

# STATIONARY DRIBBLE SERIES

**15-20 Total Minutes**

- 1. Dribble Pound Right Hand**
  - 20 dribbles
- 2. Dribble Pound Left Hand**
  - 20 dribbles
- 3. Low Dribbles**
  - 30 seconds each hand
- 4. Rapid Fire Dribble**
  - 30 seconds
- 5. Figure 8 Dribble**
  - 10 repetitions
- 6. Protection Dribbles**
  - 30 dribbles each direction
- 7. Up and Over Dribble**
  - 30 overs with each hand
- 8. Continuous Crossovers**
  - 30 crossovers
- 9. Dribble-Cross-Dribble-Cross**
  - 30 crossovers
- 10. Dribble-Dribble-Cross-Cross**
  - 30 repetitions each side
- 11. Over the Top Crossovers**
  - 30 crossovers
- 12. V Dribbles**
  - 30 dribbles each hand
- 13. V Dribble-Cross**
  - 30 crossovers
- 14. In and Out Dribble**
  - 30 with each hand
- 15. Load Dribbles**
  - 30 with each hand
- 16. Crossover Load Dribbles**
  - 30 repetitions
- 17. Pocket Load Dribble**
  - 30 each hand
- 18. Behind the Back Jump Stops**
  - 30 repetitions (15 each way)
- 19. Between the Legs Snap Dribble**
  - 30 repetitions (15 each way)

