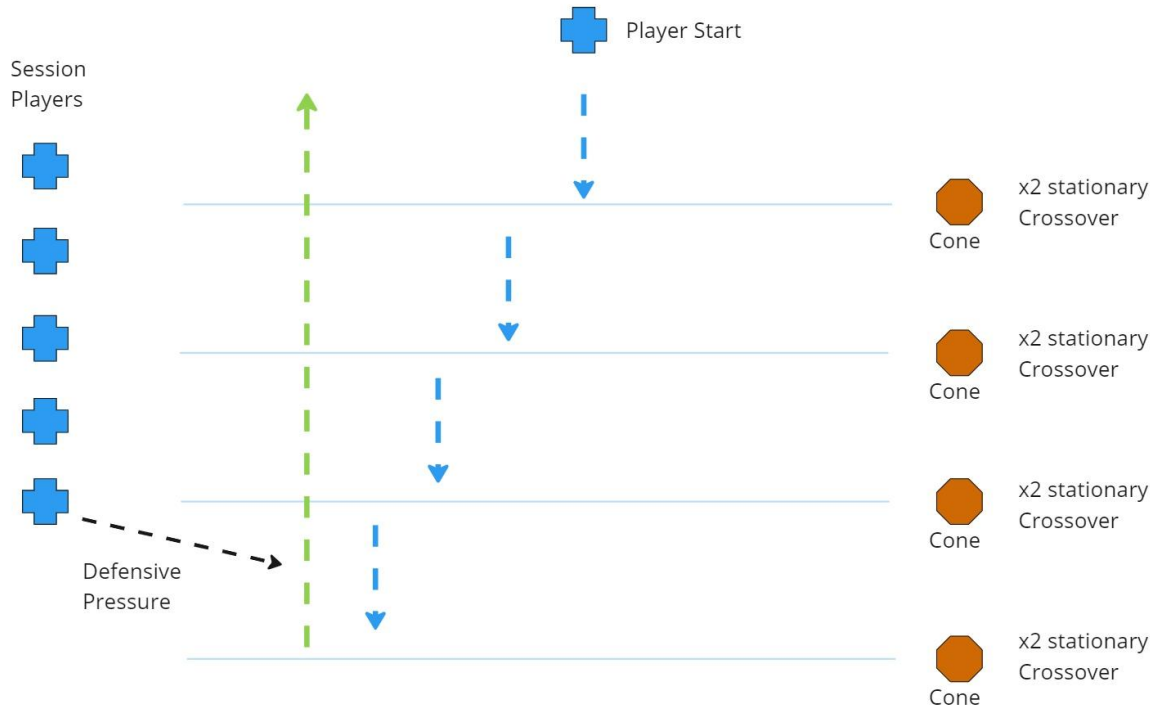


Dribbling Evaluation Drill

Layout: Quarter gym



Drill: Dribbling

1. Player starts on baseline - other session players line up on sideline
2. Player dribbles to first cone, pauses with x2 stationary crossover dribbles, moves to the next cone
3. Once player is through 4th cone, turn and face baseline, continuing to dribble
4. Front session player pops out and applies defensive pressure as dribbler protects and moves to baseline
5. Repeat - choice to introduce different dribbling skills at cones (between legs, behind back)

Looking for

1. Overall speed, coordination, control, and ability to use both hands
2. Ability to dribble up the floor with limited pressure