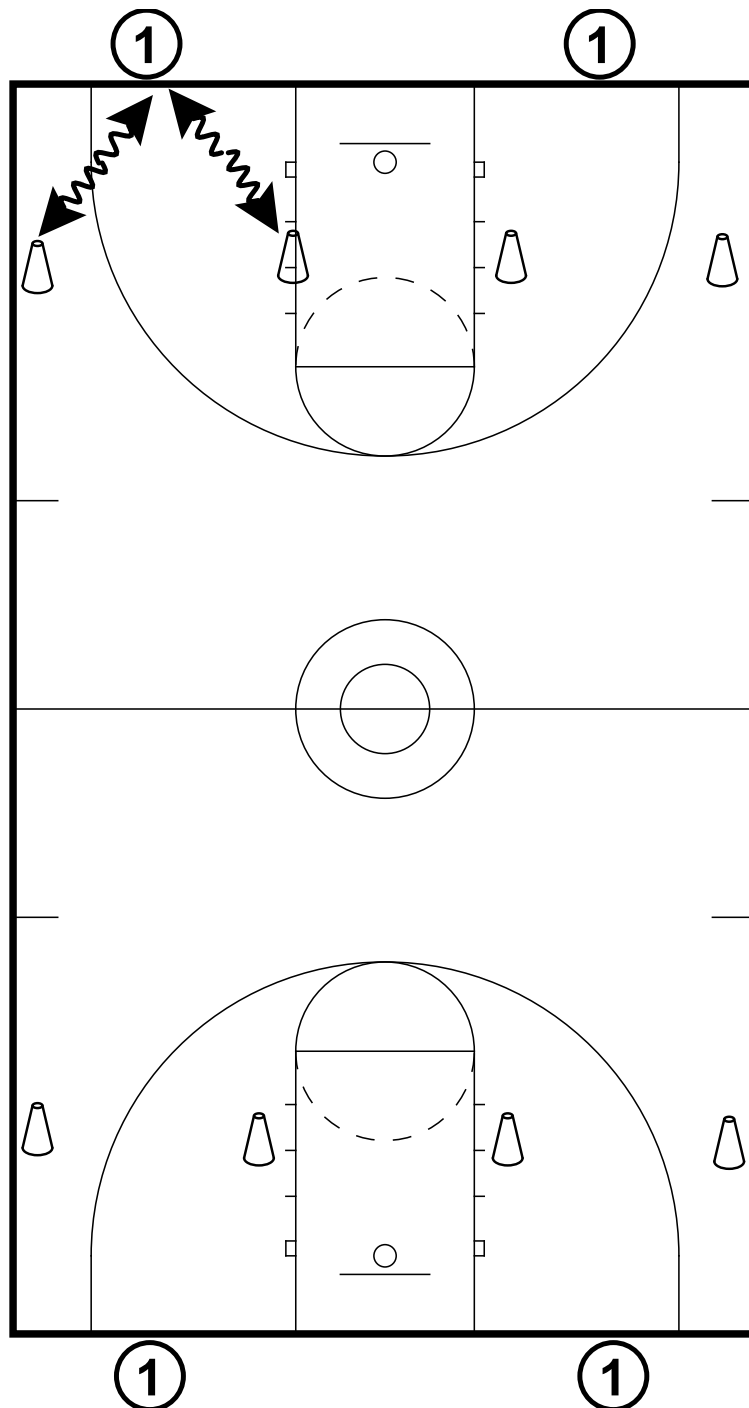


Dribble "V" - Attack And Retreat



1. Set up the gym as shown. One ball for each group.
 2. 30 Seconds on the clock.
 3. Dribbler will dribble hard to the right cone, stop and dribble backward at a diagonal back to where they started.
 4. They will cross the ball over and dribble hard to the left cone, stop and dribble backward at a diagonal back to the beginning.
 5. Continue right and left for 30 seconds.
- Variations -
1. Instead of a straight cross over when you change directions, go between the legs.