







BALL HANDLING WORKOUT

	<u>REPS</u>	<u>SETS</u>	<u>REST</u>
	200 dribbles	3	30 SECONDS
2 BALL ALT LOW DRILL			
	25 each hand	3	30 SECONDS
BETWEEN THE LEGS CROSS DRILL			
	25 each hand	3	30 SECONDS
BETWEEN THE LEGS BEHIND THE BACK DRILL			
	50 total	3	30 SECONDS
CROSS, BETWEEN THE LEGS, BEHIND THE BACK...			