

Day 3 – Advanced

Warm-Up:

- 5 knee dribbles-10 low dribbles: 20 sec each hand
- 5 dribbles- double cross: 3 sets each hand
- 1 dribble- fake crossover: 20 sec each hand
- 1 dribble- fake crossover- double crossover: 20 sec each hand

- Two dribble-between the legs: 10 total
- Two dribble-behind the back: 10 total
- One dribble-between the legs- behind the back: 5 each way

Competition:

- 100 ankle dribbles each hand (Goal is 15-25 sec per hand)

Stationary Ball Handling:

- Double cross- between the legs: 10 reps
- Between the legs- double cross: 10 reps
- Two behind the backs-between the legs-10 reps
- One dribble- double behind the back 10 each way
- Two dribble-double between the legs- double cross: 10 total
- One dribble- between the legs- double behind the back:10 total
- One dribble fake between the legs- alternating hands (Chris Paul): 1 min
- One dribble fake between the legs-behind the back: 45 sec

Ball Handling on the Move:

- Behind the back forward and backwards: 30 sec
- Fake cross- crossover: 10 total
- Fake cross- between the legs- crossover: 5 each hand
- One dribble- behind the back (Sideways)- 10 total
- One dribble behind the back (moving forwards)- 10 total
- In and out-crossover-between the legs-behind the back (continues) forward and backwards

- Jab-step back dribble-shot: 10 total
- Jab-step back dribble-crossover- shot: 10 total

Competition:

- Burnouts:
 - 50 right, 50 left, 25 crossovers, 25 behind the back, 50 right, 50 left