

## **Maccabi Ball Handling Challenge:**

Warm Up- Skipping for 2 minutes

Start the challenge: (Time Yourself)

- 1) Body (Waist) Wraps: 25 Times each way
- 2) Figure Eights (Dribble): 25 Times each way
- 3) Right Hand Low Dribble: 25 Times
- 4) Right Hand Med Dribble: 25 Times
- 5) Left Hand Low Dribble: 25 Times
- 6) Left Hand Med Dribble: 25 Times
- 7) Cross Over (Floor Touch): 25 Times
- 8) Dribble Around Right Leg: 25 Times (Each way)
- 9) Dribble Around Left Leg: 25 Times (Each way)
- 10) Dribble Figure 8s (25 times) Each way.
- 11) Onside Dribble (In/Outs): 25 Times each hand
- 12) Double Cross Overs: 25 Times
- 13) Through the legs (Right Leg Forward): 25 Times
- 14) Through the legs (Left Leg Forward): 25 Times
- 15) Scissor Dribble: 25 Times
- 16) Behind the Back Wraps: 25 Times
- 17) Behind the Back Cross Overs: 25 Times
- 18) Retreats on the spot (2 Forward, 2 Back and Cross): 25 Times

19) Spin on the Spot (Reverse Pivot Footwork): 25 Times Total

20) Spider Dribble: 25 Times

COMPLETED: \_\_\_\_\_

### **Ball Handling Guidelines:**

- 1: Keep the ball low when possible
- 2: Keep your eyes up
- 3: Push the ball HARD when dribbling
- 4: Stay on the balls of your feet
- 5: Keep your count out loud and be honest to yourself

AIM FOR 2/3 Times a week.