



Dribbling- Station #2

Task: Dribble through the zigzag pattern at least 3 times. Each time use a different move, crossover, between the legs, or behind the back.

Remember:

All- plant with the outside foot and keep the ball moving in the direction of the next cone.

Crossover- keep the ball low and explosive.

Between the legs- Wide step with leg.

Behind the back- Elbow up, go around your waist, and contact you're opposite hip.

Challenge: Using your partner as a defender, use the different dribbles to get around them, you get 5 tries.