



Workout #6

- ___ Inside Out Between Legs, Behind The Back (3 minutes)
- ___ Inside Out Between Legs, Reverse Between Legs (3 minutes)
- ___ Inside Out Between Legs, Between Legs (3 minutes)
- ___ Inside Out Between Legs, Spin (3 minutes)

This workout takes 12 minutes.

To complete the #HandleGeekChallenge you'll need to do this workout every day for week 6.

There's 10 weeks in the challenge, and 10 workouts...1 new workout every week!

Stick to your workouts, EVEN IF you don't master all the drills...

And you will see amazing changes in your ball handling ability. Promise.

Want feedback and help on your workouts from other players and coaches?

[Join the #HandleGeek Facebook Group](#)



