

Two Ball Cone Pounds (East/West)

Pound two balls directly next to the cones, then bring both balls overtop the cones and pound the balls directly next to the cones on the other side, as quickly as possible.

Two Ball Cone Pounds (North/South)

Pound two balls directly behind the cones, then bring both balls overtop the cones and pound the balls directly in front of the cones, as quickly as possible.

4-Cone Pick Up Dribbling

Place four cones in a straight line, approximately 10 feet apart. Start on the baseline with a live dribble, dribbling the ball with either hand, 10 feet behind the first cone. Make two explosion dribbles, which should get you to the first cone.

When you get to the first cone, dribble hold (stay in an universal stance while pound dribbling the ball), while picking up the cone, tapping the top of the cone to the ground, and then setting down the cone back to how it started, with your off-hand. After you set the cone down, attack the second cone and continue the same steps, so that you dribble hold while tapping the top of the cone to the ground at each of the four cones. Switch hands and dribble with the opposite hand on the way back to the baseline.

Behind The Back Crossovers

Cross the ball over, behind your back, from one hand to the other, while keeping the ball below knee-level at all times.

Behind The Back: Crossover

Cross the ball over, behind your back, from one hand to the other, then quickly cross the ball over, in front of your body, from knee-to-knee, while keeping the ball below knee-level at all times. Continue to work on the "Behind the Back, Crossover" by making a behind the back crossover, followed by a quick crossover in the same direction.

Between The Leg X's

Cross the ball over, between your legs, from one hand to the other, while keeping the ball below knee-level at all times. The ball should make an "X" figure.

Between The Leg X's With Resistance

Cross the ball over, between the legs, from one hand to the other, while keeping with the ball below knee-level at all times, while your partner fouls your shoulders and arms to simulate game contact and hand-checks. The ball should make an "X" figure.

Between The Legs Behind The Back

Cross the ball over, between your legs, from one hand to the other, then quickly cross the ball over, behind your back, while keeping the ball below knee-level at all times. Continue to work on the "Between the Legs, Behind the Back" by making a between the legs crossover, followed by a quick behind the back crossover around the same leg.

Cone Pounds (East/West)

Pound the ball directly next to the cone, then bring the ball overtop the cone and pound the ball directly next to the cone on the other side, as quickly as possible.

Cone Pounds (North/South)

Pound the ball directly behind the cone, then bring the ball overtop the cone and pound the ball directly in front of the cone, as quickly as possible.

Crossovers

Cross the ball over, in front of your body, from knee-to-knee, from one hand to the other, while keeping the ball below knee-level at all times.

Explosion Dribble Tennis Ball Catches

Start on the baseline with a live dribble, dribbling the ball with either hand. Your partner will be holding two tennis balls at the free throw line. If your partner drops the tennis ball that is on the same side as the hand that you are dribbling the ball with, make a double change of hand move and explode and catch the tennis ball with your off-hand before the tennis ball bounces twice. If your partner drops the tennis ball that is on the opposite side as the hand that you are dribbling the ball with, make a change of hand move and explode and catch the tennis ball with your off-hand before the tennis ball bounces twice. After each catch, toss the tennis ball back to your partner and quickly get back in the starting position on the baseline.

4 Dribble Combos

Cross the ball over, in front of your body, from knee-to-knee, from one hand to the other, while keeping the ball below knee-level. Receive the ball with your other hand, then complete an "Inside Out" by momentarily bringing the ball towards the middle of your body (while keeping your hand overtop the ball), and then bringing the ball back to the outside of your leg before crossing the ball over, between your legs. After receiving the ball with the other hand, quickly cross the ball over, behind your back. Continue completing the "Four Dribble Combos" by continually making a crossover, an "Inside Out," a between the legs crossover, and a behind the back crossover in that order.

Inside Out: Behind The Backs

Cross the ball over, behind your back, from one hand to the other. Receive the ball with your other hand, then complete an "Inside Out" by momentarily bringing the ball towards the middle of your body (while keeping your hand overtop the ball), and then bringing the ball back to the outside of your leg before making another behind the back crossover. Continue working on "Inside Out, Behind the Backs" by making a behind the back crossover in-between each "Inside Out" move.

Inside Out: Between The Legs

Cross the ball over, between your legs, from one hand to the other, while keeping the ball below knee-level. Receive the ball with your other hand, then complete an "Inside Out" by momentarily bringing the ball towards the middle of your body (while keeping the hand overtop the ball), and then bringing the ball back to the outside of your leg before making another between the legs crossover. Continue working on "Inside Out, Between the Legs" by making a between the legs crossover in-between each "Inside Out" move.

Inside Out: Crossovers

Cross the ball over, in front of your body, from knee-to-knee, from one hand to the other, while keeping the ball below knee-level. Receive the ball with your other hand, then complete an "Inside Out" by momentarily bringing the ball towards the middle of your body (while keeping your hand overtop the ball), and then bringing the ball back to the outside of your leg before making another crossover. Continue working on "Inside Out, Crossovers" by making a crossover in-between each "Inside Out" move.

