

Name:

Dribbling Drill Across Court	Time
1. Right hand over left hand coming back	30 sec
2. Continual cross over dribble	30 sec
3. Speed dribble - Right hand over left hand coming back	30 sec
4. Weave in and out of cones- Right hand over left hand coming back	30 sec
5. Cross over dribble at cones	30 sec
6. Between the legs dribble at cones	30 sec
7. Behind the back dribble at cones	30 sec
8. Spin dribble at cones	30 sec
9. Inside outside dribble at cones- Right hand over left hand coming back	30 sec
10. Two ball alternate dribbling	30 sec
11. Two ball same time dribbling	30 sec