

## Day 1 - Beginner

### Warm Up:

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  
L dribble with the right hand 15 sec  
L dribble with the left hand 15 sec

Between the legs one way 15 sec  
Between the legs the other way 15 sec  
Behind the Back 30 sec  
One dribble-crossover-between the legs 30 sec  
One-dribble-crossover-between the legs other hand 30 sec

### Competition:

One-dribble crossovers in 1 min  
Right Hand Dribble in 30 sec (knee high dribbles)  
Left Hand Dribble in 30 sec (knee high dribbles)

### Stationary Ball Handling:

Low dribbles around the right foot 20 sec  
Low dribbles around the left foot 20 sec  
Figure 8 dribbles 20 sec  
Opposite way figure 8 dribble 20 sec  
  
In and out-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  
One dribble-double between the legs 20 sec  
One dribble-double between the legs 20 sec

### Ball handling on the move:

One dribble-cross 20 total  
One dribble-cross-cross 10 each way  
One dribble-between the legs 20 total  
One dribble behind the back 20 total  
  
Retreat dribble-crossover 12 total  
  
In and out -crossover -forward and backward 20 total  
In and out- double crossover -forward and backward 20 total

### Competition:

Beat the coach to 100 dribbles right hand and left hand  
Beat the coach to 50 crossovers  
Beat the coach to 50 behind the backs