're live, because it's going to change the way you look ball handling forever!

- Coach Jesse Muench  
*#HandleGeek*



