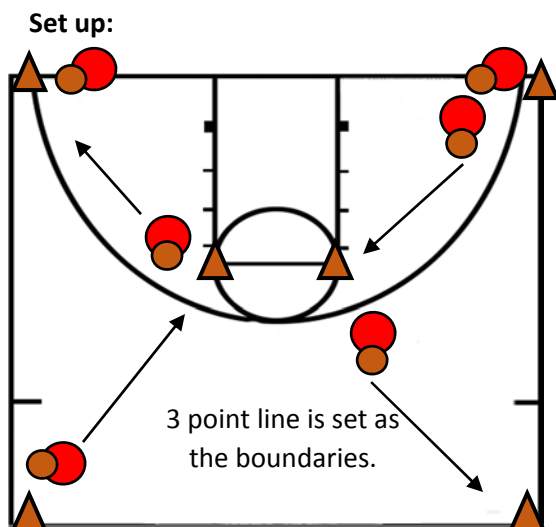


## **Drill: "Dribble Zig-Zag"**



### **Directions:**

- Layout cones in a zig-zag pattern on the floor.
- Players begin at the first cone on the baseline, on the signal each player will dribble to the next cone.
- Players will complete the course one player at a time. Be sure to allow proper spacing between players.
- After all players have completed the course from one side return on the other side.
- Make sure players are using the right hand when going right, and the left hand when going left.
- Variations: Dribble like they are unguarded, Dribble as if they are guarded, Dribble with a defender, Implement different change of direction moves (cross-over, reverse pull)