



YOUTH BASKETBALL

JANUARY 2021 DRILL CARD

1 ANKLE CIRCLES

30 sec x 3 sets

- Start with the feet together
- Lunge forward then rotate basketball 1x and return to start position

Repeat this on both legs for 30 seconds

2 SIT DOWN DRIBBLE DRILL

10 dribbles (each spot) x 3 sets

- Sit on floor, feet out in front of you
- Dribble ball 10x at your side, then knee, then ankle

3 sets per hand

3 HOT FEET

25 sec x 3 sets

- Sit in defensive stance
- Keep arms out and feet moving

4 BACKBOARD TOUCHES

30 sec x 3 sets

- Facing wall, with hands high over head
- Jump as high as possible repeatedly, touching your highest point each time

Key is to reduce the amount of time your feet are on the ground!

5 PLANK TOE TOUCHES

12 touches x 3 sets

- In plank position, black flat
- Tap right foot 45° to the side and then back to starting position, repeat on left side
- Alternate legs, each tap counts as one!

