

Day 8 – Advanced

Warm – up

- Right/Left hand - 30
- Right/Left hand low - 30
- One dribble crossover - 12
- Fake cross, crossover - 12
- One dribble, between - 12
- One dribble, between - 12
- Between, behind the back – 12
- One dribble, between, double behind – 12
- One dribble, fake cross – 15 each hand

Competition

- 2 dribbles, between – 45 sec

On the move

- Between, crossover – 12
- One dribble, double cross – 12
- Fake cross, crossover – 12
- Between, behind the back – 12
- One dribble, double behind – 12
- Between, double behind – 12

- Crossover, between, behind – 10
- Fake crossover, crossover, between – 10
- Behind the back, crossover, crossover – 10
- Fake cross, behind, crossover – 10
- Between, double behind – 10
- Behind, between, crossover – 10

Competition

- In and out, crossover, between the legs, behind the back – 1 min forwards and backwards.