DAY 6:

THE RHYTHM BOOST

1. V Dribble With Hesi
Reps: 20 each hand

2. V Dribble Cross
Reps: 20 total

3. V Dribble Double Cross
Reps: 10 each hand

4. V Dribble Legs Back
Reps: 10 each hand

5. V Dribble Double Legs
Reps: 10 each hand

6. V Dribble Cross Double Legs
Reps: 20 total

7. Allen Iverson Crossover
Reps: 10 each hand

8. Deron Williams Crossover
Reps: 10 each hand

9. Jamal Crawford Crossover
Reps: 10 each hand

10. In N Out Cross
Reps: 10 each hand

11. Kevin Durant Crossover
Reps: 10 each hand

*Make sure you're executing each variation with the correct footwork and rhythm.

*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, tommorrow you will record your scores again to see your improvement.

GO TO BALLER NATION