

WTBA Daily Drills

Name: _____

Date: _____

<u>Dribbling</u>	<u>Shooting</u>	<u>Ball Handling</u>
___ 2 dribble & crossover	___ jumpers-lane (75)	___ v-dribble
___ 2 dribble & between	___ move & shoot (50)	___ behind v-dribble
___ 2 dribble & behind	___ off chair shots (50)	___ 2 ball 1 between
___ 2 dribble & spin	___ free-throws (50-100)	___ 2 ball 2 between
___ 2 dribble & fake spin	<u>Offensive Moves</u> *behind *pull through *side step *drop step *Dirk move *your move	___ spider
___ 2 dribble combination		___ your drill
___ 2 dribble head fake		___ 1 bounce/attack basket
___ walk & dribble between		___ fake pass & attack

Self Discipline Is the Key to Your Future

**Instructor
Coach Ratliff**