## **Basketball Dribbling Workout**

Date:

Drill		1-Ball Stationary # Dribbles	1-Ball On- The-Move # Dribbles
	RT		
	1		
	RT		
	LT		
	RT		
	LT		
	RT		
	רנ		
	RT		
	LT		
	RT		
	LT		

2-Ball Stationary # Dribbles	2-Ball On- The-Move # Dribbles
	Stationary