



@tylerrelph10 @hoopdynamic

1. Ball Manipulation Pocket Exchange Through Drill:

40 TOTAL REPS

2. Drop Load Exchange:

40 TOTAL REPS

3. Heavy Ball - Double Tap Pull

20 Reps Each Hand

4. Push Cross Euro Step

10 Right

10 Left

5. Dribble Moves and Split Catch Pull Ups

Make 15 - 20 From Right Wing, Left Wing, Middle

45-60 Total Makes

6. Scattered 3's

3 SETS

Make 30 Each Set

7. Hand Speed

5 Reps