Pound: Behind The Back: Crossovers

Cross the ball over, behind your back, from one hand to the other, while keeping the ball below knee-level at all times, with one pound in-between each behind the back crossover.

Pound: Behind The Back: Crossover

Pound the ball once, then cross the ball over, behind your back, from one hand to the other, then quickly cross the ball over, in front of your body, from knee-to-knee, while keeping the ball below knee-level at all times. Continue to work on "Behind the Back, Crossover" by making a behind the back crossover, followed by a quick crossover, with one pound dribble in-between each "Behind the Back, Crossover" move.

Pound: Between The Leg X's

Cross the ball over, between your legs, from one hand to the other, while keeping the ball below knee-level at all times, with one pound in-between each between the legs crossover. The ball should make an "X" figure.

Pound: Between The Legs, Behind The Back

Pound the ball once, then cross the ball over, between your legs, from one hand to the other, then quickly cross the ball over, behind your back, while keeping the ball below knee-level at all times. Continue to work on "Between the Legs, Behind the Back" by making a between the legs crossover, followed by a quick behind the back crossover, with one pound dribble in-between each "Between the Legs, Behind the Back" move.

Pound: Crossovers

Cross the ball over, in front of your body, from knee-to-knee, from one hand to the other, while keeping the ball below knee-level at all times, with one pound dribble in-between each crossover.

Pound: Inside Out Dribbles

Continuously complete "Inside Out Dribbles" with the same hand. Complete "Inside Out Dribbles" by pounding the ball once, outside your leg, then momentarily bringing the ball towards the middle of your body (while keeping your hand overtop the ball, then bringing the ball back to the outside of your leg before dribbling again. Continue working on "Inside Out Dribbles" by dribbling once in-between each "Inside Out Dribble."

Pound: UTEP Two-Step

Pound dribble the ball once, then cross the ball over, between your legs, from one hand to the other, then quickly cross the ball over, in front of your body, from knee-to-knee, while keeping the ball below knee-level at all times. Continue to work on "UTEP Two-Step" by making a between the legs crossover, followed by a quick crossover, with one pound dribble in-between each "UTEP Two-Step" move.

Pull Back X-Outs

Start on one of the blocks and dribble to the opposite elbow. As soon as you get to the elbow, quickly get in a protective closed stance and make two long and quick pullback dribbles to retreat to the same-side block. As soon as you get to the block, make a change of hand move and repeat the same steps, so that you are continuously dribbling across the lane from the block to the opposite elbow, then pulling back the ball to the same-side block.

Rapid Fire Dribbles

Quickly dribble the ball ankle-level, as fast as possible, while staying in a universal stance.

Running Two-Ball Alternate Pounds

Pound dribble two balls (one in each hand), so that the balls bounce in an alternating manner, knee-level, while sprinting forward.

Running Two-Ball Pounds

Pound dribble two balls (one in each hand) so that both balls bounce at the same time, knee-level while sprinting forward.

Shoulder Sled

Push-dribble the ball out in front, while running forward in a straight line, as fast as possible, while your partner holds your shoulders to provide resistance.

Side To Side Dribbles

Dribble the ball from side-to-side (outside your knee to the middle of your body), only using one hand, while keeping the ball below knee-level at all times.

Stationary Pounds

Pound dribble the ball knee-level, while staying in a universal stance.

Stationary Two-Ball Alternate Pounds

Pound dribble two balls (one in each hand), so that the balls bounce in an alternating manner, knee-level, while staying in a universal stance.

Stationary Two Ball Pounds

Pound dribble two balls (one in each hand) so that both balls bounce at the same time, knee-level while staying in a universal stance.

Tight Zig-Zag Behind The Back

Cross the ball over, behind your back, from one hand to the other, while keeping the ball below knee-level at all times, with one pound dribble in-between each behind the back crossover, while moving forward in a zig-zag pattern.

Tight Zig-Zag Between The Legs

Cross the ball over, between your legs, from one hand to the other, while keeping the ball below knee-level at all times, with one pound dribble in-between each between the legs crossover, while moving forward in a zig-zag pattern.

Tight Zig-Zag Combos

Quickly make a three change of hand move combination (crossover, between the legs crossover, behind the back crossover, etc.), while keeping the ball below knee-level at all times, with one pound dribble in-between each triple change of hand move combination, while moving forward in a zig-zag pattern.

Tight Zig-Zag Crossovers

Cross the ball over, in front of your body, from knee-to-knee, from one hand to the other, while keeping the ball below knee-level at all times, with one pound dribble in-between each crossover, while moving forward in a zig-zag pattern.

Two-Ball High/Low Dribbles

Pound dribble one ball knee-level, while pound dribbling another ball ankle-level, as quickly as possible, while staying in a universal stance.

Two-Ball On Your Spot Drill

Pound dribble two balls knee-level, while staying low in a universal stance, while your partner pushes and pulls you in all directions from behind. Try to maintain in the same position on the floor ("own your spot") throughout the entire drill.

