JR NUGGETS DRILL CARD

1. WALL SITS

30 SEC × 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 × 3 SETS

DRIBBLE STATIONARY, BACK AND FORTH

LOW IN A STANCE

EYES UP

3. TWO BASKETBALL DRIBBLE

3 SETS × 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 × 3 SETS

ARMS STRAIGHT OUT IN FRONT, TAP BALL HAND TO HAND

STRAIGHT IN FRONT - ABOVE HEAD - BELOW WAIST - BEHIND BACK

5. HEAD, LEGS, WAIST

30 SEC × 3 SETS

WRAP THE BALL AROUND YOUR HEAD, THEN WAIST, THEN LEGS

WORK YOUR WAY BACK UP

