- The drill starts with the first player in line making a triple threat move at the baseline, and then dribbling toward the closest chair/cone to them and making a predetermined dribble move around the chair. Once that player makes a move at the chair at mid-court, the next player in line begins dribbling.

- When the initial player reaches the other end of the floor, he makes a strong layup move. He'll get his own rebound and move to the end of the line at that end of the floor.

- After each player has gone on both sides, the coach will call a different triple threat move and a different dribble move.

- After 4-5 minutes, players switch sides from where they started on the baseline.

**Note:**
- Make the drill competitive by establishing a set number of made layups in a given time. We tend to use 30 made layups in two minutes as a standard.
Dribbling Drills

- The drill starts with the first set of players in line making a triple threat move at the baseline, with the players in line mirroring the triple threat move (with or without ball, depending on the number available).

- The spots to make dribble moves are FT line, half court, far FT line, and baseline (4 total).

- Once the player in front of them makes their move at mid-court, the next player in line begins with their triple threat move into dribble move.

- Coach will call different triple threat moves to make, as well as dribble moves.

**Dribble Moves:**
1) Right hand down (can be a speed dribble).
2) Left hand down (can be a speed dribble).
3) Hesitation dribble -- footwork like a pull-up (right hand one direction, left hand the other).
4) Crossover (keep it in the same hand after crossing over, then crossover back at the next spot).
5) Inside out (right hand one direction, left hand the other).
6) Pull back crossover (2 side dribbles back, into a crossover--mimicking attacking a trap).
7) Behind the back (jump slide or wrap-around).
8) Between the legs crossover.
9) Combination moves (inside out-crossover, hesitation-crossover, hesitation-inside out, crossover-crossover).
**Dribbling Drills**

**Series:**
1) Speed dribble to spot 1 (can be a chair or a cone).
2) Spin dribble at spot 1.
3) Continuous crossover dribbles to spot 2.
4) Spin dribble at spot 2.
5) Continuous inside-out dribbles to spot 3.
6) Spin dribble at spot 3.
7) Continuous hesitation dribbles to spot 4.
8) Spin dribble at spot 4.
9) Continuous behind the back dribbles to spot 5.
10) Spin dribble at spot 5.
11) Continuous combo moves (inside-out/crossover, hesitation/crossover, etc.) to spot 6.
12) Spin dribble at spot 6.
13) Drive for the layup.

* The next player goes when the player in front of him starts to spin at spot 1.
** Go right hand coming down and left hand going back.
*** Go 3 times with each hand.

**Two Ball Series:**
1) Pound dribble to spot 1.
2) Machine gun (alternating) dribble to spot 2.
3) Defensive slide and pound dribble to spot 3.
4) Defensive slide and machine gun dribble to spot 4.
5) Windshield wipers (crossovers with each hand) to spot 5.
6) Inside out with each hand to spot 6.
7) Pound dribble to baseline.

*** In all cases, have coaches hold up numbers so that players call them in order to make sure they are keeping their heads up.***
Dribbling Drills

Three Cross Dribbling Drill

- 1st player in line dribble walks (with ball in right hand) to the first cone, and then performs dribble move three times at that spot.

- After the third move, they will explode to the next cone, and perform three dribble moves at that cone.

- Following that, they will explode to the last cone, and make their three final moves before exploding to the other sideline.

- 2nd player in line will begin his sequence as the first player reaches the third cone.

Progression:
1) Straight Cross (3 at each spot)
2) Between the legs -- alternating which foot is forward -- (3 at each spot)
3) Behind the back -- rock with the move -- (3 at each spot)
4) Combo -- Straight cross at one spot, between the legs at another, and behind the back at the third (order/sequence doesn't matter).

Double Move carry-over:
- Combo moves at each cone, explode and do different combo move at the next two cones as well.
- Add inside-out, inside-out

(with big cones)
Dribbling Drills

Tight Cones Dribbling Drill

1. 1st player in line dribble walks (with ball in right hand) to the first cone, and then performs the dribble move at that spot and moves on to the next.

2. At each cone, player should take one "gather" dribble and then the dribble move.

3. 2nd player begins his sequence after the first player has cleared the last cone.

- NOTE: while each player should move the ball quickly at each spot, they should NOT be on the run during this drill. Quickness is coming from the dribble, not from "legs."

Progression:

1) Straight Cross
2) Between the legs
3) Behind the back
4) Combo -- Mixing up straight cross, between the legs, and behind the back (order/sequence doesn't matter).

Tight Cones: Inside Out

- Player makes an inside out move at each cone.

- Right hand on the right set of three cones, left hand on the left side.

NOTE: The step of the foot opposite the ball should go inside of the cone, but the ball should NOT.

Tight Cones: Inside Out
Dribbling Drills

- This drill is a basic warmup ball handling series to get a feel for the ball, tighten each move and also get a little sweat going before starting the workout. Below are the different components of the series – Do at least 20 dribbles of each move so you really groove your handle:

  - Straight Cross
  - One Bounce then Cross
  - Two Bounce then Cross
  - Inside Out (20 with one hand, then the other)
  - Behind the Back
  - Two Ball (Same Time) Shoulder, Waist, Knee and Ankle Height
  - Two Ball (Alternate) Shoulder, Waist, Knee and Ankle Height
  - Two Ball – One Low/One High (Both Hands)
  - Tennis Ball Catch – pound the ball with one hand and catch/pass the tennis ball with the other. When the coach yells “switch” you cross the ball over to your other hand and catch the ball at the same time.
Dribbling Drills

- Each player has a ball on the baseline.

- 4 to 5 explosive dribbles the length of the floor.

- Pivot, dribble, and pass to coach then sprint to catch and drive for a layup.

- Get own rebound and zig zag dribble through the cones.

Progression:
* Crossover
* Behind the back
* Between the legs
* Spin move
* In and out crossover