

Day 4 – Advanced

Warm-Up:

5 knee dribbles-10 low dribbles: 20 sec each hand
1 dribble- fake crossover: 20 sec each hand
1 dribble-fake cross-double cross: 6 each hand
1 dribble- fake crossover- between the legs: 6 each hand

Two dribble-between the legs: 12 total
Two-dribble-behind the back: 12 total
One dribble-between the legs- behind the back: 8 each way
Double cross- between the legs: 12 reps
One dribble- between the legs- double behind the back: 12 total
One dribble- double behind the back 10 each way

Competition:

1, 2, 3, 4 etc-with cross up to 10, back down with the opposite as fast as you can

Ball Handling on the Move:

Fake cross- crossover: 12 total
Fake cross- between the legs- crossover: 6 each hand
One dribble- double behind the back: 6 each hand
Between the legs- behind the back: 6 each hand

Sweep-behind the back-jumper: 6 each way
Sweep-behind the back-crossover: 6 each way
Sweep-behind the back-behind the back: 6 each way

Full speed double crossovers: 6 each hand
Full speed crossover-between the legs: 6 each hand
Full speed fake crossover: 6 each hand
Full speed fake crossover-crossover: 6 each hand
Full speed between the legs behind the back: 6 each hand

IF Time: Step Backs

Competition:

Burnouts: Dribble moves

- Crossovers
- Behind the back
- Between the legs
- Between the legs behind the back
- Low dribbles
- In and out-crossover-between the legs-behind the back

