



YOUTH BASKETBALL DRILL CARD

FEBRUARY 2021

1 CONE FIGURE 8 DRIBBLE

30 sec x 3 sets ea
(clockwise & counter clockwise)

- Pick a spot on the floor or use a cone
- Use your fingertips and dribble as tight, quick, and low as possible with each hand

2 WALL CHEST PASS

10 x 3 sets

- Pick a spot on the wall eye level
 - 10 ft away, use two hands to pass
- Step into the pass!*

3 TWO BALL CONTROL DRIBBLE

30 sec x 3 sets

- Feet shoulder width apart
- Stationary low stance
- Dribble both basketballs so they hit the floor at the same time

4 MOUNTAIN CLIMBERS

30 sec x 3 sets

- Plank position
 - Bring single single towards stomach and back to plank position
- Alternate legs as fast as you can!*

5 LATERAL LINE HOP DRILL

30 sec x 3 sets

- Find a line on the floor
- Starting on one side of the line, hop over and back from right to left

