DAY 5:

THE ACTIVE OFF HAND BOOST

1. Crossover
Reps: 20 total crossovers
Variations: 2 dribbles in between each cross, 1 dribble in between each cross

2. Through The Legs
Reps: 20 total crossovers
Variations: 2 dribbles in between each cross, 1 dribble in between each cross

3. Behind The Back
Reps: 20 total crossovers
Variations: 2 dribbles in between each cross, 1 dribble in between each cross

4. Scissors
Reps: 10 moves on the right and left
Variations: 2 dribbles in between each cross, 1 dribble in between each cross

5. Double Through The Legs
Reps: 10 moves on the right and left
Variations: 2 dribbles in between each cross, 1 dribble in between each cross

6. Through The Legs Cross
Reps: 10 moves on the right and left
Variations: 2 dribbles in between each cross, 1 dribble in between each cross

7. Through The Legs Behind The Back
Reps: 10 moves on the right and left
Variations: 2 dribbles in between each cross, 1 dribble in between each cross

8. Triple Crossovers
Reps: 20 total moves

*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