



HASTINGS RAIDERS BASKETBALL

Hastings 2 Ball Dribbling Exercises

- ✓ 2 ball pounds (hip height and/or shoulder height)
- ✓ 2 ball alternating (hip height and/or shoulder height)
- ✓ 2 ball shoulders to floor (fingertips) and build back up to shoulders
- ✓ 2 ball fingertips
- ✓ 2 ball cross overs
- ✓ 2 ball windshield wipers
- ✓ 2 ball side forward/back
- ✓ 2 ball cross overs through legs
- ✓ 2 ball fingertips around right/left foot-one at a time
- ✓ 2 ball cross overs behind back
- ✓ 2 ball one high, one low (fingertips)
- ✓ 2 ball fingertips around both feet at the same time
- ✓ 2 ball chaser figure 8

GOALS:

1. Work up to the highest level.
2. Once a level is mastered, how fast and hard can you dribble at each level?
3. You should push yourself to failure during each workout. It is expected to lose control occasionally.
4. **Eyes Up** in an **athletic stance** while dribbling.



HASTINGS RAIDERS BASKETBALL

Level 1

- 2 ball pounds
- 2 ball alternating

Level 2

- 2 ball shoulders to floor (fingertips) and build back up to shoulders
- 2 ball fingertips
- 2 ball cross overs

Level 3

- 2 ball windshield wipers
- 2 ball side forward/back
- 2 ball cross overs through legs

Level 4

- 2 ball fingertips around right/left foot-one at a time
- 2 ball cross overs behind back

Level 5

- 2 ball, one high, one low (fingertips)-master both hands
- 2 ball fingertips around both feet at the same time
- 2 ball chaser figure 8