

Day 8 – Beginner

Warm – Up

Right/Left Hand – 30 sec
Right/Left Hand Low – 30 sec
Crossovers – 15 sec
In and outs – 15 sec each
Side back and forths – 15 sec each
Between the legs – 15 sec
Behind the Back – 15 sec

Figure 8's – 20 sec
Figure 8 dribbles – 20 sec

Crossover, between the legs – 15 sec each
In and out, crossover – 15 sec each
In and out, crossover, between the legs – 15 sec each
Between the legs, behind the back – 15 sec each
L dribbles around the foot – 20 sec

Competition

As many crossovers as you can in 45 sec

On the Move

Crossovers (Backwards and forwards) – 30 sec
In and outs (BF) – 30 sec
In and out, crossovers (BF) – 30 sec

Crossovers (Zig Zag) – 45 sec
Between the legs (ZZ) – 45 sec

Behind the back (ZZ) – 45 sec

Crossover, between the legs – 45 sec
Between the legs, behind the back – 45 sec

Right- and left-hand sprint and back pedal dribbles – 30 sec each

Competition

As many right hand and left hand dribbles in 1 minute