**1.** Two Player Passing:

 \* Works on passing and catching skills – changing from bounce passes to chest passes.  Players should “look the ball into their hands.

[**Two Player Passing Drill – Video Clip**](http://youtu.be/oAuTf9zohcM)

**2.** Free Throw Shooting / Boxing Out:

 \* Shoot some Free Throws, and have players Boxing out (not just standing there).

[**Free Throw Examples – Video Clip**](http://youtu.be/nVcp8Z3x-xo)

**3.** Ball Handling:

 \* Figure 8 Dribbling, Crossover Dribbling, Around the Waste, etc.

[**Figure 8 Dribbling – Video Clip**](http://youtu.be/gLATGdUV-5Q)

[**Crossover Dribbling – Video Clip**](http://youtu.be/8abLTTZrHbw)

[**Around the Waste – Video Clip**](http://youtu.be/aWofKymeDj0)

**4.** Zig-Zag Step Slide – Defense:

 \* Work on defensive slides using the proper stance, staying low and level (don’t bounce up and down). Keep arms up and out.

[**Zig Zag Step Slide – Video Clip**](http://youtu.be/h6nfiDiijWc)

**5.** Pull Back Crossover or the Nose Drill:

 \* Work on this very important ball handling skill – the Pull-Back Crossover is used to get out of “traps” and pressure defenses.  The Nose Drill is one of the best Basketball Warm Ups and pre-game warm up drill that is widely used at all levels.

[**Pull-Back Crossover – Video Clip**](http://youtu.be/zx-4-TxCpVA)

[**Nose Drill – Video Clip**](http://youtu.be/4xruckPcabw)