



DRIBBLE STICK®

DRILLS GUIDE

Thank you for choosing the SKLZ Dribble Stick. We are dedicated to providing you with the best tools and instruction possible to help you unleash your athletic potential. If there is anything else we can do to help you optimize your workouts, don't hesitate to send us an email (customerservice@sklz.com) or give us a call (1-877-225-7275).

BEFORE YOU BEGIN:

- » Make sure you have all of the Dribble Stick components. Please contact SKLZ customer service toll free at 877-225-7275 x128 if you are missing anything.
- » Read all setup and usage instructions carefully.

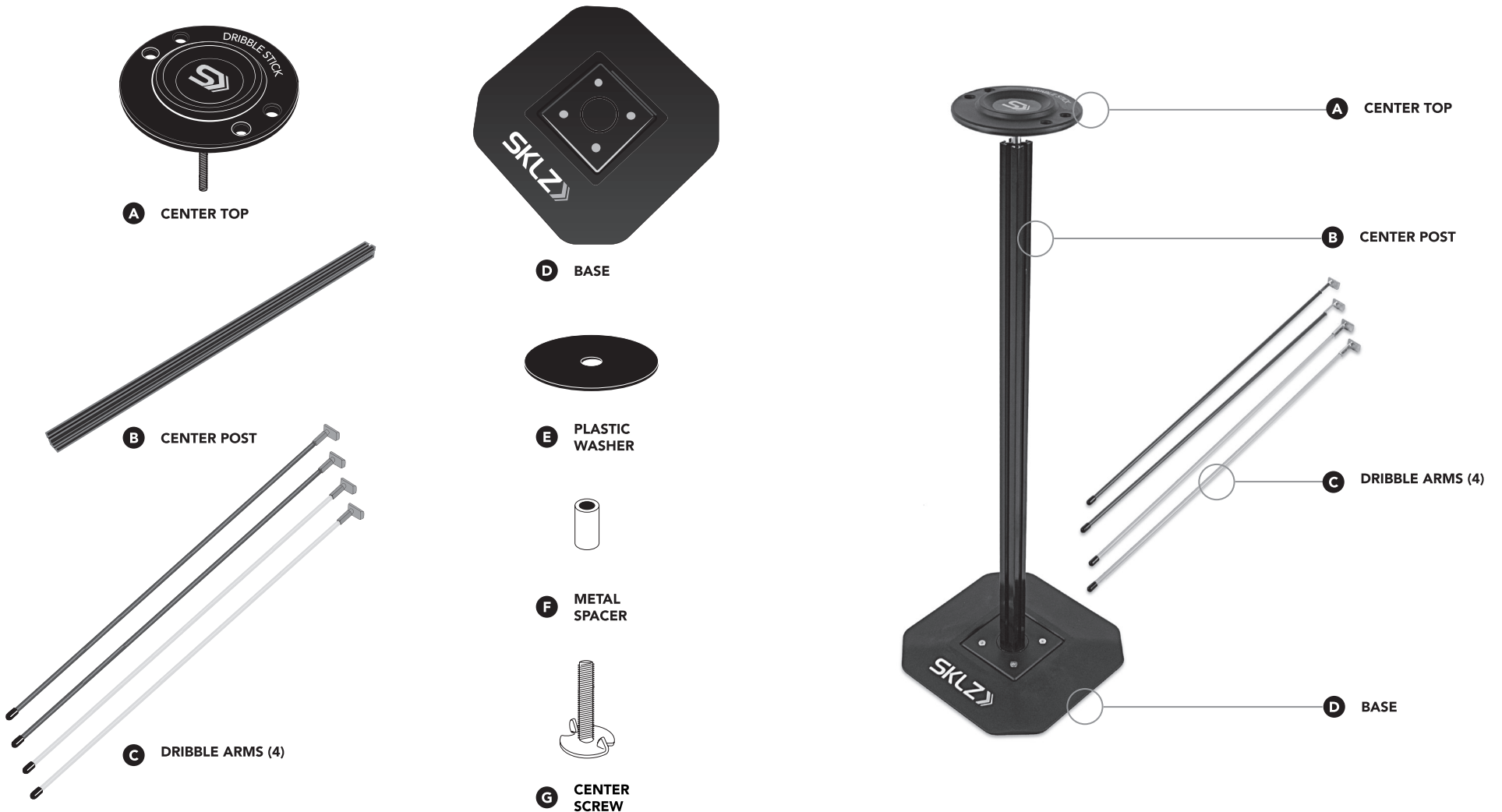
⚠ WARNING:

- » Recommended for athletes over 7 years old. Athletes under 18 years of age should use under adult supervision.
- » Be sure to consult your healthcare professional before beginning this or any type of exercise program.
- » Always check equipment for worn or damaged parts before use. If any are found, do not use product.
- » The SKLZ Dribble Stick is a training tool designed to advance your training and workout. Take breaks and do not overexert yourself.
- » Use in an open area free of hazards.

CARE INSTRUCTIONS:

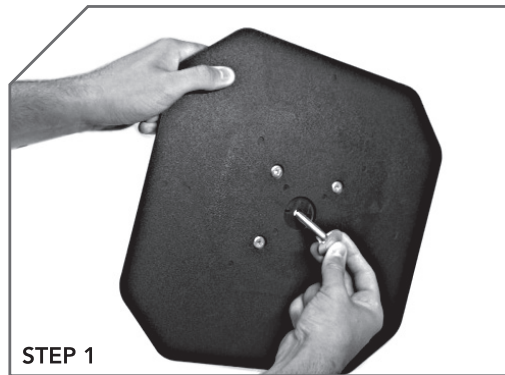
To maximize the life span of the product, avoid leaving the Dribble Stick out in the sun or cold weather for long periods of time.

DRIBBLE STICK PARTS

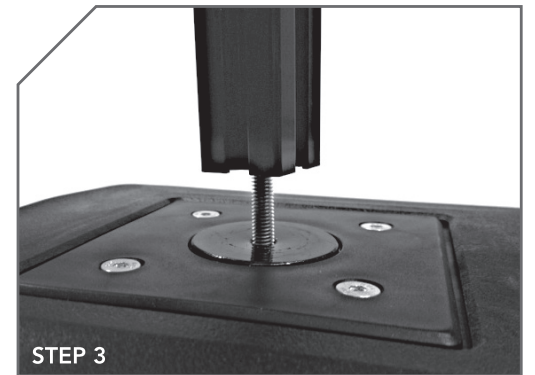


SETUP

- 1 - Insert the Center Screw (G) into the Base (D) fitting the teeth into the open slots.
- 2 - Place Plastic Washer (E) on the top of the Base (D).
- 3 - Secure the Center Post (B) onto the screw in the Base (D) until tight. NOTE: The Plastic Washer (E) should be in place between the post and base. This will help prevent the post from loosening during use.
- 4 - Place the Metal Spacer (F) over the screw attached to the Center Top (A).
- 5 - Secure the Center Top (A) by screwing it onto the post. Confirm the attached nuts on the Center Top screw are secured tight at the top of the Center Top screw.
- 6 - Attach Dribble Arms (C) by sliding the T-nut into the open slot at the top of the Center Post.



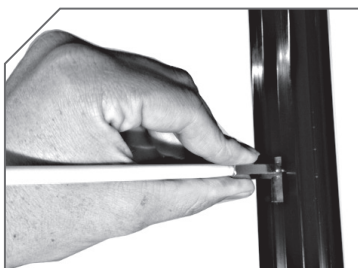
STEP 1
Center Screw into the Base



STEP 3
Secure Center Post

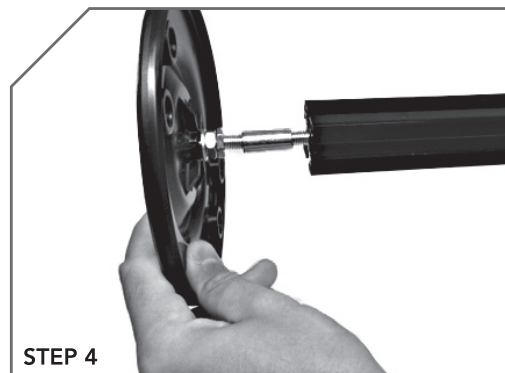
ADJUSTING THE ARMS

Adjust the height by grabbing the metal hexagon sleeve closest to the Center Post and slide the arms up or down to the desired position.

