

Day 2 Advanced Full Workout (Coach Levy)

90 Degrees

10 squat jumps

RH pound behind back / between legs / one stride punch dribble / stop on right foot and right hand dribble

LH pound behind back / between legs / one stride punch dribble / stop on left foot and left hand dribble

Frog jump to end of driveway and back x5

90 degrees

RH between legs spin layup

LH between legs spin layup

RH between legs spin step back

LH between legs spin step Back

RH between legs spin punch shot

LH between legs spin punch shot

Frog jumps x3

90 degrees 30 seconds

5 Frog jumps

5 squat jumps