

Alternate with partner every 30 seconds

Find a line both feet on the line (30 seconds waist high dribble with right hand)

Same thing with left hand (30 seconds)

Staying on that line dribble once with right hand then cross to left one dribble left and cross (30 seconds)

Right hand forward and backward dribble pulling and pushing the ball (30 seconds)

Left hand same thing (30 seconds)

Start with ball in right hand one bounce then between legs dribble one bounce left hand then between legs dribble (concentrate on pushing the ball forward after the between legs (30 seconds)

2 ball dribbling

Waist high dribble with both hands for 30 seconds don't look at the balls

Alternate dribbles with both hands for 30 seconds

Right hand low below knee and left hand shoulder high dribble (30 seconds)

Both hands pushing ball forward and backward (30 seconds)

Bouncing balls at the same time left hand dribble in place and right hand make small bounces create a circle around your right leg (30 seconds)

Switch to left hand around the leg (30 seconds)

Make a figure 8 around each leg while dribbling both basketballs (30 seconds)

(13 min)