

Name: _____

Drill	Time	Score
1. Finger tipping	30 sec	
2. Swing ball side to side	30 sec	
3. Waist wrap around	30 sec	
4. Double leg wrap around	30 sec	
5. Head wrap around	30 sec	
6. Tornado drill- knees, waist, head, waist wrap around	30 sec	
7. Single leg wrap around (left leg)	30 sec	
8. Single leg wrap around (right leg)	30 sec	
9. Figure eight wrap around	30 sec	
10. Left & Right hand dribble (knee high)	30 sec ea	(L) (R)
11. Cross overs (below knee)	30 sec	
12. Front to back dribble	30 sec ea	(L) (R)
13. Side to side dribble	30 sec ea	(L) (R)
14. Figure 8 dribble	30 sec	
15. Spider dribble	30 sec	
16. Two hands bounce front to back between legs	30 sec	
17. Scissors dribble - continuous	30 sec	
18. Behind the back dribble - continuous	30 sec	