



Florida State Dribbling

Setup:

- 3 chairs set up on each sideline
- Players complete 7 dribble moves
- 1 line on the baseline on the block by Chair 1
- The next player in line goes when the player in front of him spin dribbles at Chair 1
- Go right hand going down and left hand coming back
- Go 3 times with each hand

Diagrams	Notes
	<ul style="list-style-type: none">• Speed dribble to Chair 1• Spin dribble at Chair 1• Continuous crossovers to Chair 2• Spin dribble at Chair 2• Continuous in and out dribbles to Chair 3• Spin dribble at Chair 3• Continuous hesitation dribbles to Chair 4• Spin dribble at Chair 4• Continuous behind the back drill to Chair 5• Spin dribble at Chair 5• Continuous through the legs dribble to Chair 6• Spin dribble at Chair 6• Drive for layup