

Day 7 - Session 1:

Warm Up:

Right/Left Hand High: 15 sec
Right/Left hand low: 15 sec
Figure 8: 20 sec
Figure 8 dribbles: 30 sec
Around right/left right dribbles: 15 sec
Around right/left legs: 15 sec

2 dribble Crossover: 30 sec
2 dribbles between the leg: 30 sec
Behind the back: 30 sec
Crossovers: 30 sec
In-and-out crossover 20 dec

Crossover-between the legs: 20 sec each way
Between the legs-behind the back: 20 sec each way
One dribble- double between the legs: 20 sec each way

Competition:

As many figure 8's as possible: 30 sec
Around the left leg: 15 sec
Around the right leg: 15 sec

Ball handling on the move:

One dribble-cross forward and backward 45 sec
One dribble-cross-cross (F&B) 45 sec
One dribble-between the legs 45 sec
One dribble behind the back 45 sec

In and out- forward and backwards: 45 sec
Side back and forth: 45 sec
In and out – between the legs: 45 sec
In and out – crossover – between the legs: 30 sec each

One dribble- double behind the back 30 sec each way
One dribble-double between the legs 30 sec each way
Between the legs- behind the back 1 min

Right hand dribble sprints forward and backwards: 30 sec
Left hand dribble sprints forward and backwards: 30 sec

Competition:

As many behind the backs in a row: 1 min
30 low dribbles each hand, 30 high dribbles each hand