



## Workout 1

Do each drill 10 times, each arm/leg

- Ball twists
- Ball slaps
- Pour flips
- Crossover ground rolls
- Underhand crossarm handoffs
- Tight, extended, up, down taps
- Crossover ground skids
- Under arm opposite hand catch
- Air clap - Neck height, ball in front, behind back clap
- Spiral handoffs (count how many - 30 seconds)
- Spiral handoffs (count how many - 30 seconds, other direction)
- Circle Step Backs (count how many - 30 seconds)
- Circle Step Backs (count how many - 30 seconds, other direction)

Do each workout 5 days a week for at least 1 week, until you've mastered it, then move to the next workout. If you're still trying to master a workout for 3 weeks, move to the next and you can revisit it