



Dribbling Series

Perform the following for 30 second each block.

- Right Hand
- Right Hand V Dribble (side)
- Left Hand
- Left Hand V Dribble (side)
- Cross Over (right to left hand)

In partners on side line, perform the following for 30 second blocks:

- Left Hand / Right Hand for 5 dribbles moving forward, jump stop, forward pivot and pass back to partner. Repeat with partner.
- Left Hand / Right Hand for 5 dribbles moving forward, jump stop, reverse pivot and pass back to partner. Repeat with partner.

Points of Emphasis:

Challenge players to pound the dribble as hard and fast as they can. It is ok to lose control of the ball that means the player is pushing themselves to get better.