Individual Drills

** Stay low and over the ball, accelerate after move into new space
** Do with dominant foot then again with other foot
** Can be done in very small space with small touches instead of dribbling.

Foundation – stationary dribble between insides of both feet 25 touches

Pull backs – (10) stop with sole of foot, pull back and tap with outside of the same foot 10/foot

Dribble – (10) **Chop** turn (inside of foot) to change direction 10/foot

Dribble – (10) **Cut** back (outside of foot) to sharply change direction 10/foot

Croix turn – (10) Pull back, touch behind with inside of the same foot, outside touch with other foot

Practice your own move-(10)

Crossovers with dead ball (20) Crossover

Crossover/cut – crossover with one foot, then outside touch with other foot to side (10)

Crossover/chop - spin back on foot used for crossover then quick chop turn (10)

Foundation Triangle – inside of foot to the other foot, inside but push ball forward, pull back, and repeat (10/foot)

Stationary Zig Zag- hop on one foot-inside/outside touches -20 per foot

Stationary inside/outside-(20) start with ball between your feet, inside touch with one foot, outside touch with other foot, then repeat in the other direction.

Juggling – 5 minutes, knees, add shoulder and feet. Try head, shoulders, knees, foot for challenge.