

PLAY LOW

SKILL ACADEMY

Daily Workout 7:

Stationary Ball Handling

4 Rounds of:

- 10 between the legs dribbles
 - Take 2-3 rhythm dribbles between each between the legs move
- 10 stationary dribble figure 8s with low dribbles.
 - Try to get between 8-10 dribbles each figure 8. (try this with your eyes closed!)
- 10 between the legs to behind the back combo.
 - Take 2-3 rhythm dribbles between each move.
- 10 scissors between the legs
 - Between the legs, quick feet change, between the legs again.
 - Take 2-3 rhythm dribbles before each inside out
- 10 low dribbles around each leg
- 10 reps of 2 ball figure 8
 - The lead ball gets “chased” by the trailing basketball

Finishing

3 Rounds of:

- Put a stationary object 10-15 feet from the hoop
 - 10 reps of attack the object with a between the legs dribble and finish
 - 10 reps of attack the object with a scissors between the legs dribble and finish
 - 10 reps of attack the object with a between the legs behind the back combo and finish
 - 10 reps of attack the object with a between the legs into a step-back jumper.

Quote of the Day

“Winning has a price.” – Michael Jordan