

## Day 4 - Beginner

### Warm Up:

Around the knees 15 sec and opposite way  
Around the right leg 10  
Around the left leg 10 sec  
Around the waist 15 sec and opposite way  
Right Hand 15 sec  
Left Hand 15 sec  
Right Hand Low 15 sec  
Left Hand Low 15 sec

Crossovers 20 sec  
Between the legs both ways 20 sec  
Behind the back 20 sec  
In-and-out right hand 15 sec  
In-and-out left hand 15 sec

2 dribbles-crossover 30 sec  
2 dribbles between the legs 30 sec  
2 dribbles behind the back 30 sec

### Competition:

As many behind the backs in a row (mess up you go back to zero) 45 sec  
As many around the waists in a row 25 sec

### Ball handling on the move:

One dribble-cross forward and backward 45 sec  
One dribble-cross-cross (F&B) 45 sec  
One dribble-between the legs 45 sec  
One dribble behind the back 45 sec

Crossover- between the legs 20 sec each way

In and out -crossover -forward and backward 45 sec  
In and out- double crossover -forward and backward 45 sec  
In and out- between the legs 45 sec

One dribble- double behind the back 30 sec each way  
One dribble-double between the legs 30 sec each way  
Between the legs- behind the back 1 min

In and out – crossover- between the legs 45 sec  
Two crossovers – behind the back- 45 sec  
Between the legs – Two cross overs- 45 sec

### Competition:

As many between the legs – 2 crossovers in 1 min