

Skills Video 8	Day	Day	Day	Day	Day
Dribbling	1	2	3	4	5
Dribble a square					
1 metre square dribbling					
Circle 8's					
Cone combination moves					
Spin into cone combination moves					
In-out foot switch combination moves					
In-out foot switch step thru finish					
Walking Cross & Thru dribbles					
Walking V dribble and Cross					
Walking V dribble and Thru dribbles					
Walking In & out, Thru and Cross dribbles					
Walking Cross, Thru and Behind back dribbles					

Points of Emphasis:

- Have your hips down, be in an athletic and balanced stance
- Spread fingers, see ball and hands, firmly push ball into ground
- Take long steps for through and behind back moves
- Have your non dribble hand in position early for crossover moves



Spider skills at home
Hornsby Spiders Basketball

