

## Day 5 – 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: 5 each way  
Left hand around the left foot: 5 each way  
Figure 8 dribbles: 5 each way

Two-dribble-between the legs: 10 total  
Two-dribble-behind the back: 10 total  
Fake crossover-crossover: 10 total  
Between the legs-behind the back: 10 total  
Behind the legs-double behind the back: 10 total  
In and out-cross-between the legs-behind the back (continues) 20 total

### Competition:

100 low dribbles-right and left as fast as you can

### Ball Handling on the Move:

One dribble behind the back: 12 total  
Between the leg-crossover forward: 8 each  
in and out- crossover: 12 total  
Between the legs-behind the back: 12 total

Sweep through – step backs: 12 total  
Sweep through – step backs-crossover: 12 total  
Sweep through – step backs – double crossover 12 total

Full speed double crossovers: 6 each hand  
Full speed fake crossover: 6 each hand  
Full speed fake crossover-crossover: 6 each hand  
Full speed double behind the back: 6 each hand  
Full speed triple behind the back: 6 each hand

### Competition:

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

- 10 Reps as fast as you can
- 50 low dribbles as fast as you can
- 10 reps again