

HandleBoost

Checklist

This workout/warmup should take about 10-15 minutes, but may take a bit longer the first couple times.

Do it daily as a workout, or as a warmup before more intense workouts.

You'll see instant improvements in ball handling, footwork, and athleticism from this workout, and the benefits of it will "stack" if you continue to use it consistently.

To get pro level handles, be sure to sign up for Coach Jesse Muench's "Superstar Handles Online Coaching"!

- ___ Kneeling hip flexor stretch (30 seconds each leg)
- ___ Kneel on feet & pulsing wrist stretch (20 pulses)
- ___ Pulsing wall calf stretch (20 pulses each leg)
- ___ Pulsing wall achilles stretch, knee bent (20 pulses each leg)
- ___ 10 forward-back leg swings (each leg)
- ___ 10 side to side leg swings (each leg)
- ___ Tea cups (10 each arm)
- ___ Finger dribbling (10 each finger, 10 pianos)
- ___ Ball palms (30 seconds each hand)
- ___ Figure 8 ground skid progressions (10 handoffs, 10 skids, 10 dribbles)
- ___ 1 foot balance passes or crossovers (20 passes or crossovers each leg)
- ___ Spider (30 seconds)
- ___ Behind knee clap (10 attempts)
- ___ Scissors dribble (20 dribbles)

