

6-18

## 25's Dribble



### Set Up



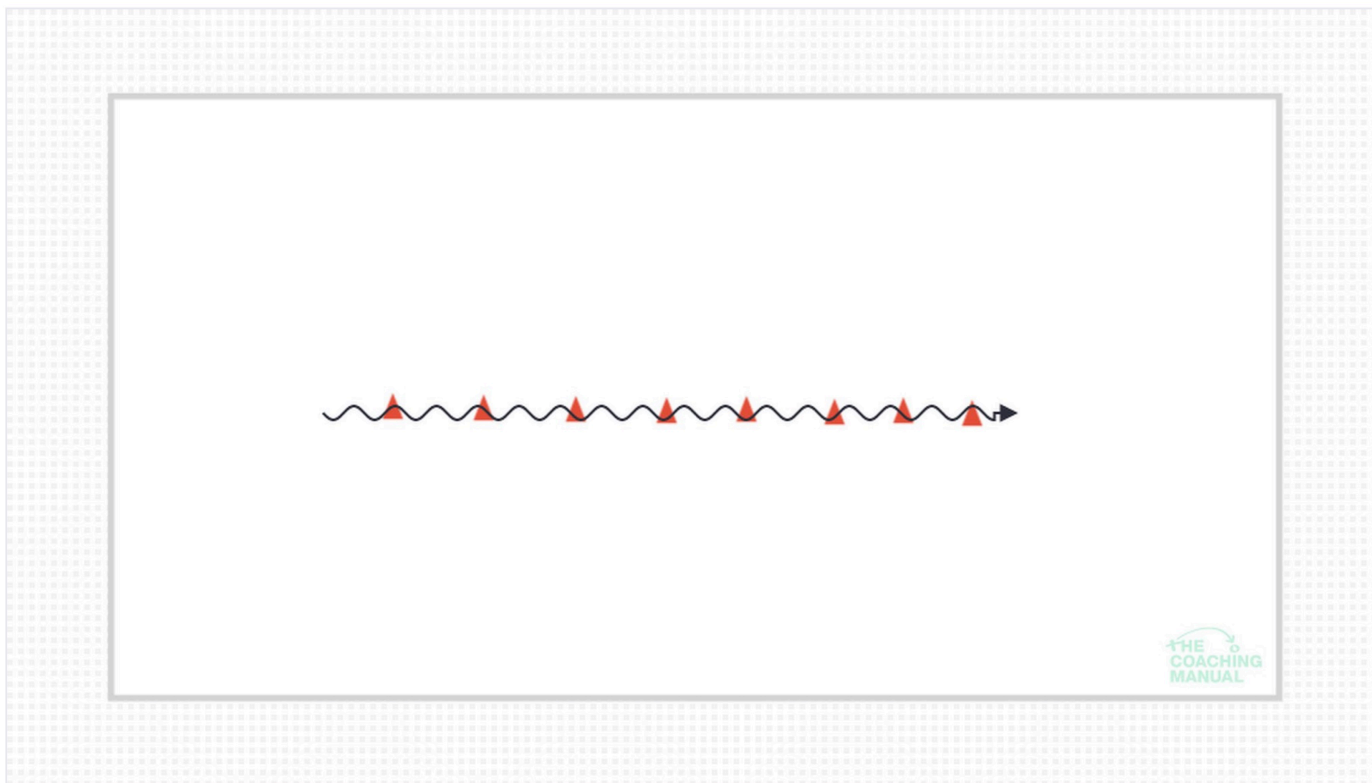
20 mins



1 player



10 cones



25's dribbling will both condition and improve your dribbling skills. This cone drill includes lining up about six to 10 cones five yards apart. Then, weave the ball through the cones using the inside of your feet. Repeat this drill by alternating between the outside and inside of your feet. Circle right, then left, around the cones. Or, if you are looking for a more simple approach, you will start at cone one, sprint to cone two with the ball, turn back and sprint to cone one, then to cone three, then to one, then to four, and so on. Take a minute of rest before beginning your next set.