



DRIBBLE WARM-UP CHALLENGE CARD

Please see [USA Basketball](#) videos for demonstrations of dribbling challenges listed below.

Round	Dribbling Challenges	Dynamic Stretching Challenges
1	Dribble with Dominant Hand	Arm Circles
2	Dribble with Non-dominant Hand	Toe Touches
3	Crossover Dribbles	Full Body Twists
4	Inside Out Dribbles	Mountain Climbers
5	Alternating Spin Dribbles	Alternating Lunges
6	Around the Back Dribbles	Deep Squats