DAY 2:

THE BODY POSITION BOOST

1. Shot Fake
Reps: 20 each hand

2. Protect
Reps: 20 each hand

3. Attack
Reps: 10 each hand

4. Scissor Ground Touches
Reps: 10 ground touches each hand

5. Leg Cross Ground Touches
Reps: 10 ground touches each hand

6. Double Leg Ground Touches
Reps: 10 ground touches each hand

7. Leg Back Ground Touches
Reps: 10 ground touches each hand

8. Double Cross Ground Touches
Reps: 10 ground touches 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 also run through The Ball Handling Test today as well.

GO TO BALLER NATION