

Day 6 – Advanced:

Warm-Up:

- 1 dribble crossover: 20
- 1 dribble between the legs: 20
- 1 dribble behind the back: 10
- Behind the back: 30 sec
- 1 dribble-double cross- between the legs: 10
- 1 dribble- double between- crossover: 10
- 1 dribble-between-behind the back: 10
- 1 dribble-between-double behind the back: 10
- 30 sec weak hand low dribbles
- 30 sec one dribble- in-and-outs

Competition:

- As many 1 dribble- behind the back: 1 min

Ball Handling on the Move:

- Start with a set up dribble:
 - Behind the back hesi – crossover: 5 each way
 - Between the legs – double cross: 5 each way
 - Between the legs – behind the back: 5 each way

- Full speed- crossover-hesi: 6 each hand
- Full speed hesi – behind the back: 6 each hand
- Full speed between the legs – one dribble- step back: 6 each hand
- Full speed hesi-crossover: 6 each hand
- Full speed hesi – double cross: 6 each hand
- Full speed between the legs – behind the back: 6 each hand
- Full speed double behind the back: 6 each
- Full speed fake crossover: 6 each hand

Competition:

- Burnouts