

VIKINGS BASKETBALL HOME DRILLS

1	100 Left & Right Hand Dribble 50 Left & Right Push Passes	2	200 Crossover 50 Line Shot with Technique	3	50 Pound Dribble Left & Right Hand 50 Baseball passes	4	3 min head up walking dribble Left & Right Hand 50 Double Hand Chest passes	5	20 Leg wraps each leg, fwd and back directions 100 lying shots	6	100 Left and Right Hook Dribbles 3 minutes up and down finger taps	7	3 min per hand layup skip drill 50 behind the back dribbles
8	100 Left & Right Hand Fwd/Back 50 Between Legs Left Fwd then Right Fwd	9	100 Left & Right Hand Dribble 50 Left & Right Push Passes	10	3 min head up walking dribble Left & Right Hand 50 Double Hand Chest passes	11	200 Crossover 50 Line Shot with Technique	12	100 Left and Right Hook Dribbles 3 minutes finger taps	13	50 Lying on back shot flicks 200 Right and Left Hand Dribble	14	3 min spider drill 50 strong arm baseball passes
15	20 Leg wraps each leg, fwd and back directions 100 lying shots	16	3 min head up walking dribble each hand 50 Double Hand Chest passes	17	100 Left & Right Hand Dribble 50 Left & Right Push Passes	18	3 min per hand layup skip drill 50 behind the back dribbles	19	100 Left & Right Hand Fwd/Back 50 Between Legs Left Fwd then Right Fwd	20	3 min spider drill 50 strong arm baseball passes	21	100 Left & Right Hand Dribble 50 Left & Right Push Passes
22	200 Crossover 50 Line Shot with Technique	23	50 Lying on back shot flicks 200 Right and Left Hand Dribble	24	100 Left & Right Hand Fwd/Back 50 Between Legs Left Fwd then Right Fwd	25	100 Left & Right Hand Dribble 50 Left & Right Push Passes	26	20 Leg wraps each leg, fwd and back directions 100 lying shots	27	100 Left and Right Hook Dribbles 3 minutes finger taps	28	3 min head up walking dribble Left & Right Hand 50 Double Hand Chest passes
29	3 min per hand layup skip drill 50 behind the back dribbles	30	100 Left & Right Hand Fwd/Back 50 Between Legs Left Fwd then Right Fwd	31	200 Crossover 50 Line Shot with Technique								

Notes: Numbers are per hand/side - These are Beginner Levels multiply by 2x or 3x for greater development