

Day 5 - Beginner

Warm Up:

Figure 8 20 sec
Opposite way figure 8 20 sec
Around the Knees
Around the Waist

Right Hand 15 sec
Left Hand 15 sec
Right Hand Low 15 sec
Left Hand Low 15 sec
One Dribble Cross 15 sec
Two Dribble Cross 15 sec

In-and-out right hand 15 sec
In-and-out left hand 15 sec
Side dribble back and forth right hand 15 sec
Side dribble back and forth left hand 15 sec
Between the legs 30 sec
In and out- crossover 30 sec
Behind the back 45 sec
Between the legs-behind the back 1 min

Competition:

As many crossovers as you can in 45 sec
As many figure 8's in 30 sec

Ball handling on the move:

One dribble-cross 10 total
One dribble-cross-cross 10 each way
One dribble-between the legs 10 total
One dribble behind the back 10 total

Two dribbles-double the back- 5 each hand
In and out -crossover -forward and backward 10 total
In and out- double crossover -forward and backward 10 total

Between the legs-behind the back: 45 sec
One dribble-5 crossovers: 45 sec

Sprint dribble-back pedal with right and left 30 sec each

Competition:

How many right hand dribbles in 45 sec
How many left hand dribbles in 45 sec
How many behind the backs in 1 min