

DAY 4

Technical

1. Juggle 3 minutes, alternating feet continuous. Rest 30 seconds.
2. Juggle 3 minutes with ankle locked, using instep (like when you're shooting), attempting to keep the ball at exactly eye level, with no spin. Rest 30 seconds.
3. Diamond Dribbling/Skill Exercises
 - a. First Progression: <https://youtu.be/MvnTZOxIqlE>
3 reps (beginner)
5 reps (intermediate)
7 reps (advanced)
 - b. Progression 2: <https://youtu.be/9E4OUmTOTso>
3 reps (beginner)
5 reps (intermediate)
7 reps (advanced)
 - c. Progression 3: <https://youtu.be/9mo0aIR0mF8>
3 reps (beginner)
5 reps (intermediate)
7 reps (advanced)
 - d. Progression 4: <https://youtu.be/QAaHSSV6BX0>
3 reps (beginner)
5 reps (intermediate)
7 reps (advanced)
 - e. Progression 5: <https://youtu.be/tNqnB75OqMU>
3 reps (beginner)
5 reps (intermediate)
7 reps (advanced)

Physical

1. Total Body Conditioning