Two-Ball Pound: Behind The Back Crossovers

Cross one ball over, behind your back, from one hand to the other, while crossing the other ball over, in front of your body, from knee-to-knee, while keeping both balls below knee-level at all times, with one pound in-between each change of hand move. One ball should be continually crossed over, behind your back, while the other ball should be continually crossed over, from one hand to the other, in front of your body, from knee-to-knee, with one pound in-between each change of hand move.

Two-Ball pound, behind the back, crossovers

Cross one ball over, behind your back, from one hand to the other, while crossing the other ball over, in front of your body, from knee-to-knee, while keeping both balls below knee-level at all times. After receiving each ball with the opposite hand, quickly cross both balls over, in front of your body (one near your body, one away from your body), from knee-to-knee, from one hand to the other, while keeping both balls below knee-level at all times. After completing the "Behind the Back, Crossover," make one pound dribble with both balls. One ball should continuously complete "Behind the Back, Crossovers," while the other ball should be continuously crossed over, from one hand to the other, in front of your body, from knee-to-knee, with one pound in-between each "Behind the Back, Crossover" move.

Two-Ball pound, between the leg X's

Cross one ball over, between your legs, from one hand to the other, while crossing the other ball over, in front of your body, from knee-to-knee, with one pound in-between each change of hand move, while always keeping both balls below knee-level. One ball should make an "X" figure, traveling between your legs, while the other ball should be continually crossed over, from one hand to the other, in front of your body, from knee-to-knee, with one pound

in-between each change of hand move.

Two-Ball pound, between the legs, behind the back crossovers

Cross one ball over, between your legs, from one hand to the other, while crossing the other ball over, in front of your body, from knee-to-knee, while keeping both balls below knee-level at all times. After receiving each ball with the opposite hand, quickly cross one ball over, behind your back, from one hand to the other, while crossing the other ball over, in front of your body, from knee-to-knee, while keeping both balls below knee-level at all times. After completing the "Between the Legs, Behind the Back Crossover," make one pound dribble with both balls.

One ball should continuously complete "Between the Leg, Behind the Back Crossovers," while the other ball should be continuously be crossed over, from one hand to the other, in front of your body, from knee-to-knee, with one pound in-between each "Between the Legs, Behind the Back Crossover" move.

Two-Ball pound, between the leg, crossover

Cross one ball over, between your legs, from one hand to the other, while crossing the other ball over, in front of your body, from knee-to-knee, while keeping both balls below knee-level at all times. After receiving each ball with the opposite hand, quickly cross both balls over, in front of your body (one near your body, one away from your body), from knee-to-knee, from one hand to the other, while keeping both balls below knee-level at all times. After completing the "Between the Legs, Crossover," make one pound dribble with both balls. One ball should continuously complete "Between the Leg, Crossovers," while the other ball should be continuously be crossed over, from one hand to the other, in front of your body, from knee-to-knee, with one pound in-between each "Between the Legs, Crossover" move.

Two-Ball pound, crossovers

Cross two balls over, in front of your body one near your body, one away from your body), from knee-to-knee, from one hand to the other, while keeping both balls below knee-level at all times, with one pound dribble in-between each crossover.

Two-Ball rapid fire dribbles

Quickly dribble two balls (one in each hand) ankle-level, as fast as possible, while staying in a universal stance.

Two-Ball shoulder sled

Push dribble two balls out in front, while running forward in a straight line, as fast as possible, while your partner holds your shoulders to provide resistance.

Two-Ball side-to-side dribbles

Dribble two balls from side-to-side (outside your knee to the middle of your body), while keeping both balls below knee-level at all times.

UTEP two-step

Cross the ball over, between your legs, from one hand to the other, then quickly cross the ball over, in front of your body, from knee-to-knee, while keeping the ball below knee-level at all times. Continue to work on the "UTEP Two-Step" by making a between the legs crossover, followed by a quick crossover.

Zig-Zag two ball pound, behind the back crossovers

Cross one ball over, behind your back, from one hand to the other, while crossing the other ball over, in front of your body, from knee-to-knee, while keeping both balls below knee-level at all times, with one pound in-between each change of hand move. One ball should be continually crossed over, behind your back, while the other ball should be continually crossed over, from one hand to the other, in front of your body, from knee-to-knee, with one pound in-between each change of hand move, while moving forward in a zig-zag pattern.

Zig-Zag Two-Ball pound, between the leg X's

Cross one ball over, between your legs, from one hand to the other, while crossing the other ball over, in front of your body, from knee-to-knee, while keeping both balls below knee-level at all times, with one pound in-between each change of hand move. One ball should make an "X" figure, traveling between your legs, while the other ball should be continually crossed over, from one hand to the other, in front of your body, from knee-to-knee, with one pound in-between each change of hand move, while moving forward in a zig-zag pattern.

Zig-Zag Two Ball pound, Crossovers

Cross two balls over, in front of your body (one near your body, one away from your body), from knee-to-knee, from one hand to the other, while keeping both balls below knee-level at all times, with one pound dribble in-between each crossover, while moving forward in a zig-zag pattern.