

Day 3 Advanced Full Workout (Coach Levy)

90 Degrees
10 squat jumps

RH pound behind back / between legs / one stride punch dribble / stop on right foot and right hand dribble

90 Degrees
10 squat jumps

LH pound behind back / between legs / one stride punch dribble / stop on left foot and left hand dribble

Frog jump to end of driveway and back x5
90 degrees

RH between legs spin layup, Euro, Reverse
LH between legs spin layup, Euro, Reverse

90 Degrees
10 squat jumps

RH between legs spin step back
LH between legs spin step Back

90 Degrees
10 squat jumps

RH between legs spin punch shot
LH between legs spin punch shot

Burn Out
RH Between/Behind
LH Between/Behind
Alternate BBCBBC

90 degrees 30 seconds
5 Frog jumps
5 squat jumps