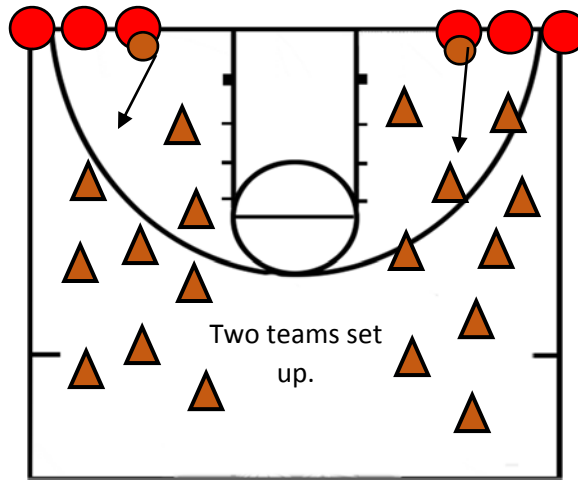
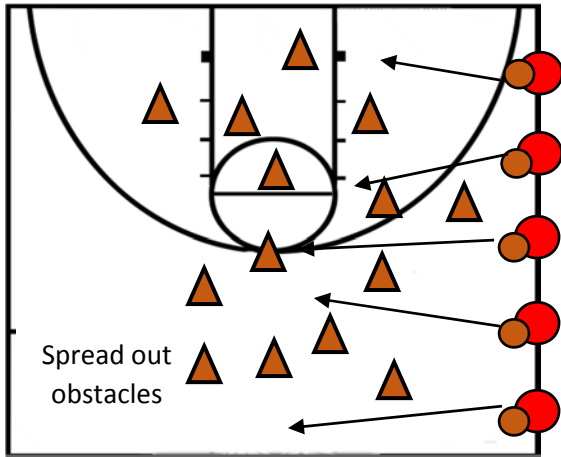


Set up:

Drill: "Land Mines"



Directions:

- Lay out obstacles on the floor to create a course. Players start underneath the basketball goal with a ball.
- One player at a time with attempt to dribble through the minefield avoid the obstacles in the way.
- If a player dribbles and hits one of the obstacles, give them a consequence: 10 dribbles on the side, 3 hound dog pushups, dribble to touch a wall and back (be creative)
- After each round add more obstacles to make it more challenging
- Variation: start with two teams and race through the course, use only right/left hand, penalize looking down.