JR NUGGETS 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/EACH HAND, 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

