

Nicole's Homework - Week #3

[Video #3 on YouTube](#)

20 Seconds Each

Cone Dribbling Drill

- Left Hand on Cone - Right Hand Dribble
- Right Hand on Cone - Left Hand Dribble
- Left Hand Picking up Cone - Right Hand Pound
- Right Hand Picking up Cone - Left Hand Pound
- Right Hand Around Cone - Reverse direction after 10 Seconds
- Left Hand Around Cone - Reverse direction after 10 Seconds
- Right Hand Over Cone - Back and Forth
- Left Hand Over Cone - Back and Forth

Crossovers: Cone placed two steps in front of you, Switching Hand On the Cone Every Cross

- Two dribbles forward with Right Hand - Touch Cone with left - Two Dribbles Retreating back
- Two dribbles forward with Left Hand - Touch Cone with Right - Two Dribbles Retreating back
- Two dribbles forward with Right Hand - Cross and touch cone - Two Dribbles Retreating back with left hand

*Challenge yourself going between legs/ behind back instead of cross

10 Each

One Dribble Pull Up Footwork

Breaking it down

- Step Right Foot Forward - Dribble Right Hand - Bring Foot Back
- Step Left Foot Forward - Dribble Left Hand - Bring Foot Back
- Step Left Foot Across Body - Dribble Right Hand - Bring Foot Back
- Step Right Foot Across Body - Dribble Left Hand - Bring Foot Back

One Dribble Pull Up

- Step Right Foot Forward - Dribble Right Hand - Step Left Right - "shot"
- Step Left Foot Forward - Dribble Left Hand - Step Right Left - "shot"
- Step Left Foot Across Body - Dribble Right Hand - Step Right Left - "shot"
- Step Right Foot Across Body - Dribble Left Hand - Step Left Right - "shot"

Game - 5 in a Row, 10..15..20..

1. Continuous Behind the back
2. Continuous Through the legs

