

Day 1 Beginner – Full Workout (Coach Levy)

RH pound behind
LH pound behind

RH pound between cross
LH pound between cross

90 degree Squat hold

RH Dribble Left foot hop
LH Dribble right foot hop

LH pound behind 2 dribbles RH layup

90 degree Squat hold

RH pound behind 2 dribbles LH layup

RH left foot step behind back LH dribble into shot

LH right foot step behind back RH dribble into shot

90 degree squat