

## Day 2 – Beginner Session

### Warm Up:

Figure 8 20 sec  
Opposite way figure 8 20 sec  
Around the Knees  
Around the Waist

Right Hand 15 sec  
Left Hand 15 sec  
Right Hand Low 15 sec  
Left Hand Low 15 sec  
One Dribble Cross 15 sec  
Two Dribble Cross 15 sec

In-and-out right hand 15 sec  
In-and-out left hand 15 sec  
Side dribble back and forth right hand 15 sec  
Side dribble back and forth left hand 15 sec  
Two dribbles crossover 30 sec  
In and out- crossover 30 sec

### Competition:

As many crossovers as you can in 1 min  
As many between the legs as you can in 30 sec (Both ways 30 sec)

### Stationary Ball Handling:

Between the legs one way 15 sec  
Between the legs the other way 15 sec  
Behind the Back 30 sec

Crossover- between the legs 30 sec  
Double crossover-between the legs 20 sec  
Double crossover-between the legs opposite way 20 sec  
One dribble-behind the back 45 sec  
Between the legs-behind the back 1 min

### Ball handling on the move:

One dribble-cross 10 total  
One dribble-cross-cross 10 each way  
One dribble-between the legs 10 total  
One dribble behind the back 10 total  
  
Two dribbles-double the back- 5 each hand

In and out -crossover -forward and backward 10 total  
In and out- double crossover -forward and backward 10 total

### Competition:

How many right hand dribbles in 45 sec  
How many left hand dribbles in 45 sec  
How many behind the backs in 1 seconds