

## Day 2 – Advanced Session

### 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

One-dribble-between the legs: 10 total  
One-dribble-behind the back: 10 total  
Fake crossover-crossover: 10 total  
Fake crossover-crossover-between the legs-: 8 each way 45 sec

One dribble-between the legs- behind the back: 10 each way

### Competition:

1 drib cross, 2 cross, 3 cross etc, all the way up to 10 then back down to 1 then right into 50 knee dribbles, right and left.

### Stationary Ball Handling:

Fake cross over- between the legs: 12 total  
One dribble-between the legs-double behind the back 12 total  
One dribble- double behind the back 10 each way  
One- dribble- between the legs (CREATE SPACE): 12 total  
One dribble-double between the legs- double crossover: 5 each way  
In and out-cross-between the legs-behind the back (continues) 12 total

### Ball Handling on the Move:

One dribble double cross-forward and backward  
In and out-crossover-between the legs-behind the back (continues) forward and backwards  
Between the leg-crossover forward into shot: 6 each way  
Two dribbles- in and out- crossover: 10 total  
In and out-crossover-between the legs-behind the back (continues) forward and backwards

One dribble-double behind the back-one forward dribble, 5 each way  
Jab step right/left, one plant dribble- crossover, 5 each way  
Jap step right/left, one plant dribble- fake crossover, one dribble, 5 each way

Behind the back continuous backwards and forwards: 1 min

### Competition:

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

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