

# **ADVANCED BALL HANDLING**

## **Changing Hands**

- Low V 25 times (in a row)
- High V 25 times (in a row)
- Low V to High V 25 times (in a row)
- Between the legs 25 times (in a row)
- Kill the Crossover 25 times
- Walk the Spider forward and back 13 each way times

## **On the Move**

- Run & Kill 25 times
- Machine Gun Feet / Dribble 25 times both legs
- Machien Gun Feet / Crossover 25 times both legs
- Scissor Dribble from behind 25 times both legs
- Walk through the legs from the front 25 times
- Walk through the legs from behind 25 times
- Walk through the legs from the front – One Hand 25 times
- Walk through the legs from behind- One Hand 25 times
- Walk through the legs from the front – One Hand – Same side 25 times
- Walk through the legs from behind- One Hand – Same Side 25 times
- Walk Backwards through the legs through front 25 times
- Walk Backwards through the legs from behind 25 times
- Walk Backwards through the legs from the front – One Hand 25 times
- Walk Backwards through the legs from behind- One Hand 25 times
- Walk Backwards through the legs from the front – One Hand – Same side 25 times
- Walk Backwards through the legs from behind- One Hand – Same Side 25 times

## **Two Balls**

- Walk & Dribble 25 times
- Walk & Staggerd dribble 25 times
- Jog & Dribble 25 times
- Jog & Staggerd dribble 25 times
- Walk & Machine Gun 25 times
- Walk & Onsides 25 times
- Walk & Machine Gun 25 times
- Walk & Onsides 25 times
- Step Slide 25 times
- Step Slide - staggered 25 times
- Step Slide Change direction you face 25 times
- Dribbe Pass – 25 Times
- Zig Zag 25 times
- Step Slide / Zig Zag - 25 times
- Zig Zag Crossovers - 25 times
- Zig Zag Between the Legs - 25 times
- Zig Zags behind the backs - 25 times
- Zig Zag Spins - 25 times

## **Stationary – Two Balls**

- **Stationary – High- 25 times**
- **Stationary- High Alternates- 25 times**
- **Stationary – Low- 25 times**
- **Stationary- Low Alternates- 25 times**
- **High to low- 25 times**
- **I high I low- 25 times**
- **Switching Hands- 25 times**
- **Switching Balls- 25 times**
- **Around the Leg & Tap- 25 times**
- **Around the leg- 25 times**
- **Figure 8 Replace- 25 times**
- **Figure 8 Chasing balls- 25 times**
- **V's in Front- 25 times**
- **Swing the Purse- 25 times**
- **Swing the Purse Alternate- 25 times**
- **Double Windmill- 25 times**
- **Crossover 1 in front and 1 at back- 25 times**