

# Infinite Dribble Series Drills

## Stationary Dribbling

### Single-Ball Stationary Dribbling Drills

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| <ul style="list-style-type: none"><li>• High Pounds (R &amp; L)</li><li>• Low Pounds (R &amp; L)</li><li>• 2 Dribble High, 2 Dribble Low (R &amp; L)</li><li>• Figure 4 Forward</li><li>• Figure 4 Backward</li><li>• Figure 8 Forward</li><li>• Figure 8 Backward</li><li>• Standing Figure 8 Forward</li><li>• Standing Figure 8 Backward</li><li>• 1 Hand Figure 8 Forward (R &amp; L)</li></ul> | <ul style="list-style-type: none"><li>• 1 Hand Figure 8 Backward (R &amp; L)</li><li>• 1 Hand Figure 8 Backward (R &amp; L)</li><li>• Standing 1 hand Figure 8 Forward (R &amp; L)</li><li>• Wrap Front (R &amp; L)</li><li>• Wrap Back (R &amp; L)</li><li>• Wrap Around (R &amp; L)</li><li>• Side Pistol (R &amp; L)</li><li>• Front Pistol/ V-Dribble (R &amp; L)</li><li>• Between the Legs Pistol (R &amp; L)</li></ul> | <ul style="list-style-type: none"><li>• Between the Legs; V-Dribble (R &amp; L)</li><li>• Between the Legs; Behind the Back (R &amp; L)</li><li>• V-Dribble; Behind The Back (R &amp; L)</li><li>• Front Between the Legs; V-Dribble (R &amp; L)</li><li>• Front Between the Legs; Behind the Back (R &amp; L)</li></ul> |
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### Single-Ball Stationary Dribbling Drills

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| <ul style="list-style-type: none"><li>• Two Pound Crossover</li><li>• One Pound Crossover</li><li>• Continuous Crossover</li><li>• Two Pounds Through Legs</li><li>• One Pound Through Legs</li><li>• Continuous Through Legs</li></ul> | <ul style="list-style-type: none"><li>• Two Pounds Behind Back</li><li>• One Pound Behind Back</li><li>• Continuous Behind Back</li><li>• One Pound In N Out Right</li><li>• One Pound In N Out Left</li></ul> | <ul style="list-style-type: none"><li>• In N Out Crossover</li><li>• In N Out Through Legs</li><li>• In N Out Behind the Back</li><li>• Ball on a String Continuous:<br/>(Crossover, Through the legs, Behind the back)</li></ul> |
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### Single-Ball Stationary Dribbling Drills

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| <ul style="list-style-type: none"><li>• Two Pound Double Crossover (R &amp; L)</li><li>• One Pound Double Crossover (R &amp; L)</li><li>• Continuous Double Crossover (R &amp; L)</li><li>• Two Pounds Double Through the Legs (R &amp; L)</li></ul> | <ul style="list-style-type: none"><li>• One Pound Double Through Legs (R &amp; L)</li><li>• Continuous Double Through Legs (R &amp; L)</li><li>• Two Pounds Double Behind Back (R &amp; L)</li><li>• One Pound Double Behind Back (R &amp; L)</li><li>• Continuous Double Behind Back (R &amp; L)</li></ul> | <ul style="list-style-type: none"><li>• One Pound Double In N Out Right (R &amp; L)</li><li>• One Pound Double In N Out Left (R &amp; L)</li><li>• In N Out Double Crossover (R &amp; L)</li><li>• In N Out Double Through Legs (R &amp; L)</li></ul> |
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- **In N Out Double Behind the Back (R & L)**

- **Ball on a String Variation Continuous:** (Crossover, Through

the legs, Behind the back; add doubles anywhere)

## 2-Ball Stationary Dribbling Drills

- **High Pounds** - keep the dribble at waist level
- **Low Pounds** - keep the dribble at ankle level
- **One High, One Low** - keep one ball at waist level, the other at ankle level
- **One High, One low**

- **Figure 8 Forward**
- **Figure 8 Backward**
- **Together Pistol**- Keep your feet together as you push and pull the ball low outside of your feet.
- **Alternate Pistol**- Keep your feet together as you push and pull the ball low outside of your

feet alternate directions.

