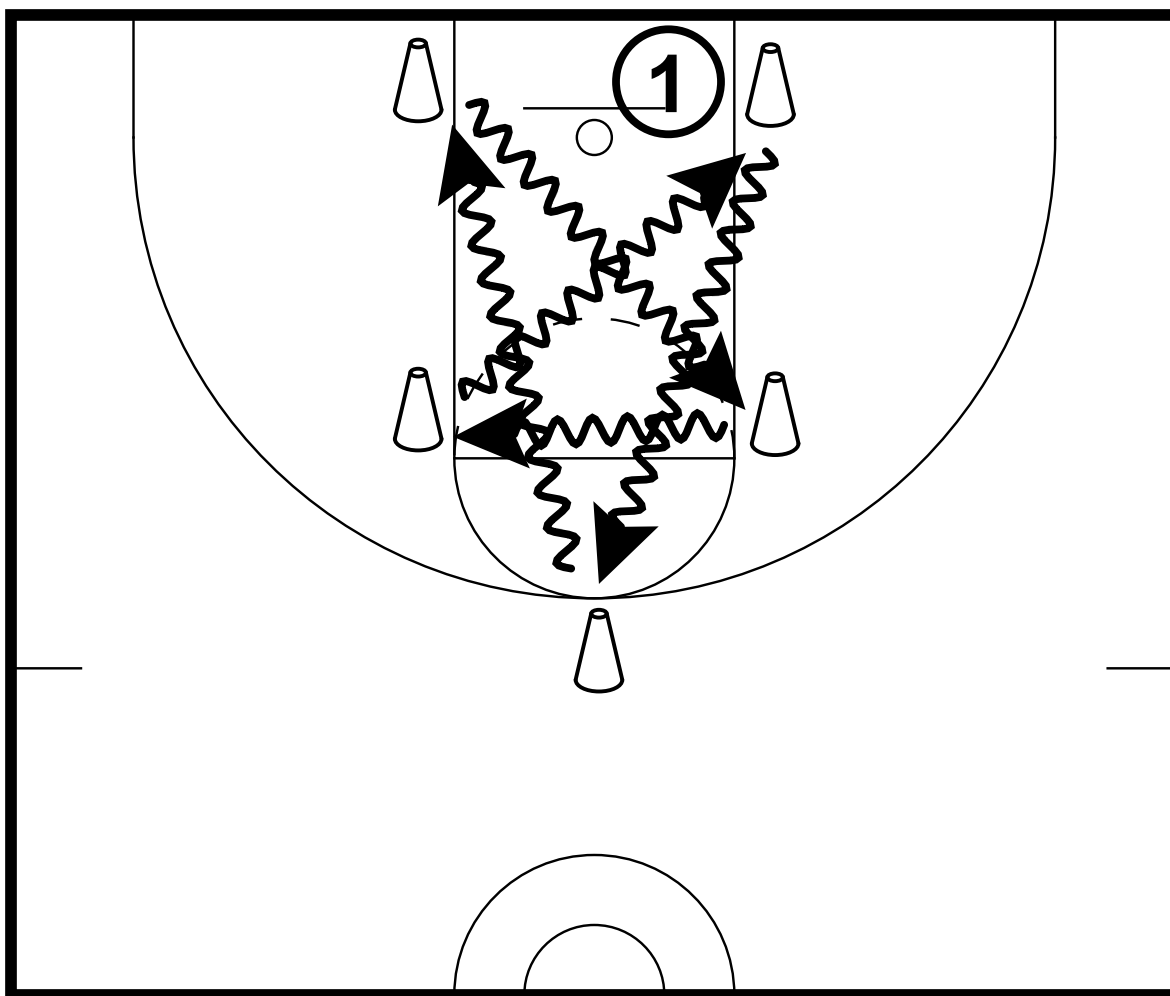


Two Ball Star Dribbling Drill



Set-Up - Player has two balls and will start at the bottom left hand cone. They will have one minute to see how many cones they can make it to. They must go in the star pattern and they must cross the balls over at each cone.

Star Pattern - Bottom left, Top, Bottom right, Top left, Top Right, Bottom left.

Use as many baskets as possible to reduce waiting time.

Variation - The player must always have their back to the baseline when running this drill. Because of this, they will go forward, backward, forward, sideways and backward.