DAY 3:

THE DRIBBLE POWER BOOST

1. Same Time Pounds
Reps: Knee 50 dribbles for each variation
Variations: Knee height, Waist height, Shoulder Height

2. Alternating Pounds
Reps: 50 dribbles for each variation
Variations: Knee height, Waist height, Shoulder Height

3. V Dribbles
Reps: 50 dribbles for each variation
Variations: Knee height, Waist height, Shoulder Height

4. One High One Low
Reps: 20 dribbles each side

5. Leg Circles
Reps: 10 times around each leg

6. Reverse Leg Circles
Reps: 10 times around each leg

7. Circles In Front
Reps: 10 circles right and left

8. 2ball One Handers
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 also run through The Ball Handling Test today as well.

GO TO BALLER NATION