



# SKILLS WORKOUT

NAME: .....

DRILL	TIME	SCORE	
Finger tipping	30 Seconds		
Swing ball side to side	30 Seconds		
Waist wrap around	30 Seconds		
Double leg wrap around	30 Seconds		
Tornado drill - knees, waist, head	30 Seconds		
Single leg wrap around (left)	30 Seconds		
Single leg wrap around (right)	30 Seconds		
Figure eight wrap around	30 Seconds		
Left & right hand dribble (knee height)	30 Seconds (ea)	(L)	(R)
Cross overs (below knee)	30 Seconds		
Front to back dribble	30 Seconds (ea)	(L)	(R)
Side to side dribble	30 Seconds (ea)	(L)	(R)
Figure eight dribble	30 Seconds		
Two hands bounce - between the legs	30 Seconds		
Spider dribble	30 Seconds		
Scissor dribble - continuous	30 Seconds		
Behind the back dribble - continuous	30 Seconds		

