



## Workout #9

- \_\_\_ Between the legs to right, crossover (2 minutes)
- \_\_\_ Between the legs to left, crossover (2 minutes)
- \_\_\_ Between the legs to right, behind the back (2 minutes)
- \_\_\_ Between the legs to left, behind the back (2 minutes)
- \_\_\_ Between the legs to right, reverse between legs (2 minutes)
- \_\_\_ Between the legs to left, reverse between legs (2 minutes)

This workout takes 12 minutes.

To complete the #HandleGeekChallenge you'll need to do this workout every day for week 9.

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](#)



