



# DEFOREST AREA HIGH SCHOOL LADY NORSKIES BASKETBALL

## DRIBBLING WORKOUT:

*\* When doing this at home count up to 10 (or more for a challenge) before moving on to the next drill. Try to do this as quickly as you can with little to no breaks.*

- **Ball Circles:** Do this as quickly as possible not allowing the ball to hit the floor.
  - Ball circles around your waist x10 + Reverse x10
  - Ball circles around your ankles x10 + Reverse x10
  - Ball circles around right ankle x10 + Reverse x10
  - Ball circles around left ankle x10 + Reverse x10
  - Figure-8 pass through x10 + Reverse x10
- **One-Ball Stationary Dribbling:**
  - 1 dribble + quick-low crossover (the goal of this is to keep each dribble as low to the ground and quick as possible for hand control)
  - Right-hand dribble around right foot only + Reverse
  - Left-hand dribble around left foot only + Reverse
  - Right-hand push pull on side
  - Right-hand push pull in front
  - Left-hand push pull on side
  - Left-hand push pull in front
  - Stationary Lunge Drill:
    - Stand in a lunge with right foot forward and crossover dribble between the legs as quickly as possible
    - Repeat with left foot forward
  - Figure-8 Drill:
    - 3 dribbles and through x10 + Reverse x10
    - 2 dribbles and through x10 + Reverse x10
    - 1 dribble and through x10 + Reverse x10
    - 0 dribble and through x10 + Reverse x10
- **One-Ball Full Court Dribbling:**

*(\* Start on the endline, sideline, or any space you have at home and complete each drill below.)*

  - **Figure-8 Walking Drill:**
    - 3 dribbles and through walking forward, hit endline and 3 dribbles and through walking backward
    - 2 dribbles and through walking forward, hit endline and 2 dribbles and through walking backward
    - 1 dribble and through walking forward, hit endline and 1 dribble and through walking backward



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- **Two-Ball Stationary Dribbling:** (repeat this sequence up to 3 times)
  - 10 High dribbles to 10 low dribbles, Repeat x4
  - 10 High alternating dribbles to 10 low alternating dribbles, Repeat x4
  - Left-hand low dribble, right-hand high dribble x30sec.
  - Right-hand low dribble, left-hand high dribble x30sec.
  - Left-hand low dribble with left ball, right ball dribble only around right foot x30sec.
  - Right-hand low dribble with right ball, left ball dribble only around left foot x30sec.
  - Push-pull dribble in front x30sec.
  - Push-pull dribble on sides x30sec.
  - Two-Ball figure-8 dribble: (If you can, have one lead ball that always goes around foot first and follow with second ball. The goal is to have both balls go around both feet.)
- **Two-Ball Zig Zag Lunge Drill:**

*(\* The goal here is to get as many low and quick dribbles in as possible by lunge walking forward 3 big lunges and executing each move below. Once you hit the endline complete the same drill but at full speed back.)*

  - Crossover
  - Alternate dribble crossover
  - Between the legs
  - Alternate dribble between the legs
  - Behind the back
  - Alternate behind the back
  - Spin
  - Alternate spin
- **Two-Ball Straight Line Drill:**

*(\* To complete this drill find a straight line to stay on. The goal here is to get as many low and quick dribbles in as possible by lunge walking forward 3 big steps and executing each move below. Once you hit the endline complete the same drill but at full speed back on your line back.)*

  - Crossover
  - Alternate dribble Crossover
  - Between the legs
  - Alternate dribble between the legs
  - Behind the back
  - Alternate behind the back
  - Spin
  - Alternate spin