GAME HANDLES

MONTH 1

1. THE 0 to 100 DRLL: P.1

Variations: Double cross, Legs cross,
Cross legs, Legs back
Reps: 10 moves of each variation
Notes: Make 3 crosses then the move

2. THE CROSSOVER SLAM DRILL

Reps: Full court & back for each
Variations: Cross legs, Cross back, Switch hand cross

3. THE X BOX DRILL

Reps: 8 total crossovers of each variation
Variation: Cross, Legs, Back

4. THE DOUBLE CROSS DRILL

Reps: Full court and back for each
Variations: Double cross, Legs cross, Switch hand cross,
Behind the back cross

5. THE STOP AND START DRILL P.1

Reps: 5 times right and left
Variations: Cross, Legs, Back
Stopping Move: Behind the back snatch

BALLER BOOT CAMP

GAME HANDLES

MONTH 2

1. THE 0 to 100 DRLL: P.2

Variations: Triple cross, Cross legs back, Cross cross legs,
Legs cross legs
Reps: 10 of each variation
Notes: Make 2 crosses then the move

2. THE SWITCH HAND PRIMER

Reps: Full Court And Back For Each
Variations: Switch hand, Switch hand cross, Switch hand legs, Switch hand back

3. SINGLE CROSS DOUBLE CROSS

Reps: Full Court And Back For Each
Variations: Legs – Cross legs, Back – Legs cross, Cross – Legs back

4. THE PULL BACK DRILL

Reps: Full court and back for each
Variations: Load up, Cross, Cross legs

5. THE STOP AND START DRILL: P.2

Reps: 5 times right and left for each
Variations: Cross, Legs, Back
Stopping Move: Dead leg

BALLER BOOT CAMP

GAME HANDLES

MONTH 3

1. THE 0 to 100 DRILL: P.3

Variations: Cross cross legs back, Cross legs back back, Cross legs cross legs
Reps: 10 of each variation
Notes: Make 3 crossovers then the 4 crossover move

2. THE LOW AND LATERAL DRILL

Reps: 2 times right & left for each variation
Variations: Legs cross, Double legs, Switch hand cross

3. DOUBLE CROSS SINGLE CROSS

Reps: Full court and back for each
Variations: Cross cross legs, Legs cross legs, Legs back cross
Notes: It's important to follow the rhythm of each move

4. Rev. THROUGH THE LEGS SNATCH

Reps: Full court and back for each
Variations: Load up, Cross, Cross legs

5. THE STOP AND START DRILL: P.3

Reps: 5 times right and left for each
Variations: In n out cross, In n out legs, In n out back
Stopping Move: Through the legs snatch