

## Workout 8

### Circuit 1 (twice through circuit)

1. Speed dribble (30 seconds)
2. Toe taps (30 seconds)
3. Outside inside alternating feet (30 seconds)

### Combo to Circuit 1 (twice through)

1. 4 speed dribble touches, 4 toe taps, 4 outside inside (45 seconds)

### Circuit 2 (twice through circuit)

1. Roll push (top and bottom of foot, 30 seconds)
2. Roll inside of the foot (30 seconds)
3. Knock knock roll across (30 seconds)

### Combo to Circuit 2 (twice through)

1. 4 roll push, 4 roll inside of foot, 4 knock knock rolls (45 seconds)