



Workout #7

- ___ Tiny Crosses (2 minutes)
- ___ Tiny Crosses, Right Hand Alternating Front/Behind Leg (2 minutes)
- ___ Tiny Crosses, Left Hand Alternating Front/Behind Leg (2 minutes)
- ___ 2 Crosses & 2 Between Legs With Footwork - Right Side (2 minutes)
- ___ 2 Crosses & 2 Between Legs With Footwork - Left Side (2 minutes)
- ___ Spider With Left-Right Hand Pattern (2 minutes)
- ___ Spider With Right-Left Hand Pattern (2 minutes)

This workout takes 14 minutes.

To complete the #HandleGeekChallenge you'll need to do this workout every day for week 7.

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](#)



