



Workout #8

- ___ Hard crossover left, soft crossover right (2 minute)
- ___ Hard crossover right, soft crossover left (2 minute)
- ___ High crossover left, low crossover right (2 minute)
- ___ High crossover right, low crossover left (2 minute)
- ___ Float and between the legs (2 minutes)

This workout takes 10 minutes.

To complete the #HandleGeekChallenge you'll need to do this workout every day for week 8.

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](#)



