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THE ROBOT CAMERAMAN

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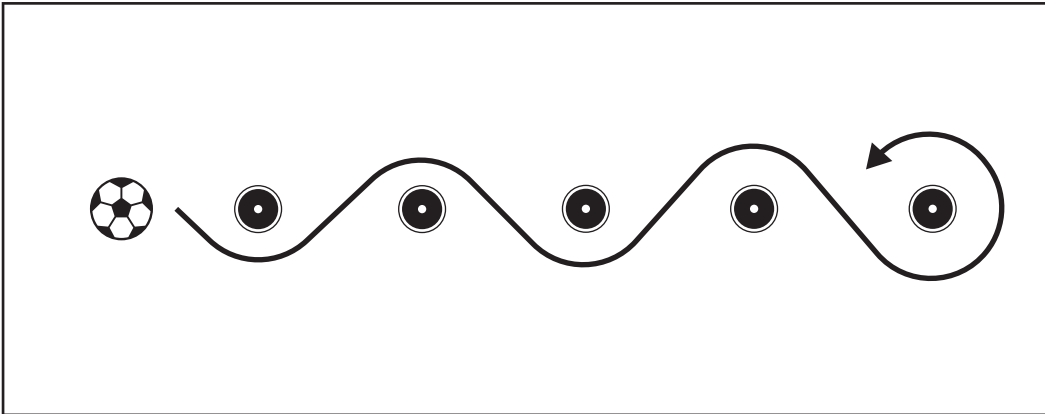
Go to soloshot.com and enter **soloshot11** at check out.

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In and Out: Close Quarter Dribbling

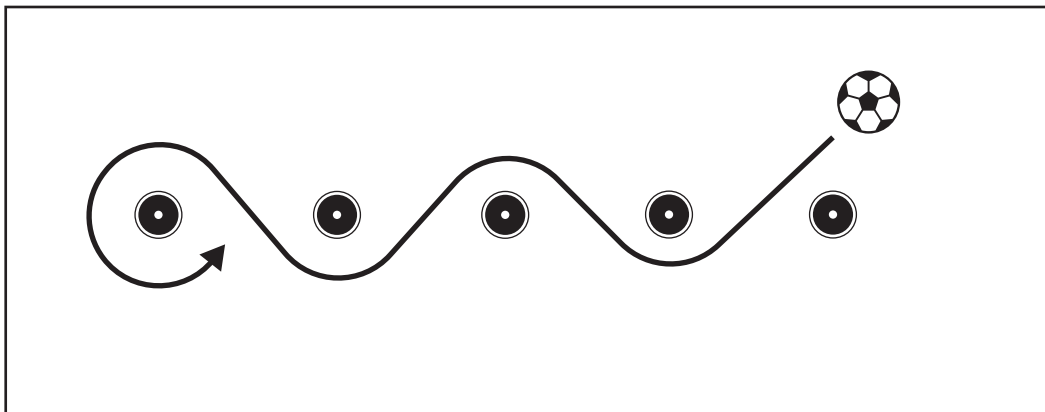
Setup: Place five cones in a row with three feet of separation between each cone

1.






The player starts by weaving through the cones using only the right foot. Both the inside and outside of the right foot should be utilized while moving through this drill. When the player reaches the end cone they should dribble around it and continue back the other way through the drill.

2.



Once the player has run through the drill three times, they should move on to solely using their left foot. Again, utilizing the inside and outside of the left foot while moving through the cones.

KEY

-  Player with ball
-  Player Movement
-  Cone

NOTES

Make it harder:

- Space cones closer together

Make it easier:

- Space cones farther apart