

## Day 3 - Beginner

### Warm Up:

Right Hand 15 sec  
Left Hand 15 sec  
Right Hand Low 15 sec  
Left Hand Low 15 sec  
2 dribbles high-5 dribbles low both hands 30 sec  
Crossovers 30 sec

In-and-out right hand 15 sec  
In-and-out left hand 15 sec  
2 dribbles-crossover 30 sec  
2 dribbles- 2 crossovers 30 sec

### Competition:

As many in-and-out dribbles left and right hand 30 sec  
As many two dribbles-crossover in 45 sec

### Stationary Ball Handling:

Between the legs one way 20 sec  
Between the legs the other way 20 sec  
Behind the Back 45 sec

Crossover - between the legs 30 sec each way  
In and out – between the legs 30 sec  
Crossover-behind the back 45 sec each way  
Between the legs-behind the back 1 min

### 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

Crossover- between the legs 20 sec each way

In and out -crossover -forward and backward 45 sec  
In and out- double crossover -forward and backward 45 sec

### Competition:

As many behind the backs in a row 1 min  
As many between the legs each way 30 sec