



YOUTH BASKETBALL DRILL CARD

1

5-5-5 DRILL

✦ 30 sec/each hand, 3 sets

Five (5) dribbles below knee

Five (5) dribbles waist level

Five (5) high shoulder dribbles

Low stance, keep eyes up

2

CROSSOVER

✦ 30 sec/ea, 3 sets

Dribble stationary back & forth

On balance, low stance, keep eyes up

3

WIPER DRIBBLE

✦ 25 reps/each hand, 3 sets

One hand dribble

Back & forth in front of your body

Low stance, keep eyes up

4

DEFENSIVE STANCE

✦ 30 sec, 3 sets

Sit in a defensive stance

Keep arms up to disrupt passing lanes

5

MIKAN DRILL

✦ 30 sec, 3 sets

Right hand lay-up

Jumping off of left leg

Rebound into left hand lay-up

Jumping off of right leg

Continuous

