DAY 2:

THE BALL CONTROL BOOST

1. Leg Circles - 2 Dribbles
Reps: 10 times around each leg

2. Reverse Leg Circles - 2 Dribbles
Reps: 10 times around each leg

3. Leg Circles – 1 Dribble
Reps: 10 times around each leg

4. Reverse Leg Circles - 1 Dribble
Reps: 10 times around each leg

5. Around The Back
Reps: 10 times around with each hand

6. Reverse Around The Back
Reps: 10 times around with each hand

7. Over and Through The Legs
Reps: 10 times through with each hand

8. Hang Crossovers
Reps: 20 total dribbles

9. Figure 8 Controllers
Reps: 20 total dribbles

10. Reverse Figure 8 Controllers
Reps: 20 total dribbles

11. Through and Behind Controllers
Reps: 20 dribbles in both directions

12. Through and Cross Controllers
Reps: 20 dribbles in both directions

13. In N Out Controllers
Reps: 20 dribbles with each hand

*If you want to repeat the entire series twice you can. If you can't do a variation just do your best then move on.

Make sure you take The Ball Handling Test today as well and record all your scores.

GO TO BALLER NATION