



## **“10,001 DRIBBLES” SUMMER PROGRAM**

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**“Getting a Feel for It” Drills:** Do each drill 10 times around and then switch directions and do 10 going the other way. Take the ball (1) around your head, (2) around your waist, (3) around both legs, (4) in figure eights.

**Single Ball Dribbling:** Get in a good stance and really work to get that ball moving:

- **Right hand in stance:** Pound the ball hard with your right hand near your right/back foot. Keep your left hand up to protect the ball.
- **Left handed in stance:** Pound the ball hard with your left hand near your left foot. Keep your non-dribbling hand up to protect the ball from (imaginary) defenders!
- **Cross-over:** Cross the ball back and forth from your right hand to your left hand in front of your body. As you get better, try big, wide sweeping crosses and quick, little baby crosses.
- **Front to back:** Similar to the cross-over, only this time bring the ball forward and backward using a single hand on the side of your body. Remember to flip your hand over as you go from front to back. Don't forget to try your off-hand too!
- **Tiny dribbles in a figure eight:** Using little dribbles, take the ball in and out between your legs in a figure eight pattern.
- **Spider dribble:** Get into a good stance. Bounce the ball between your legs using first your right hand in front of your body, then your left hand in front of your body, then your right hand behind your body, then your left hand behind your body. Move quick

**2 Ball Dribbling drills:** Get a second ball. If its another basketball that's great – but if you don't have two basketballs, a volleyball, soccer ball or playground ball will work. Just find something that bounces!

- **Pound dribble:** Pound both balls hard against the ground at the same time.
- **Pistons:** Really get 'em moving. Pound the balls against the ground in alternating rhythm – one ball is up while the other one is down. Use your shoulders.
- **Typewriter:** Dribbling both balls together in rhythm, move the balls from side to side in front of your body.
- **Kill dribble:** Dribbling both balls together in rhythm, first start with big, hard pound dribbles then switch to quick tiny dribbles.

**Shooting Drills:** Make 20 shots at each of these spots (1) bank shot right wing from 5 feet, (2) bank shot left wing from 5 feet, (3) directly in front of the basket from 5 feet



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**INSTRUCTIONS:** Each time you complete the cavalry dribbling workout on the back of this sheet **enter the date on this list**. When the sheet is full, you will have made 10,001 dribbles (and over 600 shots too!). Return the completed and signed sheet to a Cavalry Director in the Fall for a prize!

_____ 300	_____ 3600	_____ 6900
_____ 600	_____ 3900	_____ 7200
_____ 900	_____ 4200	_____ 7500
_____ 1200	_____ 4500	_____ 7800
_____ 1500	_____ 4800	_____ 8100
_____ 1800	_____ 5100	_____ 8400
_____ 2100	_____ 5400	_____ 8700
_____ 2400	_____ 5700	_____ 9000
_____ 2700	_____ 6000	_____ 9300
_____ 3000	_____ 6300	_____ 9600
_____ 3300	_____ 6600	_____ 9900

\*\*\* On your final day, do your favorite drill for 101 dribbles: \_\_\_\_\_ **10,001!**

Player's signature: \_\_\_\_\_

Parent's signature: \_\_\_\_\_