



Workout: 5

1. Two Ball Through the Legs for Reps ( 30 Seconds Each Set)

4 Sets

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_

2. Two Ball Exchange to Finishes ( Right and Left Side)

Make 8 From Each Side

3. Combo into Punch Euro Step

Make 6 From Right Side

Make 6 From Left Side

4. Foot Replacements from Elbow

Make 15 from each elbow

5. Turn Dribble Float Drop Shot (from your range)

Off Left Hand - Make 15

Off Right Hand - Make 15

6. Combo Turn Dribble Bound - Combo Exchange Bound

Off Left Hand - Make 20

Off Right Hand - Make 20