



## **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.