



YOUTH BASKETBALL DRILL CARD

1 WALL SITS

✦ 30 sec x 3 sets

Back to the wall in a defensive stance

Base shoulder width

Knee bent 90°

Hold arms out in front of you

2

BEHIND THE BACK DRIBBLE

✦ 30 sec x 3 sets

Dribble stationary

Back and forth

Low in a stance

Eyes up

3

TWO BASKETBALL DRIBBLE

✦ 3 sets x 10 steps up, 10 steps down

Stagger stance

Two ball walking pound dribble

Keep head up, basketball bounce

at the same time

4

FINGER TIP CONTROL

✦ 30 sec x 3 sets

Holding your arms straight out in front

Use your fingertips to tap the ball quickly
from hand to hand

Straight in front of you, to above your head

Below your waist & finally behind your back

5

HEAD, LEGS, WAIST

✦ 30 sec x 3 sets

Wrap the ball around your head then
waist, then legs

Work your way back up

