

Stationary Dribbling warm-up

1-5 Go till your arms burn than go 10 sec. Longer.

1. Wraps – Around Ankle -

Wrap the ball around your lower leg/ankles without letting the basketball touch the ground.

2. Wraps – Around Waist

Wrap the ball in a circle motion around your waist.

3. Wraps – Around Head

Wrap the ball in a circle motion around your head.

4. Wraps – Around the world <https://youtu.be/1UG2BqruEKE>

Involves combining the wraps around the ankles, waist, and head into one drill. Start by wrapping the ball around your head, then bringing it down and around your waist, and finally around your ankles. Then back up to your waist, then head, then waist again, etc.

5. Wraps – Figure 8 Around Legs

Wrap the ball in a figure 8 motion around your legs.

Stationary 1 Basketball Dribbling Drills

Do 2 sets of 30 –45 sec.

1. Pound Dribble – Ankle Height – Right Hand <https://youtu.be/XsNgSZXpULo>

Dribbling the basketball, a couple of inches off the ground with your right hand.

2. Pound Dribble – Ankle Height – Left Hand

Dribbling the basketball, a couple of inches off the ground with your left hand.

3. Pound Dribble – Waist High – Right Hand

Making sure to be in stance, pound the ball as hard as you can into the ground at around waist height with only your right hand.

4. Pound Dribble – Waist High – Left Hand <https://youtu.be/4ZRWkym8Stg>

Making sure to be in stance, pound the ball as hard as you can into the ground at around waist height with only your left hand.

5. Pound Dribble – Shoulder Height – Right Hand <https://youtu.be/qMsz3kf8J10>

This is used to get the player out of their comfort zone. Pound the ball as hard as you can while dribbling at around shoulder height with only your right hand.

6. Pound Dribble – Shoulder Height – Left Hand

This is used to get the player out of their comfort zone. Pound the ball as hard as you can while dribbling at around shoulder height with only your left hand.

7. Dribble around Right Leg – Right Hand

Start in a wide stance. Keeping the ball low to the ground, dribble the ball in a circle around your right leg with only your right hand.

8. Dribble around Left Leg – Left Hand

Start in a wide stance. Keeping the ball low to the ground, dribble the ball in a circle around your left leg with only your left hand.

9. Dribble Figure Eight

Again, starting in a wide stance. Dribble the ball in a figure 8 motion around both legs using both hands.

10. Kills – Right Hand

This drill involves dribbling from ankle to shoulder height. Start by dribbling the ball at your ankles and gradually dribbling the ball higher on each bounce. When you get to as high as you can 'kill' the basketball by stopping it a few inches off the ground and dribbling back up to your shoulder.

11. Kills – Left Hand

This drill involves dribbling from ankle to shoulder height. Start by dribbling the ball at your ankles and gradually dribbling the ball higher on each bounce. When you get to as high as you can 'kill' the basketball by stopping it a few inches off the ground and dribbling back up to your shoulder.

12. Crossover Dribble

Cross the ball continuously in front of your body. Make sure you're crossing over wide.

13. Behind the Back Dribble

Cross the ball continuously in behind your body. Make sure you're crossing over wide.

14. Scissors – Alternating Between the Legs

Start with your right foot forward and left foot back. Cross the ball between your legs and jump to switch the positioning of your feet so you can immediately cross the ball back to the other side. Every time you go through the legs you should be switching feet.

15. 3-Dribble Crossover.

Pound the ball 3 times before crossing it over in front of your body. Then pound the ball 3 times before crossing it back. Repeat this process making sure that you're pounding the ball hard.

16. 3-Dribble Through the Legs.

Pound the ball 3 times before crossing it over through your legs. Then pound the ball 3 times before crossing it back. Repeat this process making sure that you're pounding the ball hard.

17. 3-Dribble Behind the Back

Pound the ball 3 times before crossing it behind your back. Then pound the ball 3 times before crossing it back. Repeat this process making sure that you're pounding the ball hard.

18. Triples – Crossover, Through the Legs, Behind the Back

The drill must be performed in this sequence: crossover, between the legs, behind the back, through the legs. Continue this sequence.

19. Front V-Dribble – Right Hand

Using only your right hand, dribble the ball from side to side in the shape of a 'v' in front of your body.

20. Front V-Dribble – Left Hand

Using only your left hand, dribble the ball from side to side in the shape of a 'v' in front of your body.

21. Side V-Dribble – Right Hand

Using only your right hand, dribble the ball backwards and forwards beside your body in the shape of a 'v'.

22. Side V-Dribble – Left Hand

Using only your left hand, dribble the ball backwards and forwards beside your body in the shape of a 'v'.