



TRAINING ZONE

PRESENTED BY



SIMON SAYS

► DRILL OVERVIEW

- You can perform this drill in any seated or standing position. Be sure to keep the ball close to your body as you circle around your head, back, and legs, and change up directions. Keep your head and eyes up while performing to maximize hand eye coordination.

● BEST PRACTICES

- Keep the basketball close as you pass it around your body.
- When performing the Waterfall drill, keep the ball on your fingertips for more control.
- Perform dribbling and Waterfall drills on both side of your body.
- Practice these drills daily to improve your hand-eye coordination.

★ MODIFICATIONS

- You can perform most of these drills in a regular chair or a basketball wheelchair.
- Get a friend to play "Simon Says". By reacting to different instructions, you can simulate game play.