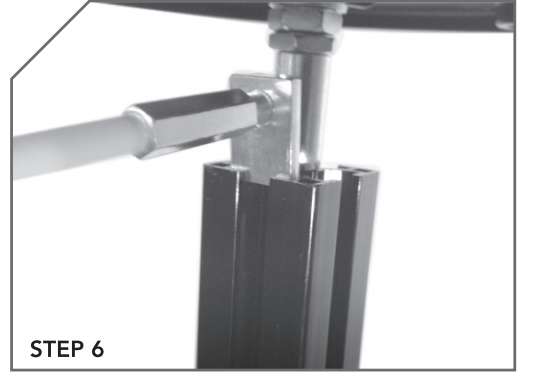


STORAGE

While not in use, it is recommended to remove the Dribble Arms from the Center Post and insert them into the preset holes in the Center Top.



STEP 4
Metal Spacer, connect to Center Top



STEP 6
Attaching Dribble Arms

GENERAL GUIDELINES FOR BALL HANDLING DRILLS

PROGRESSIONS

Once comfortable with the three "setup dribbles" and crossovers, progress by decreasing the number of setup dribbles to 2, 1 then 0. Do as many repetitions as you need to feel comfortable, or spend 30 seconds on each dribble progression to start.

COACH'S TIP

Stay low with your dribble and pound the ball into the ground. When crossing over, your weight should transfer with the ball. You should try to keep your head and eyes forward and avoid looking down at the ball. Your "off" arm (opposite of the one with the ball) should always be at a 90 degree angle with your forearm parallel to the ground to protect the ball.

BALL HANDLING DRILLS

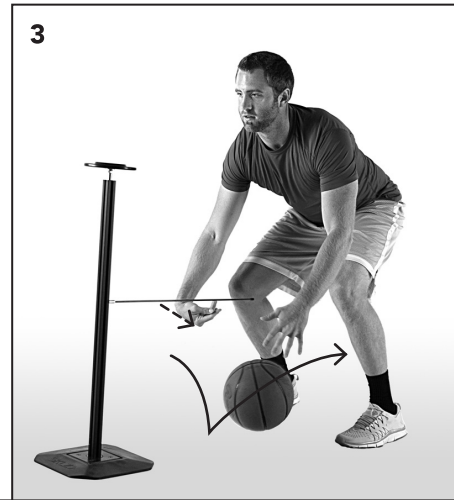
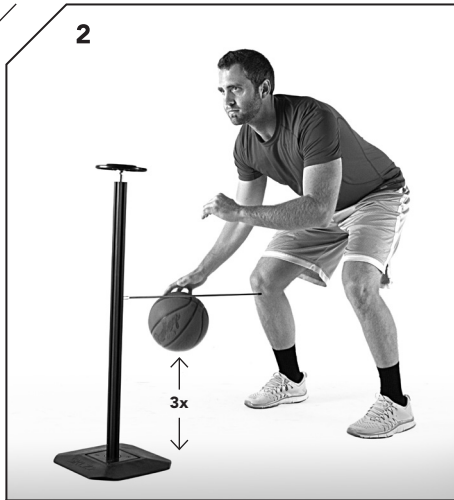
The following are basic drills with the Dribble Stick. For more drills and advanced instruction, please visit SKLZ.com.



