

ACTIVE DRIBBLE SERIES

15-20 Total Minutes

- 1. Speed Dribble**
 - 5 half-court lengths
- 2. Continuous Between the Legs**
 - 2 half-court lengths
- 3. Retreat Dribble**
 - Back and forth for 30 seconds
- 4. Low Crossover Zig Zag**
 - 30 changes of direction
- 5. High Crossover Zig Zag**
 - 30 changes of direction
- 6. Behind the Back Zig Zag**
 - 30 changes of direction
- 7. Between the Legs Zig Zag**
 - 30 changes of direction
- 8. Retreat Dribble Zig Zags**
 - 30 changes of direction
- 9. Behind the Back Stop and Go**
 - 30 repetitions
- 10. In and Out Dribble**
 - 30 repetitions each hand
- 11. In and Out – Crossover Zig Zag**
 - 30 changes of direction

