

# Stationary 2 Basketball Dribbling Drills

Do each drill for 30 –45 sec. Can do 1 to 3 sets

## 1. Double Pound at Ankle Height

Dribble both basketballs as hard as you can at ankle height.

## 2. Double Pound at Waist Height

Dribble both basketballs as hard as you can at waist height.

## 3. Double Pound at Shoulders Height

Dribble both basketballs as hard as you can at shoulder height.

## 4. Double Pound Alternating [https://youtu.be/8n1wEwjI\\_Bk](https://youtu.be/8n1wEwjI_Bk)

With the balls at a comfortable height, alternate the dribbling of each basketball.

## 5. One High/ One Low <https://youtu.be/SbRBhFD0hcl>

Dribble one of the basketballs at ankle height and one of them at shoulder height.

## 6. Double Wall Dribbling

Dribble both basketballs against the wall simultaneously at shoulder height.

## 7. 3 Dribble Double Crossover

Pound dribble both basketballs 3 times and then cross the balls over at the same time. Then perform another 3 dribbles before crossing over again.

## 8. 3 Dribble Through the Legs <https://youtu.be/-lV2dPplWX0>

Pound dribble both basketballs 3 times and then you dribble one ball through your legs alternate legs.

## 9. 3 Dribble Behind the Back/Crossover <https://youtu.be/f2RBQ5GMnM>

Pound dribble both basketballs 3 times and then cross one ball over in front of you and one ball behind your back at the same time.

## 10. Two Ball Figure Eight. [https://youtu.be/Lqlqi\\_DPNoY](https://youtu.be/Lqlqi_DPNoY)

Keeping the ball close to the ground, use your right hand to dribble one ball around your right leg and use your left hand to dribble the other ball around your left leg.

## 11. Double V-Dribble in Front [https://youtu.be/3w3v0Kcg\\_Go](https://youtu.be/3w3v0Kcg_Go)

Dribble both basketballs side to side in front of you simultaneously.

## 12. Double V-Dribble on Side <https://youtu.be/b7cnavQTUJkK>

Dribble both basketballs from back to front beside you simultaneously.

## 13. Kills <https://youtu.be/ctlrir43ZCo>

**Pound both basketballs higher and higher starting from ankle height. When you reach the shoulders 'kill' both balls stopping them a few inches from the ground before dribbling both balls back up.**