

# Game Time Play Primer



- \_\_\_ 10 Jumping jack ball handoffs
- \_\_\_ 10 Jumping jack crossovers
- \_\_\_ 10 Split squat handoffs
- \_\_\_ 10 Dribbling with ankle rotations
- \_\_\_ 10 Laying dribbling with torso twists
- \_\_\_ 10 Behind the back handoffs with neck rotations
- \_\_\_ 10 Teacup arm circles
- \_\_\_ 10 Behind back elbow pinch
- \_\_\_ 10 Tap dribble and active lunge stretches (bend legs and straighten leg)
- \_\_\_ 10 Wrist stretch on ball, palm down, hand facing towards you
- \_\_\_ 10 Wrist stretch on ball, palm down, hand facing away from you
- \_\_\_ 10 Wrist stretch on ball, palm up, hand facing towards you
- \_\_\_ 10 Kneeling shoulder stretch (stretch shoulder of hand on ball)
- \_\_\_ 10 Ball on wall overhead pec, shoulder stretch
- \_\_\_ 10 Ball on wall by side pec, shoulder and bicep stretch
- \_\_\_ 10 Back bend and forward bend with ball
- \_\_\_ 10 Killer crossover drill (swaying ground touches while doing crossovers)
- \_\_\_ 10 Split squat stance - dribble, between legs crossover, repeat
- \_\_\_ 10 Dribble and crossover foot shuffle



**Get "Sticky Fingers" Ball Control Like The Pros, Even If You're A Beginner, With The 20 Minute 'Ball on a String' Workout Or Your Money Back.**

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