

Day 7 – Advanced

Warm-Up:

Right/Left Hand dribbles: 15 high, 20 low
Crossovers: 20
1 dribble between the legs: 20
1 dribble behind the back: 20
In and out-crossover: 10
Fake crossover-crossover: 10
1 dribble-double cross- between the legs: 12
Fake cross-crossover-between 6 each
1 dribble-between-behind the back: 12
1 dribble-between-double behind the back: 12
In and out-cross-between-behind: 20

Competition:

Weak hand: 50 low dribbles, 30 in and outs, 5 around the foot

Ball Handling on the Move:

Between-cross forward and backwards: 45 sec
Between the legs-behind the back (FB): 45 sec
Behind the back (BF): 45 sec
In and out-cross-between-behind (FB): 45 sec

Sweep-crossover step back: 6 each way
Sweep-crossover step back-between forward: 6 each way
One set up dribble-between-behind (create a lot of space): 6 each way

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

Competition:

100 behind the backs