CROSSOVER

STEPS:

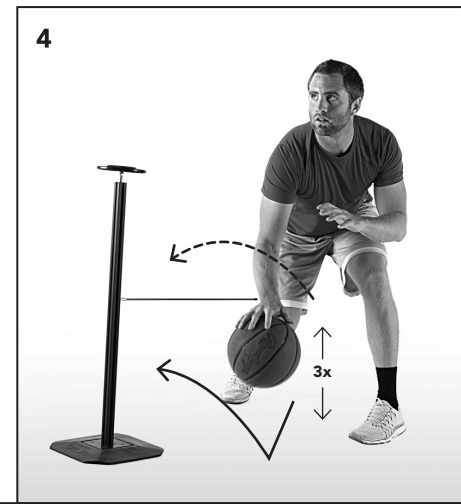
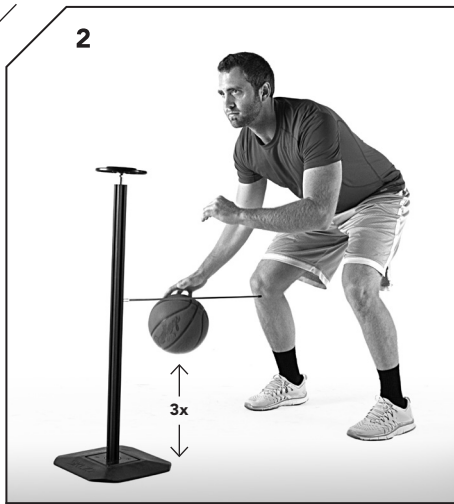
- 1 - To start, position one of the dribble arms pointing directly toward you at knee height. Begin in an athletic stance—with your feet slightly outside your hips, knees bent and back straight.
- 2 - Dribble the ball three times with your right hand. This sequence is called the "setup dribble".
- 3 - After the third setup dribble, crossover to your left side by pushing the ball under the dribble arm and receiving the ball with your left hand.
- 4 - Repeat three setup dribbles with your left hand and cross back to your right under the dribble arm.



ONE-HANDED CROSSOVER

STEPS:

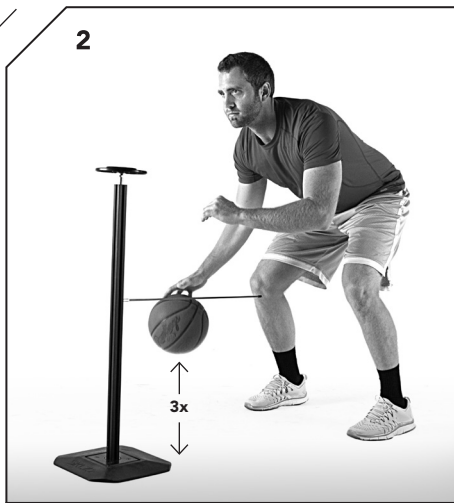
- 1 - To start, position one of the dribble arms pointing directly toward you at knee height. Begin in an athletic stance—with your feet slightly outside your hips, knees bent and back straight.
- 2 - Do three setup dribbles with your right hand.
- 3 - After the third setup dribble, crossover to your left side by pushing the ball under the dribble arm and receiving the ball on the opposite side. Your right hand should go over the dribble arm to receive the ball on the opposite side.
- 4 - Now on your left side, do 3 setup dribbles and push the ball back under the arm to your right side receiving the ball with your right hand. Once you've completed the progression, repeat the drill with your left hand.



PUSH CROSS COMBO

STEPS:

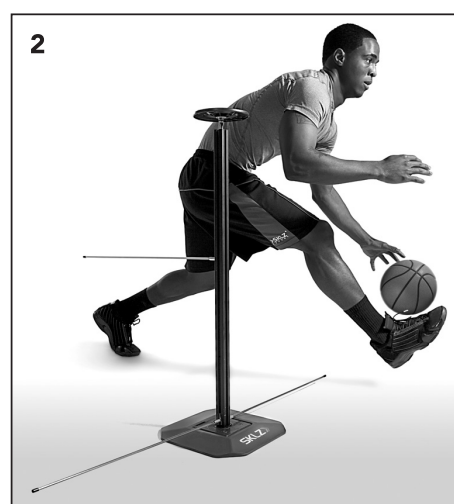
- 1 - To start, position one of the dribble arms pointing directly toward you at knee height. Begin in an athletic stance—with your feet slightly outside your hips, knees bent and back straight.
- 2 - Do three setup dribbles with your right hand.
- 3 - After your third setup dribble, bounce the ball over the top of the dribble arm to your left hand.
- 4 - Then immediately crossover under the dribble arm back over to your right hand.
- 5 - Once you've completed the progression, begin the combination with your left hand.



