



Agility Dribbling Shuttle

Description: Each participant was timed twice in this dribbling shuttle drill. They began at a corner behind one baseline and, starting with the left hand, dribbled to (and around) four (4) preset spots (cones) on the same side of the court. They then transitioned to their right hand and dribbled to (and around) four (4) additional preset spots (cones) on the other side of the court before finishing by dribbling through the opposite corner from which they began. This drill tested basic dribbling skills, dexterity, ability to change direction (at various angles), memory (in conjunction with ability to avoid imaginary defenders), dribbling speed, quickness and overall agility while in transition.

First	Last	High School	Dribble 1	Dribble 2	Average Time
Keyanna	Johnson	Hesperia H.S.	20.37	19.50	19.94
Alicia	Rollins	Woodcrest Christian	21.37	21.25	21.31
Mia	Daniels	Louisville H.S.	22.04	21.22	21.63
Jessica Renne	Achterberg	Paso Robles H.S.	23.00	21.00	22.00
Samantha	Meggison	El Modena	21.34	23.20	22.27
Kinyada	Johnson	Hesperia H.S.	23.60	21.46	22.53
Jameia	McDuffie	Long Beach Poly	23.72	22.12	22.92
Linda	Lomeli	Saddleback	23.03	23.20	23.12
Ailine	Fonua	Rancho Cucamonga H.S.	23.47	22.81	23.14
Lizette	Del Real	Azuza	24.62	21.92	23.27
Nadine	Orozco	Fillmore	24.25	22.33	23.29
Adriana	Vega	Brawley Union H.S.	25.00	21.81	23.41
Valery	Cunningham	Royal	23.10	23.75	23.43
Lisa	Nahin	Notre Dame H.S.	23.85	23.23	23.54
Brittany	Johnson	El Camino H.S.	24.94	22.30	23.62
Jennifer	Carson	Corona Santiago H.S	24.41	23.00	23.71
Haileigh	Nelson	Centennial	24.82	22.85	23.84
LaQuisha	Robinson	La Sierra H.S.	25.00	22.85	23.93
Jawana	Galloway	Birmingham	24.85	23.22	24.04
Alisa	Licata	Yucca Valley	24.41	23.66	24.04
Maria Gladys	Garcia	Burbank	24.78	23.94	24.36
Angela	Dewar	Palos Verdes Peninsula	24.61	24.25	24.43
Chelsea	Kross	La Sierra	25.47	23.42	24.45
Lara	Kadehjian	Glendale H.S.	24.45	24.50	24.48
Samantha	Seals	Northridge Academy	26.00	23.00	24.50
Tejah	Snell	Orange Lutheran	25.75	23.31	24.53
Stacey	Yamada	Arcadia	26.56	22.99	24.78
Jazmine	Mathews	Lynwood H.S.	25.47	24.18	24.83
Perry	Thomas	Norwalk	25.09	24.57	24.83
Roselyn	Angilau	Reseda	25.28	24.41	24.85
Sasha	Jimenez	Bonita Vista H.S.	25.25	24.47	24.86
Yvette	Ramirez	St. Paul	23.97	25.81	24.89
Priscilla	Henry	Moreno Valley	25.19	24.75	24.97
Laura	Burnett	Chaparral H.S.	24.91	25.10	25.01
Allyson	Togashi	Oxford Academy	25.94	24.21	25.08
Jonte	Newman	Pasadena	26.30	24.00	25.15
Christina	McGee	St. Mary's Academy	24.82	25.60	25.21

Sarah	Duchi	Whittier Christian	26.20	24.72	25.46
Morgan	Craig	El Capitan	28.00	23.10	25.55
Mydori	Saipale	Oxnard H.S.	26.34	24.88	25.61
Courtney	Crisp	Santa Margarita Catholic	25.94	25.37	25.66
Charise	Hall	Valencia	26.32	25.13	25.73
Taryn Alyssa	Crawford	Rancho Verde H.S	27.45	24.00	25.73
Brittany	Whitehurst	Long Beach Poly	27.06	24.41	25.74
Jessica	Duran	Sonora	26.28	25.28	25.78
Camille	Cooper	Indio	26.50	25.10	25.80
Lizeth	Ramirez	Azusa	26.63	25.03	25.83
kelly	Cox	Pilgrim	26.59	25.19	25.89
Jasmin	Madrigal	Gladstone	27.00	25.00	26.00
Lauren	Oosdyke	Santa Margarita	26.78	25.22	26.00
Angela	Palmer	Vista Delago H.S.	26.78	25.22	26.00
Jaleesa	Conner	Notre Dame	26.25	25.81	26.03
Veronica	Beavoe	Lutheran	26.71	25.44	26.08
Tonee	Martin	Pasadena H.S.	25.70	26.51	26.11
Angelica	Perez	Wilson Classical	24.72	27.81	26.27
Ashley	Johnston	Cerritos High School	28.00	24.59	26.30
Melia	Basarand	Glendale H.S.	27.59	25.25	26.42
Jennifer	Hamilton	Rancho Cucamonga	26.31	26.65	26.48
Krystal	Urzua	Santa Fe	29.00	24.00	26.50
Rachel	Angilau	Reseda	28.53	24.75	26.64
Jennifer	Mejia	Yucaipa	25.90	28.12	27.01
Desiree	Anderson	Hesperia H.S.	28.21	26.12	27.17
Shana	Moore	Royal	28.34	26.00	27.17
Kristel	Eddington	Valley Christian	27.00	27.85	27.43
Rachel	Gordon	Victor Valley Christian	28.50	26.35	27.43
Jasmin	Thomas	Rancho Cucamonga H.S.	24.00	31.00	27.50
Jessica	White	Trabuco Hills	28.00	27.00	27.50
Adriana	Galvan	Bonita H.S.	28.38	26.84	27.61
Alyssa	Lundy	West Valley H.S.	29.44	26.00	27.72
Christina	Sagarminaga	Glen A. Wilson H.S	28.94	26.87	27.91
Leah	Ribera	Yucca Valley	28.97	27.06	28.02
Liana	Pitman	El Capitan	30.75	25.31	28.03
Blair	Hernandez	Rosamond	30.12	26.09	28.11
Naomi	Cowser	Eastside Christian	28.41	27.84	28.13
Jeanette	Hernandez	Paloma Valley	29.28	27.18	28.23
Ashley	Cosgrove	Kern Valley	28.54	28.16	28.35
Shamika	Woods	Rosamond	28.43	28.41	28.42
Breanne	Crandell	Twentynine Palms	32.00	25.00	28.50
Kelly	Jones	Rosary H.S.	29.72	27.31	28.52
Daleth	Jenkins	Culver City	29.22	28.00	28.61
Katherine	Ayala	Twentynine Palms	30.75	27.03	28.89
Diamond	Burnside	Silverado	31.28	27.57	29.43
Brittani	Welch	St. Anthony	30.00	31.00	30.50
Marilyn	Eko	Sonora H.S.	31.25	30.57	30.91
Esmeralda	Godoy	Indio H.S.	32.37	34.47	33.42