

Day 1 – Advanced

Warm-Up:

Right Hand (Knee Level): 15 sec
Right Hand (Low): 15 sec
Left Hand (Knee Level): 15 sec
Left Hand (Low): 15 sec
Right hand around the right foot: 15 sec each way
Left hand around the left foot: 15 sec each way
Figure 8 dribbles: 15 sec each way

One-dribble-between the legs: 30 sec
One-dribble-behind the back: 30 sec
Fake crossover-crossover: 30 sec
Fake-crossover-in and out-crossover: 30 sec

Between the legs-behind the back 45 sec

Competition:

Try to get 100 dribbles in 15-20 seconds (Right and Left)
Beat the coach, 5 knee high dribbles-10 ankle dribbles (Go through this progression 4 times each hand as fast as you can)

Stationary Ball Handling:

One dribble-crossover-between the legs 15 each way
One dribble-between the legs-behind the back 15 each way
One dribble- double behind the back 10 each way
Two dribbles-fake cross-crossover-between the legs 10 each way
One dribbles-double between the legs-One dribble-between the legs-behind the back 10 each way
In and out-cross-between the legs-behind the back (continues) 45 sec

Ball Handling on the Move:

One dribble Cross-forward and backward
Between the leg-crossover forward and backward
Between the leg behind the back forward and backward
In and out-crossover-between the legs-behind the back (continues) forward and backwards

One dribble-double behind the back-one forward dribble, 5 each way
Sweep right and left-one dribble-behind the back into a shot, 10 each way
Sweep right and left-one dribble-behind the back-hesi crossover, 10 each way

Create space dribble-double between the leg-crossover-one forward dribble, 5 each way

Competition:

Fake cross-in and out –crossover-between the legs-behind the back (continues)

- 20 Reps as fast as you can
- Donavon Mitchell gets 20 Reps in 32 seconds

