

- A. 3-4 people in each line. All have balls.
- B. Take turns in your group. Each skill will last 45 seconds.
- C. Everyone starts in Triple Threat
- D. Skills
 - 1. **Right Hand Speed** - Dribble with right hand only around second cone and return.
 - 2. **Left Hand Speed**
 - 3. **Cross Over** - Start with your right hand. Dribble to the first cone, cross over. Dribble to second cone and cross over. Dribble around second cone and come back. Cross over at first cone.
 - 4. **Between The Legs** - Same as Cross Over but perform Between the legs move.
 - 5. **Attack and Retreat** - Dribble with right hand just passed the first cone. Retreat dribble and cross over. Dribble past the second cone with the left hand. Retreat dribble and go around the second cone. Perform skill at first cone coming back.
 - 6. **Two Balls**. Dribble two balls around second cone and back.