

Game/Activity: 10-minute Dribble Drill
Grade Level: K to 12
Description: Below is a 10 minute team dribble drill we do with all our teams at GW Graham. The drill is lead by a coach and or senior player. If you would like to have a Senior GW Graham player come in and run this drill with your players contact Jake directly at Graham.
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10 MINUTE DRIBBLING DRILL

All forward-back bounce and attack dribbles are from baseline to free throw line.

1. RIGHT - Low bounce Stationary – 10 seconds
2. RIGHT - Low Bounce forward – back
3. LEFT - pound – 10 seconds
4. LEFT - Low bounce Stationary – 10 seconds
5. LEFT- Low Bounce forward – back
6. RIGHT – pound – 10 seconds
7. LEFT – high bounce – 10 seconds
8. RIGHT – high bounce – 10 seconds
9. LEFT – attack and retreat – forward-back – 5X
(retreat with side shuffle and guard hand up)
10. RIGHT - - attack and retreat – forward-back – 5X
(retreat with side shuffle and guard hand up)
11. LEFT – Pound – 10 seconds
12. LEFT - WALL DRIBBLE – ball above head – 30 seconds
13. LEFT – pound – 10 seconds
14. Attack-retreat – at baseline cross thru legs switch hands 8X (4 left and 4 right)
15. LEFT – Pound – 10 seconds
16. RIGHT – Pound – 10 seconds
17. REST dribble - Left hand – 10 seconds
18. LEFT – Attack – behind back – attack – left hand only – 8 reps
19. LEFT – pound – 10 seconds
20. RIGHT – Attack – behind back – attack – right hand only – 8 reps
21. RIGHT – pound – 10 seconds
22. RIGHT - WALL DRIBBLE – ball above head – 30 seconds
23. Attack dribble – thru legs – opposite hand back – thru legs – 8 reps
24. LEFT – pound – 10 seconds
25. In athletic position:
 - RIGHT - in-out dribble – 10 seconds, Front and back 10 seconds,
Behind Back – 10 seconds
 - LEFT – in-out dribble – 10 seconds, front and back – 10 seconds
 - Cross overs – 10 seconds.
26. LEFT rest dribble – 10 seconds
27. Count down dribble with cross over. 10-9-8-7-6-5-4-3-2-1 – pound dribbles each side with cross over – finish at with 1 dribble each side.