- **2 Pound Crossover**
- **2 Pound 1 Ball In N Out**
- **2 Pound 1 Ball Through the Legs**
- **2 Pound 1 Ball Behind the Back**

## Tennis Ball Dribbling Drills

- **Left Arm Toss** - Toss and catch the tennis ball with your left hand as you dribble the basketball with your right hand.
- **Right Arm Toss** - Toss and catch the tennis ball with your right hand as you dribble the basketball with your left hand.
- **Crossover** - Toss the tennis ball from your left hand to your right as you crossover with the basketball.

- **Double Crossover** - Toss the tennis ball from your left hand to your right as you perform a double cross
- **Double Crossover** - Toss the tennis ball from your left hand to your right as you perform a double cross
- **Double Behind the Back** - Toss the tennis ball from your left hand to your right as you perform a double behind the back.

# One-Step Dribbling Drills

One minute of each followed by 20 seconds of rest.

## One-Step Crossover Without a Cone

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| <ul style="list-style-type: none"><li>• Start with your feet side-by-side in a shoulder-width stance.</li><li>• Pound the dribble twice with your left hand. On the second pound, lift your left foot off the ground.</li><li>• As you drive your left foot down, either directly under you or a few inches in front of you, perform a hard Crossover.</li></ul> | <ul style="list-style-type: none"><li>• As soon as your left foot touches the ground, make it follow the ball during the Crossover so you finish in a lunge position with your left leg between the ball and the defender.</li><li>• Crossover Left</li><li>• Crossover Right</li></ul> |
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## One-Step Crossover With a Cone

Perform the drill exactly as described above, but this time use a cone as a defender.

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| <ul style="list-style-type: none"><li>• Place the cone 12 inches in front of you.</li><li>• When you cross over, attack the defender's foot. If you are crossing over from right to left, make your right foot follow the Crossover as</li></ul> | <p>quickly as possible and beat the defender's right foot.</p> <ul style="list-style-type: none"><li>• Once the defender is on your hip, you have a clear path to the basket. During extended Crossovers, move the chair an additional 6 inches</li></ul> | <p>away so you can cover as much ground as possible during your Crossover.</p> <ul style="list-style-type: none"><li>• Crossover Left</li><li>• Crossover Right</li><li>• Extended Crossover Left</li><li>• Extended Crossover Right</li></ul> |
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## Full Court Dribbling Drills

## Two-Ball Full Court Dribbling Drills (3-4 Times)

- **Together** - Both balls should hit the floor at the same time.
- **Alternating** - As one ball hits the floor, the other should be coming back up to you.
- **Crossovers** - Dribble at an angle for 2 dribbles, plant your outside foot as both balls crossover, and explode in the opposite direction. Continue this zig-zag pattern.
- **Through Legs** - Dribble at an angle for 2 dribbles, plant your outside foot as one ball goes through your leg, and explode in the opposite direction. Continue this zig-zag pattern.
- **Behind the Back** - Dribble at an angle for 2-3 dribbles, plant your outside foot as one ball goes behind your back, and explode in the opposite direction. Continue this zig-zag pattern.

## Single-Ball Full Court Dribbling Drills (3-4 Times)

- **Continuous Through Legs** - Dribble at an angle for 2-3 dribbles, plant your outside foot as you go through your legs, and explode in the opposite direction. Continue this zig-zag pattern.
- **Continuous Behind Back** - Dribble at an angle for 2-3 dribbles, plant your outside foot as you go behind your back, and explode in the opposite direction. Continue this zig-zag pattern.
- **Continuous Crossover** - Dribble at an angle for 2-3 dribbles, plant your outside foot as you crossover, and explode in the opposite direction. Continue this zig-zag pattern.
- **Continuous In N Out Through Legs** - Dribble at an angle for 2-3 dribbles, plant your outside foot as you go in n out through the legs, and explode in the opposite direction. Continue this zig-zag pattern.
- **Continuous In N Out Behind Back** - Dribble at an angle for 2-3 dribbles, plant your outside foot as you go in n out behind back, and explode in the opposite direction. Continue this zig-zag pattern.
- **Continuous In N Out Crossover** - Dribble at an angle for 2-3 dribbles, plant your outside foot as you go in n out crossover, and explode in the opposite direction. Continue this zig-zag pattern.