



High Five Dribbling

Great warm up drill to get players moving, good for space awareness and controlling the ball in crowded areas.

Within the half court or three-point line participants dribble the ball around the playing area, high fiving other participants with their free hand.

See how many high fives they can get in 30 seconds.

Repeat activity challenging them to break previous scores, you can also vary the game by making participants use weak hand or crossover every time they high five.

**Can encourage players to high five coaches and parents.

**You are not allowed to high five the same person two times in a row.