

Day 4 - Beginner

Warm Up:

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

- 1 dribble Crossover: 30 sec
- 1 dribble between the leg: 30 sec
- Behind the back: 30 sec
- In-and-out right hand 15 sec
- In-and-out left hand 15 sec
- In-and-out crossover 20 sec

- 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 right/left dribbles in 1:20

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

- One dribble - In and out -crossover – 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

- Crossovers Forward and Backwards: 30 sec
- In-and- outs forward and backwards: 20 sec

- 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 45 sec
- As many crossovers in 30 sec