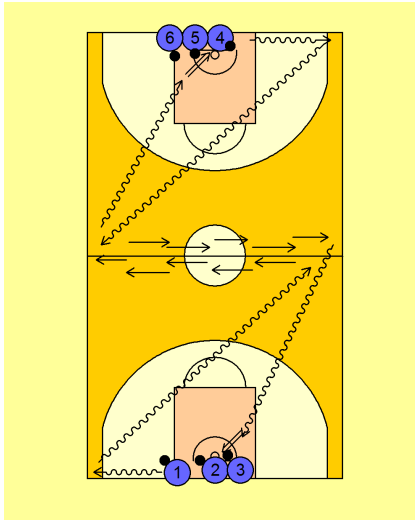




Dribble side layup



A fairly simple but effective conditioning drill.
6 or more players, each player a ball.

First the players dribble to the corner, and make a reverse dribble to keep their body between ball and the (imaginary) defense.

Speed dribble to the mid line.

Hold the ball, (or if you have ball racks place the ball in the rack), while doing defensive footwork parallel to the mid line to the other side. Face to the (offense) basket.

Finally speed dribble and left handed lay-up.

After 2 minutes rotate to the other side.

(Based on a drill by Peter Nijdam)