FIRST STEP

STEPS:

- 1 - To start, position one of the dribble arms pointing directly toward you at knee height. Insert two more dribble arms to the right and left sides. Position the arms at the lowest point.
NOTE: With these two arms, the Dribble Stick acts as a more of a defender. Instead of staying stationary, use the move to get around your "defender" or Dribble Stick.
- 2 - Use the arms on the right and left as a marker of where your first step should be. Your first step should clear the dribble arm, training you to create space to get around the defender.
- 3 - As you perfect the move and first step, train yourself to do it as quickly as possible.
- 4 - Repeat the drills above, working on setting up your defender and making the suggested move.



CONDITIONING DRILLS

LINEAR JUMP TO STABILIZE

STEPS:

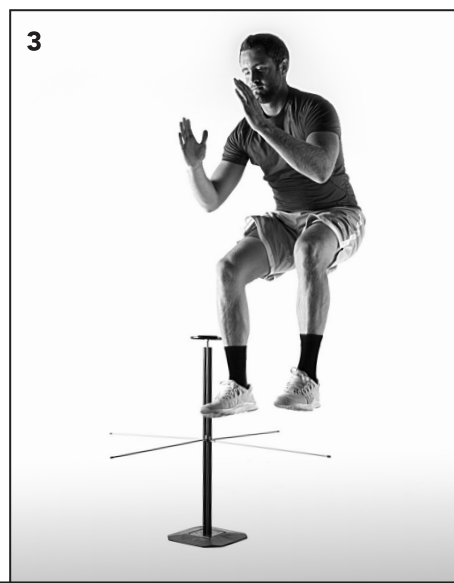
- 1 - To start, position all four of the dribble arms at mid-shin height.
- 2 - Begin in any quadrant in an athletic stance—with your feet slightly outside your hips, knees bent, back straight and elbows back and bent at 90 degrees.
- 3 - Dip your hips back and down then jump over the dribble arm in front of you by propelling yourself with your arms and hips.
- 4 - When landing, concentrate on absorbing the impact through your hips to land softly, stabilize for 1 to 2 seconds.
- 5 - Once stabilized, rotate your body 90 degrees so you are positioned to jump over the next dribble arm.

TRAINING TIP:

Fully extend your hips during each jump and concentrate on landing softly. Do this drill at a controlled pace, speed is not a point of emphasis. To increase the difficulty, raise the height of the dribble arms.

FEEL IT:

Working your hips and legs for more explosive movements.



LATERAL JUMP – CONTINUOUS

STEPS:

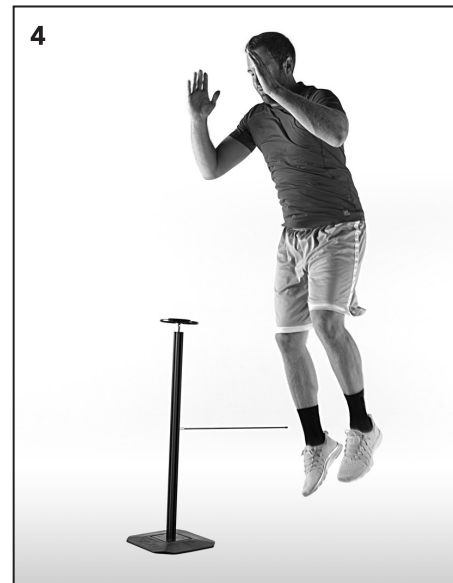
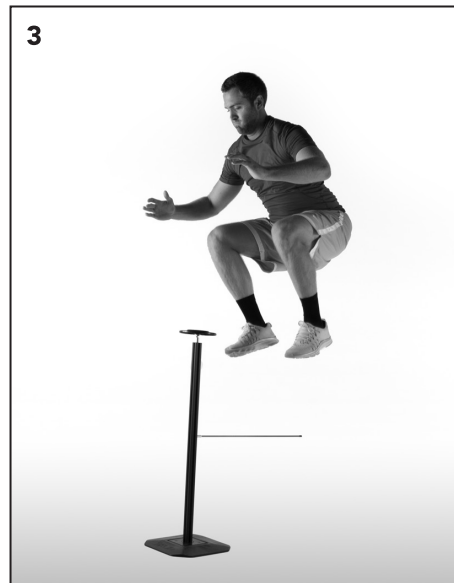
- 1 - To start, position all four of the dribble arms at mid-shin height.
- 2 - Stand at one side of a dribble arm in an athletic stance—with your feet slightly outside your hips, knees bent, back straight and elbows back and bent at 90 degrees.
- 3 - Dip your hips back and down then jump laterally over the dribble arm, using your arms and hips to generate force.
- 4 - Absorb the impact with your hips to land softly.
- 5 - Immediately jump back over the same dribble arm as quickly as possible and repeat.

