

## **TONKA 25**

1. **Right Hand Pound Dribble.**

Keep ball at/or below your knee.

2. **Left Hand Pound Dribble.**

Keep ball at/or below your knee.

3. **Right Hand Push-Pull Dribble.**

Push dribble forward then pull it back.

4. **Left Hand Push-Pull Dribble.**

Push dribble forward then pull it back.

5. **Right Hand around Right Leg.**

Keep ball low and use fingertips.

6. **Left Hand around Left Leg.**

Keep ball low and use fingertips.

7. **Figure 8 Dribble.**

Keep ball low and use fingertips.

8. **Dribble Crossover.**

Pound ball with RH then quick/low crossover below knees. Pound ball with left hand and repeat.

9. **One-Dribble Crossover behind Back.**

Pound ball with RH then low crossover behind back. Pound ball with left hand and repeat.

10. **One-Dribble Crossover between Legs.**

Pound ball with RH then low crossover between legs. Pound ball with left hand and repeat.

11. **Cone Ball Handling (crossover).**

Start with ball in RH and weave in/out of cones (or other markers) crossing over at each cone.

12. **Cone Ball Handling (between legs).**

Start with ball in RH and weave in/out of cones crossing over between the legs at each cone.

13. **Cone Ball Handling (behind back).**

Start with ball in RH and weave in/out of cones crossing over behind back at each cone.

14. **Cone Ball Handling (jab left).**

Start on right side of cones. Jab with left foot at each cone and at same time use RH in/out dribble.

**15. Cone Ball Handling (jab right).**

Start on left side of cones. Jab with right foot at each cone and at same time use LH in/out dribble.

**16. Full Speed Layups.**

Set up two cones outside 3pt line on the wing. Start at right side and take two dribbles to a RH layup, then full speed to left side and around the cone for two dribble full speed LH layup. Repeat.

**17. Cone Ball Handling to Finish (crossover).**

Set up 3 cones. One outside the 3pt line, one on the elbow (corner of free throw line and lane line), and one just off the elbow. Crossover in front below the knees at each cone and attack the basket and finish.

**18. Cone Ball Handling to Finish (between legs).**

Set up 3 cones. One outside the 3pt line, one on the elbow, and one just off the elbow. Crossover between the legs at each cone and attack the basket and finish.

**19. Cone Ball Handling to Finish (behind back).**

Set up 3 cones. One outside the 3pt line, one on the elbow, and one just off the elbow. Crossover behind the back at each cone and attack the basket and finish.

**20. Cone Ball Handling to Finish (mix of moves, jump stop, head fake).**

Set up 3 cones. One outside the 3pt line, one on the elbow and one just off the elbow. Mix up crossovers at each cone. This time add jump stop and shot fake before you finish at the rim.

**21. Mikan Drill.**

Start under the basket and jump off left leg using RH to finish. Grab ball out of net and jump off right leg using left hand to finish. Repeat. Keep track of your makes. Set a goal!

**22. Reverse Mikan Drill.**

Same as Mikan Drill only facing the court so you are doing reverse layups.

**23. Block-to-Block Shooting.**

Full speed shooting from block on right side. Get rebound and shoot from left block. Use backboard every time and keep track of how many you can make.

**24. Short Corner Baseline Shooting.**

Full speed shooting from short corner on right side. Get rebound and shoot from left side short corner.

**25. Elbow-to-Elbow Shooting.**

Start on right side elbow and step 1,2 into your shot. Follow your shot. Get rebound and spin ball out to left elbow. Square up on inside foot and step 1,2 into your shot. Repeat.