TRAINING TIP:

Use your arms and hips together to generate force. You should spend the least amount of time possible on the ground. Once you land, explode back up and over the dribble arm as quick as possible. To increase the difficulty, raise the height of the dribble arm.

FEEL IT:

Working your hips and legs for quickness and power.



2-IN-1 SHUFFLE

STEPS:

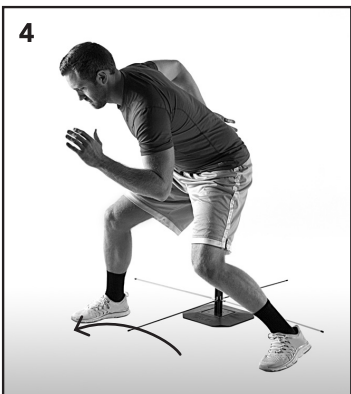
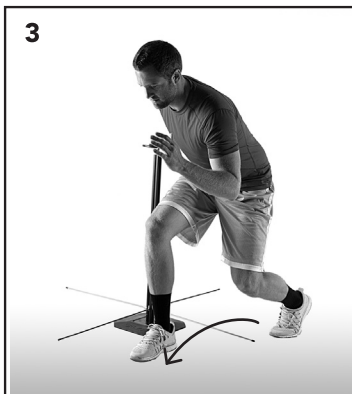
- 1 - To start, position all four of the dribble arms at the lowest position on the Center Post.
- 2 - Begin in the front quadrant (as shown in image 2), in an athletic stance—with your feet slightly outside your hips, knees bent and back straight.
- 3 - Leading with your right foot, step over the dribble arm in front of you, followed by trailing leg.
- 4 - Next, move laterally and step over the dribble arm to your right, leading with your right foot.
- 5 - Lead with your right foot again and step over the dribble arm behind you, followed by trailing leg.
- 6 - From this position, lead with your left foot and reverse your direction around the Center Post and work back through the previous quadrants.

TRAINING TIP:

Maintain a good athletic position as you shuffle over the arms and work to increase speed.

FEEL IT:

Working your hips and legs for agility and coordination.



PATENT #
US Patent
12/985.531

IDEA SUBMISSION

If you have an idea for a new and innovative sports training product, visit SKLZ.com to submit your concept. Some restrictions may apply.

LIMITED WARRANTY

REGISTER YOUR PRODUCT AT SKLZ.COM TO ENSURE WARRANTY COVERAGE, GET NEW PRODUCT INFORMATION AND SPECIAL DEALS FROM SKLZ

Pro Performance Sports (PPS) / SKLZ warrants to the original consumer purchaser of any PPS/SKLZ product it manufactures that the product will be free of defects in materials or workmanship for 90 days (unless specified in alternate warranties) from the date of purchase. If defective and purchased from a retail store, return the product along with receipt to the retail store where the product was purchased. If the item was purchased from PPS/SKLZ, return the product along with the packing slip (proof of purchase) postage prepaid to the address below for replacement consideration. Label: Attn: Returns

This warranty does not cover damages resulting from accident, misuse, abuse or lost merchandise. Only valid in the USA. All returns sent to PPS/SKLZ require a Return Merchandise Authorization number (RMA). For returns to PPS/SKLZ and for all other Customer Service inquiries, please email customerservice@sklz.com or call toll free, 1-877-225-7275 for a return authorization number for any exchange.

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ADDITIONAL EXERCISES:

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